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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**

### **Focus on: Weatherization Assistance Programs**

Weatherization programs help increase the energy efficiency of homes by providing updates that include wall insulation, attic insulation and ventilation, foundation insulation, air leakage reduction, smoke detector installation and dryer venting.

This increased efficiency results in long-term heating, cooling, and energy savings for home owners.

To find a Weatherization Assistance Program near you, contact your local Community Action Agency or call 211.

### **Celebrate National Blood Donor Month this January and Help Save a Life**

Blood donations typically drop off during and immediately after the winter holidays, which makes National Blood Donor Month in January a critical time for the American Red Cross. Busy schedules, holiday breaks from school, inclement weather and winter illnesses contribute to fewer blood and platelet donations. Since December, severe winter weather has forced the Red Cross to cancel dozens of blood drives, leaving hundreds of donations uncollected. This poses quite a challenge since the need for blood doesn't take a holiday nor diminish because a snowstorm hits. The Red Cross needs to collect more than 13,000 donations every day to keep the blood supply ready and available to meet the needs of about 2,600 hospitals, clinics and cancer centers across the country.

While there's no age limit on being a voluntary blood donor, compassionate and consistent contributors can become ineligible due to changes in their health or weight.

Eligible blood and platelet donors are urged to schedule a donation today by using the Red Cross Blood Donor app, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-REDCROSS (1-800-733-2767). Help even more people by inviting your sister, daughter or other family members, friends and colleagues to donate too.

Although there is no upper age limit, there is a minimum age requirement. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood.

*Reprinted in part from <https://www.redcross.org/about-us/news-and-events/news/2018/Celebrate-National-Blood-Donor-Month-this-January-and-Help-Save-a-Life.html>. 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!**

**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](http://www.mmcaa.org)

# Featured Commodity: Rolled Oats

## Nutrition Information:

- ½ cup of cooked rolled oats counts as 1 ounce from the MyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

## Uses & Tips:

- Cook rolled oats with chopped fruit and low-fat or nonfat milk instead of water for a filling breakfast.
- Rolled oats can be used in a variety of baked dishes such as cookies, muffins, breads, and desserts.

## February'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:** February 11th; 10:30-11:30
- **Alma Elks:** February 24th, 9:30-11:00
- **Bay County Community Center:** February 12th 1:00-2:30
- **Clare Moose Lodge:** February 20th; 10:00-11:30
- **Essexville Community Church:** February 3rd, 12:30-1:30
- **Evart Moose Lodge:** February 19th; 11:00-12:00
- **First Congregational UCC:** February 18th; 10:00-11:30
- **Gladwin Free Methodist Church:** February 10th; 10:00-11:30
- **Gratiot Commission on Aging:** February 24th; 12:30-1:30
- **Greendale Township Offices:** February 4th; 1:00-2:00
- **Greenville Armory:** February 6th; 10:30-11:30
- **Howard City VFW Post:** February 6th; 1:30-2:30
- **Immanuel Lutheran Church:** February 26th; 10:00-11:00
- **Ionia Moose Lodge:** February 25th; 10:30-11:30
- **Marion VFW Post:** February 19th; 1:30-2:30
- **Pinconning United Methodist:** February 11th; 1:00-2:00
- **Resurrection Life Church:** February 5th; 11:00-12:00
- **Sanford American Legion:** February 4th; 10:30-11:30
- **United Methodist Church of Reed City:** February 20th; 2:00-3:00
- **Wheatland Township Hall:** February 5th; 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.

## January Recipe: D.I.Y. Instant Oatmeal Mixes

### Ingredients

#### Brown Sugar & Spice Blend:

- 8 cups CSFP rolled oats
- 1 cup brown sugar
- 2 tsp. salt
- 2 ½ tsp. ground cinnamon
- 1 ½ tsp. ground nutmeg
- 1 ½ cups dried raisins

#### Cherry Almond Blend:

- 8 cups CSFP Rolled Oats
- 2 cup sliced almonds
- 2 cup chopped dried cherries
- 1 cup flaxseeds or raw pepitas (pumpkin seeds)
- 2/3 cup brown sugar
- 4 tsps. ground cinnamon
- 1 tsp. salt

### Directions

1. Combine all ingredients from one of the blends above in a large bowl, stirring until evenly mixed.
2. Pour into a 10-cup container with a tight fitting lid.
3. Store in a cool place
4. To cook combine 1/3 cup of mix with with 2/3 cups of water and microwave for 1 1/2 minutes.

### Trivia!

Q: When did man begin cultivating oats?

A: Oats were first cultivated about 7,000 years ago in ancient China.