



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

June 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:

National Family Health & Fitness Day - June 12th, 2021

Family Health & Fitness Day will be held on June 12, 2021! Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy.

Various research studies are confirming that community parks and recreation, green spaces and time outdoors are critical for creating healthy, active and sustainable communities. As we have witnessed throughout the coronavirus (COVID-19) pandemic, parks and recreation has played a critical role in supporting our mental and physical wellbeing, and Family Health & Fitness Day is a great opportunity to celebrate this.

Search #NRPFamilyFitDay on Twitter, Facebook, and Instagram for more information

Reprinted in part from <https://www.nrpa.org/events/family-fitness-day/>

The Big Thaw - Safe Defrosting Methods

Uh, oh! You're home and forgot to thaw something for dinner. You grab a package of meat and use hot water to thaw it fast. But is this safe? What if you remembered to take food out of the freezer, but forgot and left the package on the counter all day while you were at work?

Neither of these situations is considered safe, and these methods of thawing may lead to foodborne illness. Raw or cooked meat, poultry or egg products, as any perishable foods, must be kept at a safe temperature during "the big thaw." As soon as they begin to thaw and become warmer than 40 °F, bacteria that may have been present before freezing can begin to multiply.

When thawing frozen food, it's best to plan ahead and thaw in the refrigerator where it will remain at a safe, constant temperature — at 40 °F or below. There are three safe ways to thaw food: in the refrigerator, in cold water, and in the microwave.

Refrigerator Thawing: Planning ahead is the key to this method because of the lengthy time involved. After thawing in the refrigerator, items such as ground meat, stew meat, poultry, seafood, should remain safe and good quality for an additional day or two before cooking; red meat cuts (such as beef, pork or lamb roasts, chops and steaks) 3 to 5 days. Food thawed in the refrigerator can be refrozen without cooking, although there may be some loss of quality.

Cold Water Thawing: This method is faster than refrigerator thawing but requires more attention. The food must be in a leak-proof package or plastic bag. If the bag leaks, bacteria from the air or surrounding environment could be introduced into the food. The bag should be submerged in cold tap water, changing the water every 30 minutes so it continues to thaw. Foods thawed by the cold water method should be cooked before refreezing.

Microwave Thawing: When thawing food in a microwave, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during the thawing process (bringing the food to "Danger Zone" temperatures). Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed. After thawing in the microwave, always cook immediately after. Foods thawed in the microwave should be cooked before refreezing.

Cooking Without Thawing: When there is not enough time to thaw frozen foods, or you're simply in a hurry, just remember: it is safe to cook foods from the frozen state. The cooking will take approximately 50% longer.

Reprinted from <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/big-thaw-safe-defrosting-methods>

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: Canned Black Beans

Nutrition Information:

- ½ cup of black beans counts as 2 ounces in the Protein group or as ½ cup in the Vegetable group on ChooseMyPlate.gov.
- Black beans are low in fat, calories, and sodium and do not contain cholesterol.
- Black beans are a good source of plant protein

Uses & Tips:

- Canned black beans are precooked and do not require any soaking. They do not need to be heated before eating.
- Black beans are a protein-rich food that can be added to chili dishes, soups, salads, or casseroles. They may also be used in fillings, spreads, or dips.
- Canned black beans can be used in place of cooked, dried beans in any recipe.

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:** July 13, 10:30-11:30
- **Alma Elks:** August 23, 9:30-11:00
- **Bay City Town Center:** July 14, 1:00-2:30
- **Clare County Fairgrounds, Harrison:** July 20, 10:00-11:30
- **Clare Moose Lodge:** July 15; 10:00-11:30
- **Essexville Community Church:** July 2; 12:30-1:30
- **Evart Moose Lodge:** July 21; 11:00-12:00
- **Gladwin Free Methodist Church:** July 12, 10:00-11:30
- **God's Helping Hands, Remus:** July 7, 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:** July 6, 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:** July 21, 1:30-2:30
- **Pinconning United Methodist:** July 13, 1:00-2:00
- **Resurrection Life Church:** July 7, 11:00-12:00
- **Sanford American Legion:** July 6, 10:30-11:30
- **United Methodist Church of Reed City:** July 15, 2:00-3:00
- **Food Warehouse Make-Up Day:** July 29, 9:00-11:00

Private distributions are not listed. Clare 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.

This institution is an equal opportunity provider.

June Recipe: Black Bean Quesadillas

Ingredients

- ¾ cup chunky style salsa
- 1 can black beans, *drained & rinsed*
- ½ cup shredded cheddar or monterey jack cheese
- 2 tbsp chopped cilantro
- 4 flour tortillas
- ½ tsp olive oil

Directions

1. Using a small-hole strainer, drain excess liquid from chunky salsa. Transfer remaining salsa to a bowl.
2. Mix black beans, cheese, and cilantro in with salsa until evenly combined.
3. Add approximately ½ cup black bean mix to each tortilla. Fold Tortilla in half.
4. Heat a skillet over medium-high heat. Add oil. Place one filled tortilla on the skillet at a time, after oil has warmed. Grill and flip once. Allow to cook until cheese is melted and tortilla shell is slightly browned on the outside.

Bonus! Don't need to make 4 quesadillas at once? Refrigerate the unused portion of the black bean mix for up to three days and use it for more quesadillas, or for a topping on rice, nachos, or your morning eggs!