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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 services that are **dirty, stained,** or have been **exposed to pests**

May is Arthritis Awareness Month

Arthritis is not a disease on its own. Rather, it is a term representing over 100 diseases that affect muscles, bones and joints. These diseases are sometimes referred to as rheumatoid diseases. At the moment, statistics shows that arthritis affects about 50 million U.S adults. Additionally, it is also known as the leading cause of disability. With such high numbers, it makes more sense for all of us to come together this May and deal with this growing problem.

Information from <https://www.consumerhealthdigest.com/health-awareness/arthritis-awareness-month.html>

For more information visit www.arthritis.org

What are Food Allergies?

Food allergy is a serious and potentially life-threatening medical condition affecting 32 million Americans. One in every 13 children has a food allergy—that's about 2 in every U.S. classroom. And every 3 minutes, a food allergy reaction sends someone to the emergency room.

What Causes a Food Allergy?

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy happens when your immune system overreacts to a harmless food protein—an allergen. In the U.S., the eight most common food allergens are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish.

Family history appears to play a role in whether someone develops a food allergy. If you have other kinds of allergic reactions, like eczema or hay fever, you have a greater risk of food allergy. This is also true of asthma.

Food allergies are not the same as food intolerances, and food allergy symptoms overlap with symptoms of other medical conditions. It is therefore important to have your food allergy confirmed by an appropriate evaluation with an allergist.

Food Allergies Are Serious

Food allergy may occur in response to any food, and some people are allergic to more than one food. Food allergies may start in childhood or as an adult. All food allergies have one thing in common: They are potentially serious. Always take food allergies—and the people who live with them—seriously. Food allergy reactions can vary unpredictably from mild to severe. Mild food allergy reactions may involve only a few hives or minor abdominal pain, though some food allergy reactions progress to severe anaphylaxis with low blood pressure and loss of consciousness.

Food Allergies Have No Cure

Currently, there is no cure for food allergies. The only way to prevent reactions is to completely avoid the food you are allergic to. Research is making a difference. Every day, scientists are working toward a better understanding of food allergies—so we can find life-saving treatments.

For more information about food allergies, visit FARE- Food Allergy Research and Education at www.foodallergy.org

*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 Food Allergy Research and Education at foodallergy.org***

This institution is an equal opportunity provider.

Featured Commodity: Canned Tuna

Nutrition Information:

- 1 ounce of canned tuna counts as 1 ounce in the MyPlate.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of tuna is about 3 ounces.

Uses & Tips:

- Use in salads, casseroles, sandwiches, or main dishes both hot and cold.

June'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:** June 11th; 10:30 - 11:30
- **Alma Elks:** June 24th; 9:30-11:00
- **Bay County Community Center:** June 12th; 10:30 - 12:00
- **Clare Moose Lodge:** June 20th; 10:00-11:30
- **Essexville Baptist Community Church:** June 12th; 1:30 - 2:30
- **Evert Moose Lodge:** June 19th; 11:00-12:00
- **First Congregational UCC:** June 18th; 10:30-12:00
- **Gladwin Free Methodist Church:** June 10th; 10:00-11:30
- **Gratiot Commission on Aging:** June 24th; 1:00-2:00
- **Greendale Township Offices:** June 4th; 1:00 - 2:00
- **Greenville Armory:** June 6th; 10:30-11:30
- **Howard City VFW Post:** June 6th 1:30 - 2:30
- **Immanuel Lutheran Church:** June 26th; 10:00-11:00
- **Ionia Moose Lodge:** June 25th; 10:30-11:30
- **Marion VFW Post:** June 19th; 1:30-2:30
- **Pinconning United Methodist:** June 11th; 1:00-2:00
- **Resurrection Life Church:** June 3rd, 11:00 - 12:00
- **Sanford American Legion:** June 4th; 10:30 - 11:30
- **Wheatland Township Hall:** June 3rd, 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.

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

May Recipe - Tuna Burgers

Ingredients

- 1 can (12 ounces) tuna packed in water, drained
- ¼ cup dehydrated potatoes
- ¼ cup celery, chopped into small pieces
- ¼ cup carrots in small pieces (or drained, low sodium canned carrots)
- 1 clove garlic, finely chopped
- 1 teaspoon parsley
- 1 teaspoon black pepper
- ¼ cup mayonnaise
- 1 teaspoon mustard
- ½ cup breadcrumbs
- 2 tablespoons vegetable oil

Directions

1. Mix together all of the ingredients except the breadcrumbs and vegetable oil.
2. Shape mixture into 2-inch balls.
3. Roll balls in the breadcrumbs.
4. Heat oil in a skillet over medium heat.
5. Place balls into hot oil and flatten with spatula.
6. Cook on both sides until golden brown, about 1 to 2 minutes per side.

Makes 5 Servings

Trivia! How long does it take for a Tuna fish to cross the Atlantic ocean?

Answer: It can swim across the entire Atlantic in 30 days by traveling 16 miles per hour!