



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

December 2021

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: Low Income Heat Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. LIHEAP provides assistance in managing costs associated with home energy bills, energy crises, weatherization and energy-related minor home repairs.

LIHEAP can help you stay warm in the winter through programs that reduce the risk of health and safety problems that arise from unsafe heating and cooling practices.

To find LIHEAP services near you, contact your local Community Action Agency or call 211.

**MMCAA will be closed for the holidays
December 24th - 31st**

We wish you all a happy, healthy, and safe holiday season!

Healthy Vision

With time, it's not uncommon for us all to notice changes in our vision and eyesight. Things may become blurry, and text may appear to be too small. We may wear glasses or find other solutions for these inconveniences. But to maintain good eye health over time, it is important that we pay attention to a few other important details of vision health, too. Our eyes can be affected by the other health conditions we may be experiencing. High blood pressure and diabetes are examples of two conditions that can affect your eyes with time. It is important to visit an ophthalmologist, an eye doctor, to maintain your eye health and monitor any changes that occur over time.

There are a few things we can do to help maintain our eye health. Washing our hands can help prevent bacteria or other irritants from getting into the eye. Sunglasses and protective eyewear can help prevent eye damage. We can ensure we are getting adequate sleep, which is also beneficial for vision health. Exercise helps our eyes, because it helps us regulate our blood sugar, our weight, and can improve oxygen levels, and these all affect our eye health. Smoking can cause vision to decline with time. Taking breaks from looking at tv, phone, or computer screens will minimize eye strain and allow your vision muscles to rest.

Another very important way to protect your vision health is through your nutrition. A balanced diet can help you control blood sugar, cholesterol, and blood pressure, all of which affect our eyes. Not only that, but there are also foods that you can consume that will help your eyes get the nutrients they need in order to be in their best condition. Tuna and salmon, leafy greens, eggs, whole grains, bell peppers and citrus fruit, nuts and seeds are some examples of foods that contain important nutrients to keep your body and eyes healthy. Many of the foods in your CSFP boxes will help you maintain good vision, as they contain key vitamins, minerals, and nutrients that are needed for good health.

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 Tip

Use two cutting boards. Dedicate one for raw meat, poultry and fish and the other for ready-to-eat foods, such as fruits and vegetables. Make it easy to remember by using color-coded cutting boards, one for raw meats and one for ready-to-eat foods.

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 Black Beans

Uses & Tips:

- Canned black beans are ready to eat and may be used cold in salads or warmed in other dishes.
- Black beans can be used as a meat alternate in dishes such as burritos, tacos, or quesadillas.
- Black beans can also be seasoned and served as a side dish or used in cold salads with other vegetables such as corn and diced peppers.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- Canned black beans are a good source of plant-based protein, containing 7 grams of protein per serving.

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.mmca.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:** January 11, 10:30-11:30
- **Alma Elks:** February 28, 9:30-11:00
- **Bay City Town Center:** January 12, 1:00-2:30
- **First Congregational Church, Harrison** (*replaces Clare Co Fairground Distro during Winter Season*): Jan 18, 10:00 - 11:30
- **Clare Moose Lodge:** January 20, 10:00-11:30
- **Essexville Community Church:** January 3, 12:30-1:30
- **Evart Moose Lodge:** January 19, 11:00-12:00
- **Gladwin Free Methodist Church:** January 10, 10:00-11:30
- **God's Helping Hands, Remus:** January 5, 2:00-3:00
- **Grace Community Church, Howard City:** February 3, 1:30-2:30
- **Gratiot Commission on Aging:** February 28, 12:30-1:30
- **Greendale Township Offices:** January 4, 1:00-2:00
- **Greenville Armory:** February 3, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** Feb 23, 10:00-11:00
- **Ionia Moose Lodge:** February 22, 10:30-11:30
- **Marion VFW Post:** January 19, 1:30-2:30
- **Pinconning United Methodist:** January 11, 1:00-2:00
- **Resurrection Life Church, Big Rapids:** January 5, 11:00-12:00
- **Sanford American Legion:** January 4, 10:30-11:30
- **United Methodist Church of Reed City:** January 20, 2:00-3:00
- **Food Warehouse Make-Up Day:** January 27, 9:00-11:00

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

December Recipe: Leftover Turkey & Black Bean Soup

Ingredients:

- 2 tbsp olive oil
- 1 cup diced yellow onion
- 1 cup diced bell pepper
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1 tbsp garlic powder
- 4 cups chicken broth or turkey stock
- 1 can black beans, rinsed & drained
- 1 can corn
- 2 cups cooked shredded turkey (or chicken)
- juice and zest of two limes

Directions

1. In a large pot, sauté the diced onions and peppers in the olive oil over medium-high heat, until softened.
2. Add seasonings. Stir until peppers and onions are well-coated and garlic and spices are fragrant (about 1 minute).
3. Add the chicken broth or turkey stock. Bring to a boil.
4. Stir in the black beans, corn, cooked shredded turkey, and lime zest from two limes. Stir and simmer, uncovered, until all ingredients are heated through (about 5 minutes).
5. Turn off the heat. Stir in the lime juice from two limes. Serve.

