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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**

## **July is Fireworks Eye Safety Month**

Fireworks-related eye injuries can combine blunt force trauma, heat burns and chemical exposure. If an eye injury from fireworks occurs, it should be considered a medical emergency.

Seek medical attention immediately.  
Do not rub your eyes.  
Do not rinse your eyes.  
Do not apply pressure.  
Do not remove any objects that are stuck in the eye.  
Do not apply ointments or take any blood-thinning pain medications such as aspirin or ibuprofen unless directed by a doctor.

Information from <https://www.aao.org/eye-health/tips-prevention/injuries-fireworks-eye-safety>

## **Healthy Eating Conversation Starters**

Sometimes a family member or friend needs encouragement to make a healthy change. Try these tips to start a conversation about eating healthy.

### **Say why eating healthy is important.**

"Your health is important to me. I care about you and want you to live a healthy life."

"A healthy diet can help you stay active as you get older, giving you more time to spend with your loved ones and do the activities you enjoy."

### **Talk about small steps.**

"Healthy eating isn't all or nothing. You can eat healthy and still enjoy the foods you love. How do you feel about trying some small changes?"

"Can I help you think of some healthy shifts that would be doable for you? What are some foods or ingredients you would be willing to swap out for healthier options?"

Be ready with some ideas, like drinking water instead of soda, eating whole-wheat bread instead of white bread, or using olive oil instead of butter.

**Keep it manageable** – encourage your friend or family member to pick 1 or 2 ideas to start.

### **Take the lead. Do it together.**

"Let's go grocery shopping together for healthy choices."

"Let's try to cook and enjoy a healthy meal together at least twice a week."

"Let's try eating at least 2 vegetables with dinner."

"Next time we go out to eat, let's share a meal. Or we can each order our own, but only eat half – we can save the other half for lunch the next day."

### **Offer to help.**

Let your friend or family member know you are on their side.

Ask, "How can I help you eat healthy?"

### **Acknowledge that changing habits is hard.**

Ask, "What's the hardest thing about eating healthy? What can I do to support you?"

### **Celebrate successes.**

Say, "I'm so proud of you for making this change and sticking to it."

*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 US Dept of Health and Human Services at <https://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition/healthy-eating-conversation-starters>*

*This institution is an equal opportunity provider.*

# Featured Commodity: Rice

## Nutrition Information:

- ½ cup of cooked medium grain rice counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

## Uses & Tips:

- 1 cup of dry rice will make about 3 cups cooked rice.
- Rice is a great side dish for meat, poultry, fish, and vegetables.
- Rice can be used in recipes for soups, casseroles, or salads.

## August'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:** August 13th; 10:30 - 11:30
- **Alma Elks:** August 26th, 9:30-11:00
- **Bay County Community Center:** August 14; 10:30 - 12:00
- **Clare Moose Lodge:** August 15; 10:00-11:30
- **Essexville Baptist Community Church:** August 14; 1:30 - 2:30
- **Ewart Moose Lodge:** August 21st; 11:00-12:00
- **First Congregational UCC:** August 20th; 10:30-12:00
- **Gladwin Free Methodist Church:** August 12th; 10:00-11:30
- **Gratiot Commission on Aging:** August 26th; 1:00-2:00
- **Greendale Township Offices:** August 6th; 1:00 - 2:00
- **Greenville Armory:** August 1st, 10:30-11:30
- **Howard City VFW Post:** August 1st, 1:30 - 2:30
- **Immanuel Lutheran Church:** August 28th; 10:00-11:00
- **Ionia Moose Lodge:** August 27th; 10:30-11:30
- **Marion VFW Post:** August 21st; 1:30-2:30
- **Pinconning United Methodist:** August 13th; 1:00-2:00
- **Resurrection Life Church:** August 7th, 11:00 - 12:00
- **Sanford American Legion:** August 6th; 10:30 - 11:30
- **Wheatland Township Hall:** August 7th, 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.

## July Recipe - Not Fried Rice

### Ingredients

2 c. long grain white rice, cooked  
2 eggs, slightly beaten  
2 carrots, chopped  
1 celery stalk, chopped  
1 small onion, chopped  
1/2 c. frozen peas  
1/2 c. frozen corn  
2 tbs soy sauce  
water (as needed )

### Directions

1. Over a wok or large frying pan heated to medium-high heat, cook the egg into an omelet.
2. Remove the omelet and add the carrots, celery, and onion. Stir fry over high heat adding water as needed until the vegetables are tender-crisp.
3. Cut the omelet into chunks and add to the wok along with the peas and corn. Cook until peas and corn are heated thoroughly.
4. Add the rice and soy sauce. Mix to combine.

Makes 4 1 Cup Servings

**Trivia!** Which state grows the most rice?



**Answer:** Arkansas grows the most rice in the US, accounting for about 46% of U.S. rice production.