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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**

### **Rip Current Awareness Week is in June**

Did you know that more rip current related deaths happen in Michigan than Hawaii? Rip currents are powerful, channeled currents of water flowing away from shore. They typically extend from the shoreline, through the surf zone, and past the line of breaking waves. Rip currents can occur at any beach with breaking waves, including Great Lakes beaches.

Keep rip currents in mind while taking trips to Michigan beaches with your family this summer. Visit the websites below for more information on rip current safety.

Information from  
[https://www.weather.gov/cle/great\\_lakes\\_rip\\_currents](https://www.weather.gov/cle/great_lakes_rip_currents)  
For a complete rip current training visit  
<https://training.weather.gov/BreaktheGripoftheRip>

### **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.

*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 National Institute on Aging at <https://www.nia.nih.gov/health/getting-enough-fluids>*

### **Annual Customer Survey Time**

During the month of July we will be asking a random sampling of CSFP participants to share their thoughts about our programming. We are required to survey customers once a year in order to comply with federal program guidelines. We see it as a great opportunity to learn about what our customers like, and what they'd like to see us improve on.

We will be surveying a random selection of customers over the phone and at selected public distribution sites. Participation is optional. Your identity will not be disclosed or shared in any way.

Thank you in advance to everyone that takes the time to assist us with this survey!

*This institution is an equal opportunity provider.*

## Featured Commodity: Powdered Milk

### Nutrition Information:

- 1 cup prepared instant nonfat dry milk (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:

- To prepare instant nonfat dry milk, combine 1/3 cup nonfat dry milk with 1 cup water and mix well.

## 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 9th; 10:30 - 11:30
- **Alma Elks:** No July distribution; next on August 26th, 9:30-11:00
- **Bay County Community Center:** July 10th; 10:30 - 12:00
- **Clare Moose Lodge:** July 18th; 10:00-11:30
- **Essexville Baptist Community Church:** July 10th; 1:30 - 2:30
- **Ewart Moose Lodge:** July 17th; 11:00-12:00
- **First Congregational UCC:** July 16th; 10:30-12:00
- **Gladwin Free Methodist Church:** July 8th; 10:00-11:30
- **Gratiot Commission on Aging:** No July distribution; next on August 26th; 1:00-2:00
- **Greendale Township Offices:** July 2nd; 1:00 - 2:00
- **Greenville Armory:** No July distribution; Next on August 1st, 10:30-11:30
- **Howard City VFW Post:** No July distribution; Next on August 1st, 1:30 - 2:30
- **Immanuel Lutheran Church:** No June distribution, next on August 28th; 10:00-11:00
- **Ionia Moose Lodge:** No June distribution, next on August 27th; 10:30-11:30
- **Marion VFW Post:** July 17th; 1:30-2:30
- **Pinconning United Methodist:** July 9th; 1:00-2:00
- **Resurrection Life Church:** July 3rd, 11:00 - 12:00
- **Sanford American Legion:** July 2nd; 10:30 - 11:30
- **Wheatland Township Hall:** July 3rd, 2:00 - 3:00

*Note: an error on our May newsletter showed Mecosta County distributions on June 3. Mecosta county distributions actually occur on June 5th. We apologize for the inconvenience.*

*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.**

### 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)

## June Recipe - Honey & Powdered Milk Dinner Rolls

### Ingredients

1/4 cup honey  
1 Cup warm water  
1 pkg quick rise yeast  
1/3 cup non fat dry milk  
1/3 cup unsalted butter,  
melted  
2 eggs  
1 tsp salt  
4 1/2 cups flour  
cooking spray

### Directions

1. Dissolve honey and yeast in warm water and let stand for about 15 minutes.
2. Stir in powdered milk, butter, eggs, and salt. Gradually add in flour.
3. Knead dough on a floured surface for about 8 minutes.
4. Place dough in an oiled bowl & allow to rise until doubled. Punch down and allow to rise for another 30 minutes.
5. Divide dough in half. Continue to divide dough in half until each dough ball weighs about 1 ounce.
6. Bake 375 degree oven for 12-15 minutes.

Makes about 32 rolls.

Tip: Want to make a smaller batch? Divide the dough in half after the first rise. Shape the half intended for freezing into individual rolls & freeze. To prepare frozen rolls for baking, simply thaw rolls, cover, & allow to rise until nearly doubled in size. Bake as directed above.