



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

# June 2020 *Tidbits*

Senior Food Program Publication

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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: Please Recycle**



- Do **not** return boxes to us at the next distribution.
- **Recycle** boxes through your residential recycling service.
- We are not accepting box as a way to reduce contact during distribution.

## **Focus On: COVID-19**

Older adults are at increased risk. Public health recommends:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities. Cloth face coverings should not be worn by anyone who has trouble breathing or otherwise unable to remove the mask without assistance.

*Reprinted in part from  
[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)*

## **Getting Enough Fluids**

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

## **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: Nonfat Dry Instant Milk

### Nutrition Information:

- Instant nonfat dry milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and has added vitamins A and D.
- 1 cup prepared instant nonfat dry milk ( $\frac{1}{3}$  cup milk plus 1 cup water) provides 1 serving from the Dairy Group of MyPlate.
- 1 serving of instant nonfat dry milk provides 30% of the recommended daily amount of calcium and 10% of the recommended daily amount of vitamin A.

### Uses & Tips:

- Try adding a tablespoon or two of instant nonfat dry milk to smoothies for a creamier result.
- Try using instant nonfat dry milk in coffee or tea as a healthier substitute for cream or creamer.

## July'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:** July 14th; 10:30-11:30
- **Alma Elks Lodge:** July 24th; 9:30-11:00
- **Bay City Town Center:** July 8th, 1:00-2:30
- **Clare Moose Lodge:** July 16th; 10:00-11:30
- **Essexville Community Church:** July 6th, 12:30-1:30
- **Evart Moose Lodge:** July 15th; 11:00-12:00
- **Clare County Fairgrounds:** July 21st; 10:00-11:30
- **Gladwin Free Methodist Church:** July 13th; 10:00-11:30
- **Gratiot COA:** August 24th, 12:30-1:30
- **Greendale Township Offices:** July 7th; 1:00-2:00
- **Greenville Armory:** August 6th, 10:30-11:30
- **Howard City VFW Post:** July 6th, 1:30-2:30
- **Immanuel Church:** August 26th, 10:00-11:00
- **Ionia Moose Lodge:** August 25th; 10:30-11:30
- **Marion VFW Post:** July 15th; 1:30-2:30
- **Pinconning United Methodist:** July 14th; 1:00-2:00
- **Resurrection Life Church:** July 1st; 11:00-12:00
- **Sanford American Legion:** July 7th; 10:30-11:30
- **United Methodist Church of Reed City:** July 16th; 2:00-3:00
- **God's Helping Hands:** July 1st; 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.**

## June Recipe: Vegetable Cheese Soup

MAKES ABOUT 4  
SERVINGS

### Ingredients

- 1 cup instant nonfat dry milk
- 2 cups water
- 3 cups canned mixed vegetables, drained
- $\frac{1}{4}$  cup onion, chopped
- $\frac{1}{2}$  teaspoon curry powder (if you like)
- 1 cup water
- 1  $\frac{1}{2}$  tablespoons cornstarch
- $\frac{1}{2}$  cup Swiss or cheddar cheese, cut into small pieces or shredded

### Directions

1. Bring 2 cups water to a boil in a medium pot. Add vegetables and onions. If using curry powder, add that too. Cook, covered, until onion is almost soft.
2. Mix dry milk, 1 cup water, and cornstarch together in a bowl or cup. Add to vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if soup is too thick.