



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

April 2021 *Tidbits*

Senior Food Program Publication

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

Reminder Calls

Monthly customers will receive an automated call the day before distribution reminding you to pick up your box. If you no longer want to receive calls, press 7 at the end of the call to opt out. If you are not currently receiving calls and would like to, please call 989-386-3805 to update or verify your phone number.

Your Commodity Box: Re-use or Recycle?



- Return **clean** boxes to us at the next distribution so that 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: AmeriCorps Seniors

When you join AmeriCorps Seniors, you choose how you want to give back. Help a struggling child to learn to read. Deliver groceries to an elderly neighbor. Support a family impacted by natural disaster. These are just a few of the service opportunities available to you through AmeriCorps Seniors.

AmeriCorps Seniors is open to individuals 55 and older. Every year, over 200,000 AmeriCorps Seniors volunteers are matched with service opportunities offered by partner organizations.

For more information visit <https://americorps.gov/serve/amicorps-seniors> or call 1-800-942-2677

Foods for Eye Health

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about some of the top foods to promote eye health.

Kale: This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, papaya and pistachios. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. And kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

Sweet Potatoes: Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are also sources of vitamin A. And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

Healthy Fats: Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3s. Salmon is an excellent source of omega-3 fatty acids, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include this type of healthy fat are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

*Reprinted in part from
<https://www.eatright.org/health/wellness/preventing-illness/5-top-foods-for-eye-health>. This content 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.*

Questions? Give Us a Call!

**Bay, Clare, Gladwin, Mecosta,
Midland & Osceola Counties: 989-386-3805**

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

Online: www.mmcaa.org

This institution is an equal opportunity provider.

Featured Commodity: Elbow Macaroni

Nutrition Information:

- ½ cup cooked enriched macaroni pasta counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Enriched macaroni pasta is a refined grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains. □ Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins and iron are added back after processing. Fiber is not added back to enriched grains.

Uses & Tips:

- Enjoy enriched macaroni pasta in a variety of meals like pasta dishes, casseroles, soups, and salads.
- When cooking pasta, use 2 quarts of water for every ½ pound of pasta.

Upcoming Distribution Schedule

If someone else is picking up your food for you, please send a signed note allowing them to do so. We will ask the person picking up your food for their ID. *Please note that scheduling changes may occur. Changes will be posted on www.mmcaa.org, Facebook, and sent to monthly customers via robocall.* You may also call 989-386-6849 for a recording of all upcoming dates.

- **Albright Shores Eagles:** May 11, 10:30-11:30
- **Alma Elks:** June 28, 9:30-11:00
- **Bay City Town Center:** May 12, 1:00-2:30
- **Clare Moose Lodge:** May 20; 10:00-11:30
- **Essexville Community Church:** May 3; 12:30-1:30
- **Evart Moose Lodge:** May 19; 11:00-12:00
- **Clare County Fairgrounds:** May 18, 10:00-11:30
- **Gladwin Free Methodist Church:** May 10, 10:00-11:30
- **God's Helping Hands, Remus:** May 5, 2:00-3:00
- **Gratiot Commission on Aging:** June 28, 12:30-1:30
- **Greendale Township Offices:** May 4, 1:00-2:00
- **Greenville Armory:** June 3, 10:30-11:30
- **Grace Community Church, Howard City:** June 3, 1:30-2:30
- **Immanuel Lutheran Church, Mt. Pleasant:** June 23, 10:00-11:00
- **Ionia Moose Lodge:** June 22, 10:30-11:30
- **Marion VFW Post:** May 19, 1:30-2:30
- **Pinconning United Methodist:** May 11, 1:00-2:00
- **Resurrection Life Church:** May 5, 11:00-12:00
- **Sanford American Legion:** May 4, 10:30-11:30
- **United Methodist Church of Reed City:** May 20, 2:00-3:00
- **Warehouse Make-Up Day:** May 27, 9:00-11:00

Private distributions are not listed. Clare 989-386-6849 for a recording of all upcoming monthly distribution dates. The calendar is also available at www.mmcaa.org

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

April Recipe: Spinach Noodle Salad

Ingredients

6 ounces Macaroni Noodles
1 can diced tomatoes
3 tbsp canola oil
2 tbsp cider vinegar
1/4 tsp black pepper
1/8 tsp salt
1/8 tsp garlic powder
1/8 tsp oregano
1 can garbanzo beans, drained, rinsed
3 ounces baby spinach leaves
1/2 cup sliced red onion
1/3 cup feta cheese

Directions

1. Cook noodles according to package directions. Drain noodles; then rinse in cold water and drain well.
2. While noodles are cooking, drain tomatoes, reserving 1/2 cup liquid. Discard remaining liquid.
3. In a small bowl, whisk together reserved tomato liquid, oil, vinegar, garlic powder, oregano, salt, and pepper.
4. In a large bowl, add noodles, drained tomatoes, beans, spinach, and onion. Pour dressing mixture over noodle mixture and toss to coat.
5. Sprinkle with feta cheese and serve.

Trivia! Q: How many different shapes of pasta are there?



Answer: There are over 350 shapes of pasta