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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**

September is National Fruit & Veggies Month!

September is national Fruit & Veggies: More Matters! Month.

Why eat more fruits and veggies?

- Healthy foods like fruits and veggies have the vitamins, minerals, and nutrients your body needs.
- Eating a healthy diet with lots of fruits and veggies can help you lower your risk for chronic health conditions like heart disease and type 2 diabetes.
- If you have children or grandchildren, how you eat can impact their food choices for years to come.

Reprinted in part from <http://plan4health.us/september-is-fruits-veggies-more-matters-month/>

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.

Eating Right When Money is Tight

Food costs are on the rise. Here are tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

BEFORE Shopping

- Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use.
- Use store circulars and go online to look for coupons, sales, and store specials. Only use coupons on foods you normally eat.
- For added savings, sign up for the store discount card or bonus card at your local supermarket.

DURING Shopping

- Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.
- Try store brands. They are the same quality and cost less.
- Compare products for the best deal. Use unit pricing and also the Nutrition Facts labels to get the best product for your money.
- Check "sell by" or "use by" dates. Buy the freshest food possible.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

AFTER Shopping

- Store food right away in the refrigerator or freezer to keep it fresh and safe.
- If you buy a large amount of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- Use foods with the earliest expiration dates first.

Reprinted in part from <https://snaped.fns.usda.gov/snap/EatRightWhenMoney'sTight.pdf>

Is your distribution time or day changing in October? Be sure to check the schedule on the back for important updates!

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

Featured Commodity: Canned Carrots

Nutrition Information:

- ½ cup of carrots provides ½ cup in the MyPlate.gov Vegetable Group. For a 2-000-calorie diet the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of carrots provides more than a day's worth of vitamin A.

Uses & Tips:

- Serve canned carrots heated, or use in a variety of main dishes, soups, salads, and stuffing.

October'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:** October 8; 10:30 - 11:30
- **Alma Elks:** October 28, 9:30-11:00
- **Bay County Community Center: *NEW TIME!*** October 9; 1:00 - 2:30
- **Clare Moose Lodge:** October 17; 10:00-11:30
- **Essexville Baptist Community Church: *NEW DATE & TIME!*** October 7, 12:30 - 1:30
- **Ewart Moose Lodge:** October 16; 11:00-12:00
- **First Congregational UCC: *NEW TIME!*** October 15; 10:00-11:30
- **Gladwin Free Methodist Church:** October 14; 10:00-11:30
- **Gratiot Commission on Aging: *NEW TIME!*** October 28; 12:30 - 1:30
- **Greendale Township Offices:** October 1st; 1:00 - 2:00
- **Greenville Armory:** October 3; 10:30-11:30
- **Howard City VFW Post:** October 3; 1:30 - 2:30
- **Immanuel Lutheran Church:** October 23; 10:00-11:00
- **Ionia Moose Lodge:** October 22; 10:30-11:30
- **Marion VFW Post:** October 16; 1:30-2:30
- **Pinconning United Methodist:** October 8; 1:00-2:00
- **Resurrection Life Church:** October 2nd, 11:00 - 12:00
- **Sanford American Legion:** October 1st; 10:30 - 11:30
- **United Methodist Church of Reed City: *NEW SITE!*** October 17; 2:00 - 3:00
- **Wheatland Township Hall:** October 2nd; 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.

September Recipe: Ginger Glazed Carrots

Ingredients

2 tablespoons butter
2 tablespoons brown sugar
2 tablespoons orange juice
1/4 teaspoon salt
1/4 teaspoon ground ginger
1/8 teaspoon ground cinnamon
2 cans of carrots

Directions

1. In a small saucepan, melt butter over medium heat. Stir in the brown sugar, orange juice, salt, ginger and cinnamon.
2. Add the carrots; cover and cook for 5-10 minutes or until warmed, stirring occasionally.

Makes 6 servings

Important CSFP Package Announcement

We're excited to announce that starting in November the CSFP (monthly senior) commodity package will change. The new monthly box will include more animal protein and vegetables.

New products, including canned beans, will also be introduced over the next year.

Item variety may be limited while USDA warehouses purchase food to accommodate the new monthly package. We are excited about these changes to the CSFP program and will be ordering a greater variety of products as soon as they become available.