

Like us on Facebook for agency updates & info! 

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 989-386-0872 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 services that are **dirty, stained**, or have been **exposed to pests**

February 1st - 7th is National African Heritage & Health Week

Oldways is a nonprofit food and nutrition education organization, with a mission to inspire healthy eating through cultural food traditions and lifestyles.

Their African Heritage program develops resources and initiatives to promote the healthy foods and delicious eating traditions for good health and community.

Oldways pays special homage to African Heritage every year in February, in honor of Black History Month.

Visit www.oldwayspt.org/recipes for many delicious, nutritious, and easy to prepare African recipes.

Serving and Portion Sizes: How Much Should I Eat?

The Dietary Guidelines suggests that people 50 or older choose foods every day from the following:

- Fruits—1½ to 2½ cups
- Vegetables—2 to 3½ cups
- Grains—5 to 10 ounces
- Protein foods—5 to 7 ounces
- Dairy foods—3 cups of fat-free or low-fat milk
- Oils—5 to 8 teaspoons
- Solid fats and added sugars (SoFAS) and sodium (salt)—keep the amount of SoFAS and sodium small

Does this mean you have to measure or weigh everything you eat? Not really. Some people find it helps to measure things carefully at first, but once you get used to your new eating plan, strict measuring probably won't be necessary. Some people find it helpful to compare serving sizes to common objects when estimating a serving:

- One cup cooked vegetables, salad, baked potato = baseball
- 1 to 1½ ounces cheese = four dice
- Three ounces of meat or poultry = palm of hand
- Half cup fruit, beans, rice, noodles, or ice cream = cupcake wrapper or half of a baseball
- One teaspoon margarine or oil = tip of first finger
- One pancake or tortilla = compact disc

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. Information provided by the National Institute on Aging at <https://www.nia.nih.gov/health/serving-and-portion-sizes-how-much-should-i-eat>

CSFP Certifications Now Valid for Three Years

CSFP programs in Michigan have received permission to extend the certification period for our commodity customers. Previously, a CSFP customer who applied on May 1st, 2018 would have a one year certification, and would need to recertify by May 1st, 2019. With the new three year certification period, a customer who applied on May 1st, 2018 is now eligible until May 1st, 2021. Your certification period will automatically be extended. No further action is needed.

Announcement for Gratiot, Ionia, Isabella & Montcalm County Customers

Starting in February, distributions in Gratiot, Ionia, Isabella & Montcalm counties only will be hosted **every other month**. Customers will still receive the same amount of commodity food. Customers will receive **two** CSFP boxes at these distributions; one for the current month, and one for the next month. Please see the schedule for additional details.

This institution is an equal opportunity provider.

Featured Commodity: Peanut Butter

Nutrition Information:

- 2 tablespoons of peanut butter count as 2 ounces in the MyPlate Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- One 2 tablespoon serving of peanut butter contains 7 grams of protein.

Uses & Tips:

- Try spreading it on bread with jelly or jam, honey, or sliced bananas.
- Add peanut butter to breads, muffins, and cookie batter.
- Peanut butter can be used in sauces, dips, smoothies, soups, and stews.
- Do not freeze peanut butter.

March'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:** March 12th; 10:30 - 11:30
- **Alma Elks:** No March distribution, next is April 22nd; 9:30-11:00
- **Bay County Community Center:** March 13th; 10:30 - 12:00
- **Clare Moose Lodge:** March 21st; 10:00-11:30
- **Essexville Baptist Community Church:** March 13th; 1:30 - 2:30
- **Evert Moose Lodge:** March 20th; 11:00-12:00
- **First Congregational UCC:** March 19th; 10:30-12:00
- **Gladwin Free Methodist Church:** March 11th; 10:00-11:30
- **Gratiot Commission on Aging:** No March distribution, next is April 22nd; 1:00-2:00
- **Greendale Township Offices:** March 5th; 1:00 - 2:00
- **Greenville Armory:** No March distribution, next is April 4th 10:30-11:30
- **Howard City VFW Post:** No March distribution, next is April 4th; 1:30 - 2:30
- **Immanuel Lutheran Church:** No March distribution, next is April 24th; 10:00-11:00
- **Ionia Moose Lodge:** No March distribution, next April 23rd; 10:30-11:30
- **Marion VFW Post:** March 20th; 1:30-2:30
- **Pinconning United Methodist:** March 12th; 1:00-2:00
- **Resurrection Life Church:** March 6th; 11:00 - 12:00
- **Sanford American Legion:** March 5th; 10:30 - 11:30
- **Wheatland Township Hall:** March 6th; 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.

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
Food Warehouse: 989-386-6849
Online: www.mmcaa.org

February Recipe: Peanut Butter Smoothies

Each variation makes approximately 2 servings

Variation 1: Healthy Chocolate Peanut Butter

Ingredients

- 1/2 cup low fat milk
- 1/2 cup plain no sugar added yogurt
- 1 banana, peeled, quartered & frozen
- 2 tablespoons creamy peanut butter
- 1 1/2 teaspoons cocoa powder
- 2 teaspoons honey
- 1/8 teaspoon ground cinnamon
- 1/2 cup ice

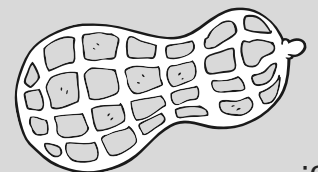
Variation 2: Nutty Mocha Coffee Smoothie

- 1/2 cup low fat milk
- 1/4 cup plain no sugar added yogurt
- 1/2 cup chilled brewed coffee
- 1 banana, peeled, quartered & frozen
- 1/4 cup rolled oats
- 1 tablespoon peanut butter
- 1 tablespoon cocoa powder

Directions

1. Add all ingredients to a blender.
2. Place lid on blender and pulse until all ingredients are smooth and evenly blended.

Trivia! When did the peanut first appear in art?



Answer: People in South America made pottery in the shape of peanuts or decorated jars with peanuts as far back as 3,500 years ago.