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

December 1st - 7th is National Influenza Vaccination Week

Flu isn't a "bad cold" and can result in serious health complications, such as pneumonia or bacterial infections. Flu can sometimes even lead to death. Most people who get flu will recover in several days to less than two weeks, but some people will develop serious flu complications.

Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. For example, during 2016-2017, flu vaccination prevented an estimated 5.3 million influenza illnesses, 2.6 million influenza-associated medical visits, and 85,000 influenza-associated hospitalizations.

Adapted from <https://www.cdc.gov/flu/resource-center/nivw/about.htm>. 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.

A Special Winter Announcement

As cold winter weather settles in, we all look forward to cozy evenings with family and friends. With that also comes awareness that cold weather can be dangerous. We sincerely want winter commodity distributions to be as safe as possible for everyone. To that end I'd like to share a few thoughts:

-We strongly encourage you to arrive for your distribution at the scheduled start time. We stay at every site until all customers who arrived during the scheduled distribution time have been served. *Lining up before a distribution starts is not necessary, and more importantly, is potentially dangerous in this cold weather.*

-Our truck crew is dedicated and works hard to get food out, even when the weather is bad. If we must cancel a distribution, we work to get the word out in several ways. Cancellations will be posted on our Facebook and local TV stations. If you receive reminder robocalls, you will also receive a call notifying you of cancellation. We will announce the day and time for a make-up distribution as soon as possible.

-If you feel that it is not safe to travel for a distribution, please contact us for other options. We may be able to serve you at a different public distribution, or at our Clare Warehouse.

-If you're struggling to heat your home, contact your local Community Action office or 211 for home heating assistance.

Thank you all. We're grateful for the opportunity to serve you over the past year, and we look forward to serving you during the next year. My warmest wishes for a happy holiday season to everyone!

-Jennifer Raymond, Food Commodities Manager

Tips to Stretch your Food Budget

- Buy in bulk. Buy frequently-used ingredients in bulk [e.g. beans and frozen vegetables] Cook in large amounts and freeze leftovers. Place enough food for 1-2 meals in each container. Create a weekly meal plan that uses the same ingredients in different ways. For instance, extra grilled chicken can be used in a casserole or salad at another meal.

-Substitute fruits and vegetables for meats. Meats are more expensive but beans are an excellent protein substitute, and vegetables and fruits add flavor, texture and nutrients.

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Questions? Give Us a Call!

Midland County: 989-832-7377

Bay County: 989-894-9060

Osceola County: 231-791-7078

Clare County: 989-386-3805

Gratiot, Ionia, Isabella, &

Gladwin County: 989-426-2801

Montcalm Counties: 616-754-9315 **Mecosta County:** 231-660-0260

Online: www.mmcaa.org

Featured Commodity: Cheese

Nutrition Information:

- This item is a pasteurized, processed yellow blended American cheese with a reduced fat profile. This product is a refrigerated item that is available in 2-pound loaves.
- **2 ounces of processed American cheese counts as 1 serving** from the MyPlate.gov Dairy Group. For a 2,000-calorie diet, the daily recommendation is about 3 cups.

Uses & Tips:

- This product should be stored in a refrigerator to maintain quality.

January'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:** January 14th; 10:30-11:30
- **Alma Elks:** No Jan. distribution, next on February 24th, 9:30-11:00
- **Bay County Community Center:** January 8th; 1:00-2:30
- **Clare Moose Lodge:** January 16th; 10:00-11:30
- **Essexville Community Church:** January 6th, 12:30-1:30
- **Evart Moose Lodge:** January 15th; 11:00-12:00
- **First Congregational UCC:** January 21st; 10:00-11:30
- **Gladwin Free Methodist Church:** January 13th; 10:00-11:30
- **Gratiot Commission on Aging:** No Jan. distribution, next on February 24th; 12:30-1:30
- **Greendale Township Offices:** January 7th; 1:00-2:00
- **Greenville Armory:** No Jan. distribution, next on February 6th; 10:30-11:30
- **Howard City VFW Post:** No Jan. distribution, next on February 6th; 1:30-2:30
- **Immanuel Lutheran Church:** No Jan. distribution, next on February 26th; 10:00-11:00
- **Ionia Moose Lodge:** No Jan. distribution, next on February 25th; 10:30-11:30
- **Marion VFW Post:** January 15th; 1:30-2:30
- **Pinconning United Methodist:** January 14th; 1:00-2:00
- **Resurrection Life Church:** January 2nd (THURSDAY); 11:00-12:00
- **Sanford American Legion:** January 7th; 10:30-11:30
- **United Methodist Church of Reed City:** January 16th; 2:00-3:00
- **Wheatland Township Hall:** January 2nd (THURSDAY); 2:00-3:00

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

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

December Recipe: Cheesy Scalloped Potatoes

Ingredients

2 tbsp butter
2 tbsp flour
1 c milk
1/8 tsp garlic powder
1 c CSFP cheese, shredded
2 cans sliced CSFP potatoes, drained

Directions

1. Heat oven to 350°F.
2. In a large saucepan, melt butter, then blend in the flour. Add milk gradually and cook, stirring constantly until thickened. Add garlic powder and 1/2 c. cheese.
3. Mix saucepan contents with potatoes in a 2-quart casserole dish. Sprinkle with remaining cheese.
4. Bake 25 minutes or until golden brown.
5. Garnish with sliced green onions, if desired.

Budget Food Tips, continued

-Don't throw out bruised or dented fruits and vegetables. Just be sure to remove all bruised areas during preparation.

-Make homemade soup that's chockfull of veggies. Make a big batch and freeze leftovers in small lunch-size containers. Try these: butternut squash, mushroom and barley, or carrot and apple.

For more tips visit <https://fruitsandveggies.org/stories/30-ways-in-30-days-to-stretch-your-food-budget/>