

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: Senior Project Fresh

Senior Project Fresh participants are given ten, \$2 vouchers to use at Farmers Markets and Roadside stands that display a sign that reads, "Senior Project FRESH/Market FRESH Welcome Here."

To qualify, and older adult must be:

- 60 years of age or older
- Have a total household income of 185% of poverty or less
- Live in the county where the coupons are issued.

Coupon distribution sites vary by county. To find your closest distribution site, please visit www.michigan.gov/osa/0,4635,7-234-64083_43343-458206--,00.html or call 211.

What Are the Benefits to CSFP?

As we age, eating well can make a difference in our health and how we feel. Healthy foods and beverages can increase our energy levels, improve digestion, and help prevent chronic disease.

The Commodity Supplemental Food Program (CSFP) provides a monthly food package tailored for older adults age 60 or above that can help stretch your food dollars and add nutritious foods to your diet for good health. CSFP offers a variety of American-grown USDA Foods that can fit into your healthy eating pattern:

- Canned fruits – unsweetened or lightly sweetened
- Canned vegetables – low sodium or no salt added
- Low fat dairy – cheese and shelf stable milk
- Whole grains – oats, whole grain noodles and cereals
- Variety of proteins – dry beans, lean meats, poultry, fish

The CSFP food package provides:

- Protein, calcium, iron, vitamins A, C, and D, and other nutrients that promote health
- Low sodium foods for heart health

Learn more at:

- Healthy recipes featuring USDA Foods, including those provided in CSFP: whatscooking.fns.usda.gov
- MyPlate for Older Adults: choosemyplate.gov/older-adults

Everything you eat and drink matters. The right mix can help you be healthier. If you have special dietary needs, check with your doctor or Registered Dietitian about how these foods can fit into your healthy eating pattern.

Reprinted from <https://fns-prod.azureedge.net/sites/default/files/csfp/CSFP-slick-sheet.pdf>. This content is not a substitute for medical advice from a licensed practitioner. Consult with your physician for additional information regarding your needs, and to see if the information in this article is appropriate for you.

Make Your Voice Heard in our Community Needs Assessment

Mid Michigan Community Action is conducting its Community Needs Assessment survey. The survey will direct agency funding and programming in the years to come, and we can't complete it without your help. You can complete the assessment at www.mmcaa.org/community-needs-assessment.html

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: UHT Milk

Nutrition Information:

- 1 cup in the ChooseMyPlate.gov dairy group can be fulfilled by 1 cup of milk, 2 oz of processed cheese, or ½ cup of evaporated milk.
- Dairy contains calcium and Vitamin D. Calcium and Vitamin D help bones and teeth stay strong.
- Dairy contains potassium. Potassium can help maintain a healthy blood pressure.

Uses & Tips:

- UHT stands for "ultra high-temperature" processing. UHT milk is milk that has been treated with heat so that it does not need to be refrigerated until after it is opened.
- UHT milk and nonfat dry milk (mixed with water) can be used in place of fresh milk in recipes or as a chilled beverage.

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. *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:** June 8, 10:30-11:30
- **Alma Elks:** June 28, 9:30-11:00
- **Bay City Town Center:** June 9, 1:00-2:30
- **Clare County Fairgrounds, Harrison:** June 15, 10:00-11:30
- **Clare Moose Lodge:** June 17; 10:00-11:30
- **Essexville Community Church:** June 7; 12:30-1:30
- **Evart Moose Lodge:** June 16; 11:00-12:00
- **Gladwin Free Methodist Church:** June 14, 10:00-11:30
- **God's Helping Hands, Remus:** June 2, 2:00-3:00
- **Grace Community Church, Howard City:** June 3, 1:30-2:30
- **Gratiot Commission on Aging:** June 28, 12:30-1:30
- **Greendale Township Offices:** June 1, 1:00-2:00
- **Greenville Armory:** June 3, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** June 23, 10:00-11:00
- **Ionia Moose Lodge:** June 22, 10:30-11:30
- **Marion VFW Post:** June 16, 1:30-2:30
- **Pinconning United Methodist:** June 8, 1:00-2:00
- **Resurrection Life Church:** June 2, 11:00-12:00
- **Sanford American Legion:** June 1, 10:30-11:30
- **United Methodist Church of Reed City:** June 17, 2:00-3:00
- **Warehouse Make-Up Day:** June 24, 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.

May Recipe: Strawberry Pie Smoothie & Chocolate Banana Smoothie

Strawberry Pie Smoothie Ingredients

- 1 banana
- 1 tbsp. oat flakes
- 1 cup strawberries, fresh or frozen
- 1 cup UHT Milk
- ½ tsp. vanilla extract

Chocolate Banana Smoothie Ingredients

- 1 banana
- 2 tbsp. chocolate syrup
- 1 cup UHT Milk
- 1 cup low-fat vanilla yogurt

Directions

1. Put all the ingredients for your desired smoothie in a blender.
2. Blend for a few minutes until smooth and consistent.
3. Pour into a glass and enjoy.

Either recipe makes 2 servings

Bonus! Have bananas that are getting too brown? Peel them, break them into chunks, and freeze them for smoothies. This will help prevent food waste, and will make your smoothie cool and refreshing for hot summer days!

Trivia! Q: How many gallons of milk can a cow produce in a year?



Answer: A cow can produce over 2400 gallons a year!