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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**

October is National Domestic Violence Awareness Month

In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989, the U.S. Congress passed Public Law 101-112 designating October of that year as National Domestic Violence Awareness Month. Each year, the Day of Unity is celebrated the first Monday of Domestic Violence Awareness Month.

Read more at <https://nrcdv.org/dvam/home>

If you or someone you know is a victim of domestic violence, call the national hotline for help at 1-800-799-7233.

Eating Less Salt

Nine out of 10 Americans eat more sodium (salt) than they need. The good news is that cutting down on sodium can help lower your blood pressure or keep it at a healthy level.

To eat less sodium, you don't have to make lots of changes at once. Use these tips to help lower the amount of sodium in your diet.

Check the label: Use the Nutrition Facts label to check the amount of sodium in foods and compare different options. Try to choose products with 5% Daily Value (DV) or less. A sodium content of 20% DV or more is high. Look for foods labeled "low sodium," "reduced sodium," or "no salt added." But keep in mind that some low-sodium foods don't have those labels. Check the Nutrition Facts label to be sure!

Make healthy shifts: Swap out foods that are higher in sodium for healthier options. Snack on unsalted nuts instead of salted pretzels or chips. Choose skinless chicken and turkey, lean meats, or seafood instead of deli meats or sausages. Go for vegetables that are fresh, frozen, or canned. Pick frozen vegetables without sauce, and canned vegetables with the least amount of sodium.

Cook more at home: Making your own meals is a great way to eat less sodium, because you are in control of what goes into your food. If you use canned foods, rinse them before eating or cooking with them. This will wash away some of the salt. Use condiments and spreads that are unsalted or lower in sodium. If you use regular spreads, use less. Don't add salt to the water when you cook pasta or rice. Try different herbs and spices to flavor your food, like ginger or garlic, instead of salt. Take the salt shaker off your table.

Get less salt when you eat out: When you order at a restaurant, ask that salt not be added to your food. Ask for nutrition information and look for dishes that are lower in sodium. Get dressings and sauces on the side so you can add only as much as you need.

Add more potassium to your diet: Replace high-sodium foods with high-potassium foods. Eating foods with potassium can help lower your blood pressure. Good sources of potassium include potatoes, cantaloupe, bananas, beans, milk, and yogurt.

For more information on eating less sodium visit https://health.gov/dietaryguidelines/2015/resources/DGA_Cut-Down-On-Sodium.pdf

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 US Department of Health and Human Services at Healthfinder.gov

This institution is an equal opportunity provider.

Featured Commodity: Canned Peaches

Nutrition Information:

- ½ cup of peaches counts as ½ cup in the MyPlate.gov Fruit Group.
- For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.
- ½ cup of peaches provides 5% of daily vitamin C needs.

Uses & Tips:

- Canned peaches are a delicious dessert or snack served directly from the can. They can be served chilled or at room temperature.
- Use canned peaches in baked fruit desserts like cobblers or crisps; they are also a great addition to fruit salads and smoothies.

November'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:** November 13th; 10:30 - 11:30
- **Alma Elks:** November 26th; 9:30-11:00
- **Bay County Community Center:** November 14th; 10:30 - 12:00
- **Clare Moose Lodge:** November 15th; 10:00-11:30
- **Essexville Baptist Community Church:** November 14th; 1:30 - 2:30
- **Evart Moose Lodge:** November 21st; 11:00-12:00
- **First Congregational UCC:** November 20th; 10:30-12:00
- **Gladwin Free Methodist Church:** November 12th; 10:00-11:30
- **Gratiot Commission on Aging:** November 26th; 1:00-2:00
- **Greendale Township Offices:** November 6th; 1:00 - 2:00
- **Greenville Armory:** November 1st; 10:30-11:30
- **Howard City VFW Post:** November 1st; 1:30 - 2:30
- **Immanuel Lutheran Church:** November 28th; 10:00-11:00
- **Ionia Moose Lodge:** November 27th; 10:30-11:30
- **Marion VFW Post:** November 21st; 1:30-2:30
- **Midland Evangelical Free Church:** November 6th; 10:30 - 11:30
- **Pinconning United Methodist:** November 13th; 1:00 - 2:00
- **Resurrection Life Church:** November 7th; 11:00 - 12:00
- **Wheatland Township Hall:** November 7th; 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

October Recipe: Spiced Peach Oat Muffins

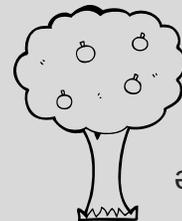
Makes 12 Servings

Ingredients

1 cup flour
1 cup oats
1/2 cup brown sugar - loose
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ground cloves
1 egg
1/3 cup canola oil
2/3 cup non-fat milk
1/2 of 1 can sliced peaches

Directions

1. In a large mixing bowl, combine flour, oats, brown sugar, baking powder, salt, cinnamon, and ground cloves.
2. Pour 1/2 can of peaches into a second bowl. Mash peaches with a fork until broken up into approximately 1/4" pieces. Diced peaches do not need to be mashed.
3. Add egg, canola oil and milk to the bowl with the peaches. Mix well
4. Add wet ingredients to dry ingredients and mix well.
5. Pour batter into a muffin tin. Bake for 15 minutes in a 400 degree preheated oven.



Trivia! Which state made the peach its state fruit?
Answer: Georgia designated the peach as its state fruit in 1995.