



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

# August 2019 *Tidbits*

Senior Food Program Publication

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## **Reminder Calls**

You 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
- **Recycle** boxes through your residential recycling service if they are **dirty, stained,** or have been **exposed to pests**

## **National Health Center Week is in August**

National Health Center Week (August 4th-10th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades.

Health centers serve 28 million patients – a number that continues to grow along with the demand for affordable primary care. Health centers produce innovative solutions to the most pressing health care issues in their communities and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations.

For more information please visit <https://healthcenterweek.org/about-nhcw/>

## **Meal Planning for One or Two People**

One- and two-person households are a growing sector in the United States. According to the 2000 census, the U.S. has more than 61 million one- and two-person households. They all have something in common: They need to eat!

Sometimes, cooking for one or two may seem like it's not worth the trouble; however, everyone needs a variety of foods to stay healthy. Homemade meals usually are more nutritious, better tasting and more economical, compared with restaurant meals.

### **Enjoy Your Meals**

Eating is a source of great enjoyment. Take time to savor the flavors, colors and textures of a variety of foods. Try these ideas to add to the enjoyment of eating:

- Set and eat at a table. Use your fancy glasses and dishes.
- Add a centerpiece, light some candles and play some music.
- Try a new recipe.
- Invite a friend over to a two-person potluck.

### **Plan for More Convenient and Economical Cooking**

Planning makes a difference in eating healthy meals. Set a goal to plan menus for a week at a time, and incorporate your "planned-overs." For example, making a small roast on Sunday could provide the planned-over meat for a sandwich on Monday and a vegetable beef stir-fry on Tuesday.

### **Reduce Your Favorite Recipes**

Choose recipes that fit with your tastes and time requirements. You can adapt many of them to fit your current household size.

- Choose recipes that are easy to divide mathematically. In recipes calling for three eggs, use two eggs and remove 2 to 4 tablespoons of liquid (if present) from the recipe.
- If a recipe calls for a can of beans or soup and you would like to divide the recipe in half, use what you need and either refrigerate or freeze the remaining food. Label the container with the contents and date.
- Add seasonings gradually. Sometimes you may need to add more (or less) of the spice to reach the desired flavor.
- Check for doneness of halved recipes five to 10 minutes sooner than the original recipe.
- Keep notes about what works — and what doesn't!

*The information contained in this article is not a substitute for medical advice or treatment. Consultation with your doctor or health care professional is recommended. <https://www.ag.ndsu.edu/publications/food-nutrition/cooking-for-one-or-two>*

*This institution is an equal opportunity provider.*

## Featured Commodity: Canned Salmon

### Nutrition Information:

- Canned pink salmon is packed in oil and is fully cooked. Canned salmon is made from domestic pink salmon with skin and bones.
- 3 ounces of canned pink salmon provides 25% of the daily recommended amount of calcium.

### Uses & Tips:

- Use canned pink salmon in soups, salads, casseroles, and sandwiches.
- Canned pink salmon may be eaten hot or cold

## September's 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.

- **Albright Shores Eagles:** September 10; 10:30 - 11:30
- **Alma Elks:** No Sept distro next October 28, 9:30-11:00
- **Bay County Community Center:** Sept 11; 10:30 - 12:00
- **Clare Moose Lodge:** Sept 19; 10:00-11:30
- **Essexville Baptist Community Church:** Sept 11; 1:30 - 2:30
- **Evart Moose Lodge:** Sept 18; 11:00-12:00
- **First Congregational UCC:** Sept 17; 10:30-12:00
- **Gladwin Free Methodist Church:** Sept 9 10:00-11:30
- **Gratiot Commission on Aging:** No Sept distro next October 28; 1:00-2:00
- **Greendale Township Offices:** Sept 3; 1:00 - 2:00
- **Greenville Armory:** No Sept distro next distro Oct 3; 10:30-11:30
- **Howard City VFW Post:** No Sept distro next distro Oct 3; 1:30 - 2:30
- **Immanuel Lutheran Church:** No Sept distro next distro Oct 23; 10:00-11:00
- **Ionia Moose Lodge:** No Sept distro next distro Oct 22; 10:30-11:30
- **Marion VFW Post:** Sept 18; 1:30-2:30
- **Pinconning United Methodist:** September 10; 1:00-2:00
- **Resurrection Life Church:** Sept 4, 11:00 - 12:00
- **Sanford American Legion:** Sept 3; 10:30 - 11:30
- **Wheatland Township Hall:** Sept 4, 2:00 - 3:00

*Please refer to your CSFP card or contact your local office for more information. Private distributions are not listed.*

### Questions? Give Us a Call!

**Bay County:** 989-894-9060  
**Clare County:** 989-386-3805  
**Gladwin County:** 989-426-2801  
**Mecosta County:** 231-660-0260  
**Midland County:** 989-832-7377  
**Osceola County:** 231-791-7078  
**Gratiot, Ionia, Isabella, & Montcalm Counties:** 616-754-9315  
**Online:** [www.mmcaa.org](http://www.mmcaa.org)

Did you miss your regular distribution? Contact your local office to inquire about make-up arrangements.

## August Recipe: Salmon Noodle Cassarole

### Ingredients

8 oz Shredded Cheese  
16 oz Pasta Noodles  
2 cans salmon  
1 Can Cream of Mushroom soup  
1 Can Green beans\*  
1 small onion, chopped  
Salt & Pepper to taste

\*Fresh Sugar Snap or Snow Peas can be substituted for green beans if they're in season

### Directions

1. Boil and salt water in a medium size pot. Cook pasta till al dente.
2. Drain pasta & set aside. Saute chopped onion in the pot until it starts to carmelize. Remove from heat.
3. Combine all ingredients, including cooked pasta and onion in a 13x9 casserole dish

Makes 6 servings

Want to see your favorite commodity based recipe featured in Tidbits?

E-mail it to [jraymond@mmcaa.org](mailto:jraymond@mmcaa.org) by September 30th for a chance to see your recipe in print!