



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

July 2021

Tidbits

Senior Food Program Publication

Like us on Facebook for
agency updates & info! 

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

Focus On: Free & Reduced Fee Dental Programs in Michigan

Community Dental Clinics offer free and/or reduced dental care programs to low-income individuals and families in Michigan.

Eligibility for treatment may vary from clinic to clinic. The best way to learn about your eligibility is to contact the clinic directly.

The services offered may vary from program to program. Some programs may provide free or reduced cost cleanings, while others may offer more extensive services like tooth extractions or cavity feelings.

For more information, including a listing of service providers, visit the Michigan Dental Association's Free & Reduced Fee Dental Program page at <https://www.smilemichigan.com/resources/free-reduced-fee-dental-programs-in-michigan/>

This institution is an equal opportunity provider.

Summer Food Safety Tips

Last month, USDA launched its FoodKeeper mobile app, which contains specific guidance on more than 400 food and beverage items, including safe cooking recommendations for meat, poultry and seafood products.

The app provides information on how to store food and beverages to maximize their freshness and quality. This will help keep products fresh longer than if they were stored improperly, which can happen more often during hot summer days. The application is available for free on Android and Apple devices.

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. To help Americans stay healthy and safe, USDA offers the following food safety recommendations.

Bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches, summer salads. cut up fruit and vegetables, and perishable dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

Cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures: Beef, Pork, Lamb, & Veal (steaks, roasts, and chops): 145 °F with a 3 minute rest time. Ground meats: 160 °F. Whole poultry, poultry breasts, & ground poultry: 165 °F.
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve.

Serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

Reprinted from <https://www.usda.gov/media/press-releases/2015/05/20/usda-offers-summer-food-safety-tips-advance-memorial-day-weekend>

Questions? Give Us a Call!

Bay, Clare, Gladwin, Mecosta,
Midland & Osceola Counties: 989-386-3805

Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315

Online: www.mmcaa.org

Featured Commodity: Smooth Peanut Butter

Nutrition Information:

- 1 tablespoon of peanut butter counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- Peanut butter supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- Foods made from meat, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

Uses & Tips:

- Add peanut butter to smoothies to bump up the protein!
- Spread peanut butter on celery and top with raisins for a quick snack.
- Peanut butter can be used in savory sauces and served with chicken, pork, or beef.

Upcoming 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. If you missed your distribution you can attend "Make Up Day" at our Food Warehouse, located at 2300 East Ludington Drive, Clare. Please note that scheduling changes may occur. Changes will be posted on www.mmcaa.org, Facebook, and sent to monthly customers via robocall. **You may also call 989-386-6849 for a recording of all upcoming dates.**

- **Albright Shores Eagles:** August 10, 10:30-11:30
- **Alma Elks:** August 23, 9:30-11:00
- **Bay City Town Center:** August 11, 1:00-2:30
- **Clare County Fairgrounds, Harrison:** August 17, 10:00-11:30
- **Clare Moose Lodge:** August 19; 10:00-11:30
- **Essexville Community Church:** August 2; 12:30-1:30
- **Evart Moose Lodge:** August 18; 11:00-12:00
- **Gladwin Free Methodist Church:** August 9, 10:00-11:30
- **God's Helping Hands, Remus:** August 4, 2:00-3:00
- **Grace Community Church, Howard City:** August 5, 1:30-2:30
- **Gratiot Commission on Aging:** August 23, 12:30-1:30
- **Greendale Township Offices:** August 3, 1:00-2:00
- **Greenville Armory:** August 5, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** Aug. 25, 10:00-11:00
- **Ionia Moose Lodge:** August 24, 10:30-11:30
- **Marion VFW Post:** August 18, 1:30-2:30
- **Pinconning United Methodist:** August 10, 1:00-2:00
- **Resurrection Life Church:** August 4, 11:00-12:00
- **Sanford American Legion:** August 3, 10:30-11:30
- **United Methodist Church of Reed City:** August 19, 2:00-3:00
- **Food Warehouse Make-Up Day:** August 26, 9:00-11:00

Private distributions are not listed. Call 989-386-6849 for a recording of all upcoming monthly distribution dates. The calendar is also available at www.mmcaa.org

Customers must inform Mid Michigan CAA of changes in income or household composition within 10 days of the change.

July Recipe: Nutty Carrot Salad

Ingredients

- 1/2 plain unflavored yogurt
- 1/4 cup Peanut Butter
- 1 tbsp. honey
- 1 apple
- 2 cups shredded carrots
- 1/2 cup raisins
- 2 tbsps. chopped salted peanuts

Directions

1. Mix yogurt, peanut butter, and honey in a large bowl. Stir until well blended.
2. Add carrots and raisins to yogurt/peanut/honey blend. Stir until well incorporated.
3. Core, slice, and chop apple into small, bite-sized pieces.
4. Stir in apple and peanuts, mix until all ingredients are evenly dispersed.
5. Serve immediately, or refrigerate leftovers for up to 3 days.

Important Recertification Update

We are no longer tracking CSFP recertifications for individuals, and instead, are recertifying all customers at a site at once.

Customers at public distributions will receive their paperwork at the site, and private distribution customers will receive their paperwork in the mail. Your paperwork will show the most recent information we have for you in our database. If updates are needed, please cross out old info and add current info before signing and returning your paperwork.

It will take some time to recertify all sites. In the meantime, you will remain eligible until your site has been scheduled for recertification.