



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
- **Recycle** boxes through your residential recycling service if they are **dirty, stained**, or have been **exposed to pests**

Focus On: 2020 Census

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so our community can be accurately funded and represented. Check your mailbox beginning March 12th for the confidential questionnaire.

The 2020 Census will influence community funding and congressional representation for the next decade. For each individual who is not counted, the local community loses approximately \$20,000 in federal funds, like money for Medicare Part B, Supportive Housing for the Elderly Program, and libraries and community centers.

If you need help filling out the Census, call your local Community Action office. For more information, visit www.census.gov.

Why Nutrition Matters For You

Good nutrition is important throughout your life! It can help you feel your best and stay strong. It can help reduce the risk of some diseases that are common among older adults. And, if you already have certain health issues, good nutrition can help you manage the symptoms.

Nutrition can sometimes seem complicated. But the good news is that the Food and Drug Administration has a simple tool to help you know exactly what you're eating. It's called the Nutrition Facts Label. You will find it on all packaged foods and beverages. It serves as your guide for making choices that can affect your long-term health.

Serving Size: This section shows how many servings are in the package, and how big the serving is. Serving sizes are given in familiar measurements, such as "cups" or "pieces. Remember: All of the nutrition information on the label is based upon one serving of the food.

Amount of Calories: The calories listed are for one serving of the food. "Calories from fat" shows how many fat calories there are in one serving. Remember -- a product that's fat-free isn't necessarily calorie-free. Read the label!

Percent (%) Daily Value: This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of. Daily Values are based on a 2,000-calorie diet. However, your nutritional needs will likely depend on how physically active you are. Talk to your healthcare provider to see what calorie level is right for you.

Limit these Nutrients: Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. Try to keep these nutrients as low as possible each day.

Get Enough of these Nutrients: Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and potassium in their diets. These nutrients are essential for keeping you feeling strong and healthy.

Reprinted in part from <https://www.fda.gov/food/nutrition-education-resources-materials/guide-older-adults-using-nutrition-facts-label>. This content is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.

Questions? Give Us a Call!

Midland County: 989-832-7377

Osceola County: 231-791-7078

Gratiot, Ionia, Isabella, &

Montcalm Counties: 616-754-9315

Bay County: 989-894-9060

Clare County: 989-386-3805

Gladwin County: 989-426-2801

Mecosta County: 231-660-0260

Online: www.mmcaa.org

Featured Commodity: Non-Fat Dry Milk

Nutrition Information:

- Instant nonfat dry milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It has added vitamins A and D.
- 1 cup of prepared instant nonfat dry milk counts as 1 cup in the MyPlate.gov Dairy group. For a 2,000- calorie diet, the daily recommendation is about 3 cups.

Uses & Tips:

- Prepared instant nonfat dry milk can be used in recipes calling for milk, such as breads, cakes, casseroles, soups, mashed potatoes, and desserts.
- Try adding a tablespoon or two of instant nonfat dry milk to smoothies for a creamier result.
- Try using instant nonfat dry milk in coffee or tea as a healthier substitute for cream or creamer

March'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:** March 10th; 10:30-11:30
- **Alma Elks:** No March distribution, next April 27th 9:30-11:00
- **Bay County Community Center:** March 11th, 1:00-2:30
- **Clare Moose Lodge:** March 19th; 10:00-11:30
- **Essexville Community Church:** March 2nd, 12:30-1:30
- **Evart Moose Lodge:** March 18th; 11:00-12:00
- **First Congregational UCC:** March 17th; 10:00-11:30
- **Gladwin Free Methodist Church:** March 9th; 10:00-11:30
- **Gratiot Commission on Aging:** No March distro, next April 27th; 12:30-1:30
- **Greendale Township Offices:** March 3rd; 1:00-2:00
- **Greenville Armory:** No March distro, next April 2nd; 10:30-11:30
- **Howard City VFW Post:** No March distro, next April 2nd; 1:30-2:30
- **Immanuel Lutheran Church:** No March distro, next April 22nd; 10:00-11:00
- **Ionia Moose Lodge:** No March distro, next April 28th, 10:30-11:30
- **Marion VFW Post:** March 18th; 1:30-2:30
- **Pinconning United Methodist:** March 10th; 1:00-2:00
- **Resurrection Life Church:** March 4th; 11:00-12:00
- **Sanford American Legion:** March 3rd; 10:30-11:30
- **United Methodist Church of Reed City:** March 19th; 2:00-3:00
- **Wheatland Township Hall:** March 4th; 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.

February Recipe: Potato Corn Chowder

Ingredients

- 1 Tbsp. butter
- 1 medium onion, diced
- 1 can potatoes, drained & diced
- 1 can cream style corn
- 2 Tbsp. salt
- 1 tsp. pepper
- 2/3 cup Non-Fat Dry Milk
- 3 Tbsp. flour
- 2 cups plus 3/4 cup water
- 1 cup CSFP cheese, shredded

Directions

1. In a large saucepan, over medium heat, sauté the onion and potatoes in butter until soft.
2. Mix the Non-Fat Dry Milk with 2 cups of the water. and add to the saucepan.
3. Add the cream style corn, salt, & pepper.
4. Stir the flour into the water (mixture will be thick).
5. Pour flour mixture into the chowder. Top with shredded cheese.
5. Cook over low heat for 20 minutes or until thickened.

Trivia!

Q: Which country's citizens drink the most milk?



A: Finland! On average Finland's citizens drink 95 gallons of milk per person, annually.