



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

August 2022

Tidbits

Senior Food Program Publication

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: Michigan Medicare/Medicaid Assistance Program

MMAP, Inc. works through the Area Agencies on Aging to provide high quality and accessible health benefit information and counseling, supported by a statewide network of unpaid and paid skilled professionals. MMAP can help you:

- Identify resources for prescription drug assistance
- Explain Medicare Health Plan Options
- Understand doctor bills, hospital bills and Medicare Summary Notices,
- Understand Medicare/Medicaid eligibility, enrollment, coverage, claims and appeals
- Enroll in Medicare Savings Programs
- Review your Medicare supplemental ("Medigap") insurance needs, compare policies and pursue claims and refunds
- Explore long term care financing options

For more information, visit www.mmmap.org or call 1-800-803-7174.

Protein in Your Diet

Seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products are part of the Protein Foods Group. Proteins help to build bones, muscles, cartilage, skin, and blood. They also assist in building enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

Vegetarians can get proteins from eggs, dry beans, peas, lentils, nuts, seeds, and soy products. Men and women over the age of 60 should be getting 5-6 oz of protein daily. Examples of an ounce of protein are:

- One egg
 - One slice of deli turkey
 - One Tablespoon of peanut butter
 - ¼ cup of cooked beans
- It is important to eat a variety of protein sources because each type provides different nutrients and you want a well balanced diet.

For more information about Protein and other food groups, visit www.myplate.gov

Reprinted from materials provided by the Michigan Department of Education Household Nutrition Programs. The material provided is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

Food Safety During Cancer Treatment

Cancer and its treatment can weaken your body's immune system by affecting the blood cells that protect us against disease and germs. As a result, your body can't fight infection and disease as well as a healthy person's body can. You may be told to try to avoid exposure to possible infection-causing germs. It's important to know that you can't raise your white blood cell counts by avoiding or eating certain kinds of foods. But here are some tips for handling, planning, and preparing food when your immune system is recovering:

- Wash your hands with warm, soapy water for 20 seconds before and after preparing food and before eating.
- Do not buy produce that already has been cut at the grocery store
- Wash tops of canned foods with soap and water before opening.
- Use different utensils for stirring foods and tasting them while cooking. Do not taste the food with any utensil that will be put back into the food.
- Throw away eggs with cracked shells.

For more information visit www.cancer.org/treatment/survivorship-during-and-after-treatment/coping/nutrition/weak-immune-system.html

Reprinted in part from materials published by the American Cancer Society. Information is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

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

This institution is an equal opportunity provider.

Featured Commodity: Canned Ground Beef

Uses & Tips:

- 1 ounce of canned/pouch beef counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- Canned/pouch beef is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned/pouch beef can be used in dishes such as lasagna, casseroles, spaghetti sauce, or chili.
- Beef supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

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. If you missed your distribution you can attend "Make Up Day" at our Food Warehouse, located at 2300 East Ludington Drive, Clare. 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, including dates for private sites.**

- **Albright Shores Eagles: September 13, 10:30-11:30**
- **Alma Elks: October 24, 9:30-11:00**
- **Bay City Town Center: Sept 14, 1:00-2:30**
- **Clare Co Fairgrounds: Sept 20, 10:00 - 11:30**
- **Clare Moose Lodge: Sept 15, 10:00-11:30**
- **Essexville Community Church: Sept 1, 12:30-1:30**
- **Evart Moose Lodge: Sept 21, 11:00-12:00**
- **Gladwin Free Methodist Church: Sept 12, 10:00-11:30**
- **God's Helping Hands, Remus: Sept 7, 2:00-3:00**
- **Grace Community Church, Howard City: October 6, 1:30-2:30**
- **Gratiot Commission on Aging: October 24, 12:30-1:30**
- **Greendale Township Offices: September 6, 1:00-2:00**
- **Greenville Armory RELOCATED to Arms of Love 1220 N Lafayette St, Greenville, MI 48838: October 6, 10:30-11:30**
- **Immanuel Lutheran Church, Mt. Pleasant: Oct 26, 10:00-11:00**
- **Ionia Moose Lodge: October 25, 10:30-11:30**
- **Marion VFW Post: Sept 21, 1:30-2:30**
- **Pinconning United Methodist: Sept 13, 1:00-2:00**
- **Resurrection Life Church, Big Rapids: Sept 7, 11:00-12:00**
- **Sanford American Legion: September 6, 10:30-11:30**
- **United Methodist Church of Reed City: Sept 15, 2:00-3:00**
- **Food Warehouse Make-Up Day: Sept 29, 9:00-11:00**

Customers must inform Mid Michigan CAA of changes in income or household composition within 10 days of the change.

August Recipe: Southwest Beef & Rice Skillet

Ingredients:

- 1 can CSFP Beef in Natural Juices
- 1 medium onion, chopped
- 1 green pepper, chipped
- 1 jalapeno, chopped
- 1 cup uncooked rice
- 1 can diced tomatoes
- 1 can corn
- 1 1/2 cups beef broth
- 1 tsp cumin
- 1 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 cup shredded cheddar cheese

Directions

- Add canned ground beef, onion, green pepper, and jalapeno to a large skillet. Saute until vegetables begin to get tender
- Add rice, tomatoes, corn, broth, and seasonings. Bring to boil, and simmer until rice is tender and liquid is absorbed.
- Remove from heat and sprinkle with cheese. Cover the pan and let it sit for about 5 minutes, or until cheese is melted.

