



**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.

### Important Box Return Update

We are now able to sterilize boxes with UV light treatment. Boxes may now be returned at all public distributions. If you receive your commodities at a private apartment complex distribution please continue to recycle your box until you hear otherwise.

### February Feature: Elder Abuse Prevention

Today it is estimated that one in 10 older adults in Michigan are victims of elder abuse.

If you know someone in danger and believe abuse is taking place, call Adult Protective Services at 1-855-444-3911 to file a report or call your local law enforcement if someone is in immediate danger. If abuse is taking place in a licensed long-term care facility, also call the Michigan Long-Term Care Ombudsman at 1-866-485-9393. This is the only way abuse will stop – and it is important to keep speaking out if you believe abuse is continuing to take place after it has been reported.

Reprinted from  
<https://www.michigan.gov/osa/0,4635,7-234--473386--,00.html>

### Tips for Picking a Healthy Plate as You Get Older

Here are 6 tips from the National Council on Aging to help you find the best foods for your body and your budget.

- 1. Know what a healthy plate looks like:** You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.
- 2. Look for important nutrients:** Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include: Lean protein (lean meats, seafood, eggs, beans), Fruits and vegetables (think orange, red, green, and purple), Whole grains (brown rice, whole wheat pasta), Low-fat dairy (milk and its alternatives) Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.
- 3. Read the Nutrition Facts label:** The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.
- 4. Use recommended servings:** To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.
- 5. Stay hydrated:** Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.
- 6. Stretch your food budget:** Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP) to see if the program can help you.

*Reprinted from <https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition>. This article does not replace the advice of a medical professional. Please consult with your physician for information and advice regarding your specific dietary needs.*

### 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](http://www.mmcaa.org)

*This institution is an equal opportunity provider.*

## Featured Commodity: Canned Tuna

### Nutrition Information:

- EPA and DHA are omega-3 fatty acids and can be found in in seafood.
- Canned tuna supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

### Uses & Tips:

- Canned tuna is fully cooked & safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.

## 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:** March 9; 10:30 to 11:30
- **Alma Elks:** April 26; 9:30-11:00
- **Bay City Town Center:** March 10; 1:00-2:30
- **Clare County Fairgrounds:** March 16; 10:00-11:30
- **Clare Moose Lodge:** March 18; 10:00-11:30
- **Essexville Community Church:** March 1, 12:30-1:30
- **Evart Moose Lodge:** March 17; 11:00-12:00
- **Gladwin Free Methodist Church:** March 8; 10:00-11:30
- **God's Helping Hands of Mecosta County:** March. 3; 2:00 - 3:00
- **Gratiot Commission on Aging:** April 26; 12:30-1:30
- **Greendale Township Offices:** March 2; 1:00-2:00
- **Greenville Armory:** April 1; 10:30-11:30
- **Howard City VFW Post:** April 1; 1:30-2:30
- **Immanuel Lutheran Church:** April 28; 10:00-11:00
- **Ionia Moose Lodge:** April 27, 10:30-11:30
- **Marion VFW Post:** March 17; 1:30-2:30
- **Pinconning United Methodist:** March 9; 1:00-2:00
- **Resurrection Life Church:** March 3; 11:00-12:00
- **Sanford American Legion:** March 2; 10:30-11:30
- **United Methodist Church of Reed City:** March 18; 2:00-3:00
- **Clare Warehouse Missed Distribution Makeup Day:** March 25, 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](http://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.*

## February Recipe: Creamy Tuna Pasta

### Ingredients

- 1 can Tuna, drained
- 1 package (10.8 oz.) frozen broccoli cuts
- 1/2 lb. any shape dry pasta
- 1 cup instant nonfat dry milk
- 4 tsp grated Romano or Parmesan cheese
- 1/3 cup dried minced onion
- 1 teaspoon garlic powder
- 1 tsp. dried basil
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 1/4 cup low fat milk
- 2 Tbsp. butter

### Directions

- In a large pot of boiling water, cook pasta until tender. Drain.
- While pasta is boiling mix together dry milk, grated cheese, dry minced onion, garlic powder, basil, oregano, salt & pepper.
- Combine powdered milk and cheese mix with milk & butter in a saucepan. Cook over medium heat until thickened, stirring occasionally.
- Steam broccoli in microwave according to package directions.
- In pasta pot, combine broccoli, tuna & pasta. Pour sauce over pasta mixture and toss.
- Optional substitution: canned chicken or salmon may be used instead of tuna.