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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 989-386-0872 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**

## **November is National Diabetes Awareness Month**

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. These changes can include: eating healthy, getting more physical activity, and losing weight.

For more information, talk to your physician and visit [www.diabetes.org](http://www.diabetes.org)

## **Food Safety & Holiday Leftovers**

When preparing for your special event, remember that there may be an invisible enemy ready to strike. It's called BAC (foodborne bacteria), and it can make you sick. After a big party, remember to safely handle leftovers to prevent foodborne illness.

**Plan Ahead :** Make sure you have the right equipment, including cutting boards, utensils, food thermometers, cookware, shallow containers for storage, soap, and paper towels. Plan on enough storage space in the refrigerator and freezer. In the refrigerator, air needs to circulate to keep the temperature at 40 °F or below.

**Working in the Kitchen:** Make sure that anyone who helps in the kitchen knows the basic food safety rules—clean, separate, cook and chill. Encourage everyone to wash his or her hands with warm water and soap for 20 seconds before and after handling food. Sponges and kitchen towels can easily soak up bacteria and cross-contaminate kitchen surfaces and hands. When a crowd is over and food preparation gets hectic, it can be safer to use paper towels. Try to keep the refrigerator door closed as much as possible to keep it safely at 40 °F or below.

**Lovely Leftovers:** Throw away all perishable foods, such as meat, poultry, eggs and casseroles, left at room temperature longer than two hours; one hour in air temperatures above 90 °F. This also includes leftovers taken home from a restaurant. Some exceptions to this rule are foods such as cookies, crackers, bread and whole fruits.

Whole roasts, hams and turkeys should be sliced or cut into smaller pieces or portions before storing them in the refrigerator or freezer.

Refrigerate or freeze leftovers in shallow containers. Wrap or cover the food. Leftovers stored in the refrigerator should be consumed within 3-4 days, and leftovers should be heated to 165°F prior to consumption.

Foods stored longer may become unsafe to eat and cause foodborne illness. Do not taste leftovers that appear to be safe, bacteria that cause illness does not affect the taste, smell, or appearance of food.

Frozen storage times are much longer, but some items such as salads made with mayonnaise do not freeze well. Foods kept frozen longer than recommended storage times are safe to eat, but may be drier and not taste as good.

*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 the CDC at [fightbac.org](http://fightbac.org)***

*This institution is an equal opportunity provider.*

# Featured Commodity: Applesauce

## Nutrition Information:

- ½ cup of applesauce counts as ½ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups.

## Uses & Tips:

- Applesauce can be served as a simple dessert, at room temperature or chilled. Sprinkle with cinnamon for an extra treat.
- Applesauce is a great fat substitute in baking cakes, muffins, breads, and other baked goods. Substitute half the amount of fat in a recipe with applesauce for lower fat baking. (For example, if a recipe calls for ½ cup oil, use ¼ cup oil and ¼ cup applesauce instead.)
- Applesauce can be a wonderful topping for potato pancakes, roasted or grilled pork, or pancakes and waffles.

## December'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:** December 11th; 10:30 - 11:30
- **Alma Elks:** December 17th; 9:30-11:00
- **Bay County Community Center:** December 12th; 10:30 - 12:00
- **Clare Moose Lodge:** December 20th; 10:00-11:30
- **Essexville Baptist Community Church:** December 12th; 1:30 - 2:30
- **Evart Moose Lodge:** December 19th; 11:00-12:00
- **First Congregational UCC:** December 18th; 10:30-12:00
- **Gladwin Free Methodist Church:** December 10th; 10:00-11:30
- **Gratiot Commission on Aging:** December 17th; 1:00-2:00
- **Greendale Township Offices:** December 4th; 1:00 - 2:00
- **Greenville Armory:** December 6th; 10:30-11:30
- **Howard City VFW Post:** December 6th; 1:30 - 2:30
- **Immanuel Lutheran Church:** December 19th; 10:00-11:00
- **Ionia Moose Lodge:** December 18th; 10:30-11:30
- **Marion VFW Post:** December 19th; 1:30-2:30
- **Midland Evangelical Free Church:** New location TBA for December
- **Pinconning United Methodist:** December 11th; 1:00-2:00
- **Resurrection Life Church:** December 5th; 11:00 - 12:00
- **Wheatland Township Hall:** December 5th; 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  
**Food Warehouse:** 989-386-6849  
**Online:** [www.mmcaa.org](http://www.mmcaa.org)

## November Recipe: Slow-Cooker Applesauce Pork

Serves 4

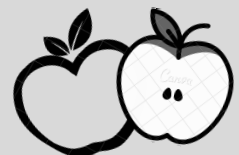
### Ingredients

- 1 lb pork loin or boneless chops
- 2 cups unsweetened applesauce
- 1 packet dry onion soup mix
- 1 cup water (optional)

### Directions

1. Mix applesauce and onion soup mix.
2. Place pork in slow cooker and pour applesauce mix over top of the meat.
3. Check pork occasionally during cooking process to ensure there are enough fluids in the slow cooker. Add water if fluids get too low.
4. Place lid on cooker and cook for 6 hours, or until pork can easily be pulled apart by a fork. The pork should reach a minimum internal temperature of 145 degrees.
5. Remove pork from slow cooker and top with sauce remaining in slow cooker. Allow to rest for 3 minutes and serve.

**Trivia!** How many apples are grown on Michigan Farms every year?



**Answer:** 25.2 million bushels - that's over 1 billion pounds of apples!