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

### **Focus On: National Nutrition Month**

Celebrated each year during the month of March, National Nutrition Month focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Eating right for older adults doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need without too many calories. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

### **Protect Your Family from Food Poisoning**

Food poisoning (or foodborne illness) happens when you get sick from eating or drinking something that has harmful germs in it – like bacteria, viruses, or parasites. Some common causes of food poisoning are norovirus, Campylobacter, E. coli and Salmonella.

Following good habits like these can help protect you and your family from food poisoning:

- Buy food from stores that look clean. Wash your hands often with warm water and soap — especially before and after you touch food.
- Make sure food is cooked to a safe temperature.
- Keep raw meat, poultry, and seafood away from food that is cooked or ready-to-eat, like raw vegetables.
- Keep cold foods cold and hot foods hot. This helps prevent bacteria from growing.

Some signs of food poisoning include:

- Upset stomach
- Stomach cramps
- Nausea
- Vomiting (throwing up)
- Diarrhea (frequent, watery poop)
- Fever

Signs of food poisoning can start hours, days, or even weeks after eating bad food. Usually the effects only last for 1 or 2 days, but they can last up to 2 weeks. The treatment for most cases of food poisoning is to drink lots of fluids, like water. For a more serious illness, you may need treatment at a hospital.

To keep cold foods safe, follow these tips:

- Put cold food in the refrigerator within 2 hours. If it's a hot day – over 90 °F (degrees Fahrenheit) – refrigerate cold foods within 1 hour.
- If you have other errands to do, save food shopping for last.
- Put cold foods in the refrigerator or freezer as soon as you get home.

*Reprinted in part from <https://www.healthfinder.gov>. This content is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.*

### **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: Oats

### Nutrition Information:

- Quick cooking rolled oats are a whole grain dry cereal. It needs to be cooked before eating.
- ½ cup of cooked rolled oats counts as 1 ounce from the MyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### Uses & Tips:

- Cook rolled oats with chopped fruit and low-fat or nonfat milk instead of water for a filling breakfast.
- Rolled oats can be used in a variety of baked dishes such as cookies, muffins, breads, and desserts.
- Rolled oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.

## April'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:** April 14th; 10:30-11:30
- **Alma Elks:** April 27th 9:30-11:00
- **Bay County Community Center:** April 8th, 1:00-2:30
- **Clare Moose Lodge:** April 16th; 10:00-11:30
- **Essexville Community Church:** April 6th, 12:30-1:30
- **Evart Moose Lodge:** April 15th; 11:00-12:00
- **First Congregational UCC:** April 21st; 10:00-11:30
- **Gladwin Free Methodist Church:** April 13th; 10:00-11:30
- **Gratiot Commission on Aging:** April 27th; 12:30-1:30
- **Greendale Township Offices:** April 7th; 1:00-2:00
- **Greenville Armory:** April 2nd; 10:30-11:30
- **Howard City VFW Post:** April 2nd; 1:30-2:30
- **Immanuel Lutheran Church:** April 22nd; 10:00-11:00
- **Ionia Moose Lodge:** April 28th, 10:30-11:30
- **Marion VFW Post:** April 15th; 1:30-2:30
- **Pinconning United Methodist:** April 14th; 1:00-2:00
- **Resurrection Life Church:** April 1st; 11:00-12:00
- **Sanford American Legion:** April 7th; 10:30-11:30
- **United Methodist Church of Reed City:** April 16th; 2:00-3:00
- **Wheatland Township Hall:** April 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.**

## March Recipe: Cinnamon Oatmeal Pancakes

### Ingredients

1 ½ cups flour  
1 teaspoon baking powder  
½ teaspoon salt  
1 tablespoon cinnamon  
1 egg  
1 ½ cups cooked oats  
½ cup evaporated milk  
¼ cup water  
Nonstick cooking spray

### Directions

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, and water, and stir well.
3. Stir the oatmeal mixture into the flour mixture and stir until combined.
4. Heat a large skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls of batter into the skillet. Cook until bubbles show on the tops of the pancakes, about 2 to 3 minutes. Flip over and cook an additional 2 minutes, or until golden brown and cooked through.
6. Serve warm by themselves or top with canned or fresh fruit.