



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

August 2023

# Tidbits

Senior Food Program Publication



**Like us on Facebook for agency updates!**

## Reminder Calls

Monthly customers will receive an automated call the day before distribution reminding you to pick up your box. If you did not receive a call this month or would like to opt out, please call 989-386-3805 x1203.

## Your Commodity Box: Reuse or Recycle?

- **Return clean** boxes to us at the next distribution so we can reuse them after disinfection.
- **Recycle** boxes through your residential recycling service if they are **dirty, stained**, or have been **exposed to pests**

## Focus on: NAMI HelpLine National Alliance on Mental Illness

The NAMI HelpLine is here for you. HelpLine volunteers are working to answer questions, offer support and provide practical next steps

The NAMI HelpLine can be reached Monday through Friday, 10 AM– 10 PM. Call 1-800-950-NAMI (6264), text "HelpLine" to 62640, or email them at [helpline@nami.org](mailto:helpline@nami.org).

## Beans, Beans, the Magical Fruit!

Dried and canned beans are a great way to get protein and fiber. There are many varieties of beans including black beans, navy beans, kidney beans, pinto beans, and great northern beans. Other foods that have the same nutritional benefits are chickpeas, split peas, and lentils.

Beans can be added to soups and stews, salads, dips, sandwiches, casseroles, desserts, or served as a side.

Canned beans are fully cooked and ready to eat cold or heated.

Dry beans need to be soaked and cooked first. Both dry and canned beans should be stored in a cool, dark, dry place.

Cooking dry beans takes three steps:

1. Sort and rinse
2. Soak
  - a. Long Soak: Cover beans with 8 cups of water for every 2 cups of beans. Soak for 6 hours, or overnight.
  - b. Quick Soak: In a large saucepan, cover beans with 8 cups of water for every 2 cups of beans, and bring to a boil for 2 minutes. Turn off the heat and allow beans to soak for 1 hour.
3. Cook: Drain and rinse the beans. In a large saucepan, add enough fresh water to cover the beans. Bring beans and water to a boil, then reduce heat, cover saucepan, and simmer until the beans are tender. Add water if needed while cooking to keep the beans covered with liquid. Cooking time varies for different beans but is usually 1 to 2 hours.

*This content is intended to be used as general information only and is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.*

Mid Michigan Community Action will be closed on the following dates:

- **August 25**
- **September 4**

## Questions? Give Us a Call!

**Bay, Clare, Gladwin, Mecosta, Midland, Muskegon, Oceana & Osceola Counties: 1-877-213-5948**

**Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315**

**Online: [www.mmcaa.org/seniors](http://www.mmcaa.org/seniors)**

*This institution is an equal opportunity provider.*

## Featured Commodity: Beans

### Nutrition Information:

Beans are a great source of protein, and an excellent source of fiber, which is important for digestive health and provides a feeling of fullness. Beans are rich in B vitamins, and contain many important minerals such as iron, calcium, and potassium. Beans are naturally low-fat, and do not have any trans-fat or cholesterol.

### Uses & Tips:

The Dietary Guidelines for Americans recommends adults eat 1 to 3 cups of beans per week, depending on calorie needs based on age, gender, and physical activity. Try canned beans to save time.

## Upcoming Distribution Schedule

If someone else is picking up your food, please send a signed note allowing them to do so. We will ask the person picking up your food for their ID.

If you missed your distribution, you can attend Make Up Day at our Food Warehouse, located at 2300 East Ludington Drive, Clare.

*Please note that scheduling changes may occur. Changes will be posted on [www.mmcaa.org](http://www.mmcaa.org), Facebook, and sent to monthly customers via robocall.*

- **Albright Shores Eagles:** September 12, 10:30-11:30
- **Alma Elks:** October 23, 9:30-11:00
- **Anchor Point Bible Church, Norton Shores:** September 27, 10:30-11:30
- **Arms of Love, Greenville:** October 5, 10-11
- **Bay City Town Center:** September 13, 1-2:30
- **Christ Temple Apostolic Church, Muskegon:** September 25, 10:30-11:30
- **Clare Co. Fairgrounds, Harrison:** September 19, 10-11
- **Clare Moose Lodge:** September 21, 10-11
- **Essexville Community Church:** September 7, 12:30-1:30
- **Ewart Moose Lodge:** September 20, 11-12
- **Gladwin First United Methodist Church:** September 11, 10-11
- **God's Helping Hands, Remus:** September 6, 2-3
- **Grace Community Church, Howard City:** October 5, 1-2
- **Gratiot Commission on Aging:** October 23, 12-1
- **Greendale Township Offices:** September 5, 1-2
- **Holton Community Center:** September 26, 11:30-12:30
- **Immanuel Lutheran Church, Mt. Pleasant:** October 25, 10-11
- **Ionia Moose Lodge:** October 24, 10-11
- **Marion VFW Post:** September 20, 1:30-2:30
- **New Hope Community Church, Shelby:** September 25, 10:30-11:30
- **Pinconning United Methodist:** September 12, 1-2
- **Resurrection Life Church, Big Rapids:** September 6, 11-12
- **Sanford American Legion:** September 5, 10:30-11:30
- **United Methodist Church of Reed City:** September 21, 2-3
- **Food Warehouse Make Up Day, Clare:** September 28, 9-11

*The calendar is also available at [www.mmcaa.org](http://www.mmcaa.org). Private distributions are not listed.*

**Customers must inform Mid Michigan Community Action of changes in income or household composition within 10 days of the change.**

## August Recipe:

### Mac and Beans Medley

### Ingredients

- 4 garlic clove
- 1 bell pepper (green, red, yellow, or orange)
- 2 tablespoons oil
- 1 can diced tomatoes
- 1 can black, kidney or pinto beans, drained and rinsed
- 2 cups cooked elbow macaroni or rotini
- 1/2 teaspoon crushed red pepper flakes (optional)

### Directions

1. Wash hands with warm water and soap.
2. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper.
3. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes.
4. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.
5. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through.
6. Serve hot.