



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

December 2020

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.

Please Recycle Commodity Boxes



In the interest of public health, please recycle your commodity boxes. We are currently unable to accept return boxes. An announcement will be made when we are able to resume box return. Thank you for your help!

Hand Sanitizer Use Out & About

There are important differences between washing hands with soap and water and using hand sanitizer. Soap and water work to remove all types of germs from hands, while sanitizer acts by killing certain germs on the skin. Although alcohol-based hand sanitizers can quickly reduce the number of germs in many situations, they should be used in the right situations. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

Reprinted in part from www.cdc.gov/handwashing/hand-sanitizer-use.html

Healthy Holiday Nutrition Tips

Holidays are usually enjoyable. However, unhealthy food habits can be attached to the holidays. Here are a few tips from Allie Wergin, registered dietitian nutritionist at Mayo Clinic Health System, to help you have a healthier holiday:

1. Don't skip meals. Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your appetite and prevent overeating.
2. Contribute a healthy dish. Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
3. Choose your splurges. Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.
4. Think Color. Make a plate look festive by including fruits and veggies. Aim to cover half the plate.
5. Choose drinks wisely. Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food.
6. Savor seasonal treats. Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when you have it.
7. Eat until you are satisfied, not stuffed. No one likes that icky, stuffed feeling after a meal. Eat slowly, and check your fullness levels while you're eating. Remember — there are always leftovers!
8. Don't feel guilty. If you did overindulge, don't beat yourself up. Just make sure your next meal is healthy, and be sure to incorporate exercise into your routine.

Reprinted in part from <https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/>

December 1 – 7 is National Handwashing Awareness Week

According to the CDC, keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a number of studies. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Reprinted in part from <https://www.nphic.org/nphichighlights/3811-newshighlight-2>

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: Cheese

Nutrition Information:

- 1 cup in the ChooseMyPlate.gov dairy group can be fulfilled by 2 oz of processed cheese.
- Dairy contains calcium & Vitamin D.

Uses & Tips:

- Cheese can be added as a topping to many dishes, to add flavor, protein, and calcium.

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. *Please note that scheduling changes may occur. Scheduling changes will be posted on MMCAA.org, on our Facebook, and sent to monthly customers via robocall. You may also call 989-386-6849 for a recording of all current month distribution dates.*

- **Albright Shores Eagles:** January 12; 10:30 to 11:30
- **Alma Elks:** February 22; 9:30-11:00
- **Bay City Town Center:** January 13; 1:00-2:30
- **Clare County Fairgrounds:** January 19; 10:00-11:30
- **Clare Moose Lodge:** January 21; 10:00-11:30
- **Essexville Community Church:** January 4, 12:30-1:30
- **Evart Moose Lodge:** January 20; 11:00-12:00
- **Gladwin Free Methodist Church:** January 11; 10:00-11:30
- **God's Helping Hands of Mecosta County:** Jan 6; 2:00 - 3:00
- **Gratiot Commission on Aging:** February 22; 12:30-1:30
- **Greendale Township Offices:** January 5; 1:00-2:00
- **Greenville Armory:** February 4; 10:30-11:30
- **Howard City VFW Post:** February 4; 1:30-2:30
- **Immanuel Lutheran Church:** February 24; 10:00-11:00
- **Ionia Moose Lodge:** February 23, 10:30-11:30
- **Marion VFW Post:** January 20; 1:30-2:30
- **Pinconning United Methodist:** January 12; 1:00-2:00
- **Resurrection Life Church:** January 6; 11:00-12:00
- **Sanford American Legion:** January 5; 10:30-11:30
- **United Methodist Church of Reed City:** January 21; 2:00-3:00
- **Clare Warehouse Missed Distribution Makeup Day:** January 28, 9:00 - 11:00
- **Next TEFAP distribution month for Bay, Clare, Gladwin, Mecosta, Midland, and Osceola Counties is March 2021**

Private distributions are not listed. Call 989-386-6849 for a recording of all current month distribution dates, including private distributions. The annual distribution calendar is also available at www.mmcaa.org

CSFP customers must inform MMCAA of changes in income or household composition within 10 days of the change becoming known to the customer.

December Recipe: Cheesy Ground Beef & Pasta Skillet

Ingredients

- 1-1/2 cups any bite-size pasta, uncooked
- 1 lb. lean ground beef
- 1 large carrot, chopped
- 1 large zucchini, chopped
- 1 red pepper, chopped
- 6 oz. cheese (cheddar or mozerella), cut into 1/2-inch cubes or shredded
- 1/4 cup milk
- 1/2 cup pizza sauce
- 2 Tbsp. grated parmesan cheese

Directions

1. Cook pasta as directed
2. Brown meat with vegetables in large skillet; drain
3. Microwave cheese and milk in microwaveable bowl on HIGH 1 min.; stir. Continue microwaving & stirring in 30-sec. increments until cheese is melted & sauce is well blended.
4. Add cheese sauce to meat mixture along with the pizza sauce; mix well.
5. Drain pasta. Add to ingredients in skillet; mix lightly. Sprinkle with parmesan.

Trivia! When did humans first start making cheese?



Answer: Humans began making cheese around 8000 BCE, when sheep were first domesticated