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### 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.

### January Feature: Weatherization Assistance Program

Weatherization programs help increase the energy efficiency of homes by providing updates that include insulation, furnace evaluations, ventilation, and air leakage reduction. Home safety is also addressed including smoke detector installation and dryer venting.

This increased efficiency saves you money on energy costs and improves the comfort of your home. To find a Weatherization Assistance Program near you, contact your local Community Action Agency or call 211.

### Special Nutrition Needs of Older Adults

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

- **Calcium and Vitamin D:** Older adults need more calcium and vitamin D to help maintain bone health. To meet these needs, select calcium-rich foods and beverages and aim for three servings of low-fat or fat-free dairy products each day. Other sources of calcium include fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones, and fortified plant-based beverages. Good sources of vitamin D include fatty fish, such as salmon, eggs and fortified foods and beverages. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.
- **Vitamin B12:** Some adults older than 50 may not be able to absorb enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.
- **Dietary Fiber:** Eat fiber-rich foods to stay regular. Dietary fiber also may help lower your risk for heart disease and reduce your risk for Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas — along with fruits and vegetables which also provide dietary fiber.
- **Potassium:** Consuming adequate potassium, along with limiting sodium (salt) intake, may lower your risk of high blood pressure. Fruits, vegetables, beans and low-fat or fat-free dairy products are good sources of potassium. Also, select and prepare foods with little or no added salt. Add flavor to food with herbs and spices.
- **Know Your Fats:** Most of the fats you eat should be polyunsaturated and monounsaturated fats, which are primarily found in nuts, seeds, avocados, vegetable oils and fish. Choose foods that are low in saturated fat and trans fat to help reduce your risk of heart disease.

*Reprinted from <https://www.eatright.org/health/wellness/healthy-aging/special-nutrient-needs-of-older-adults>. This article does not replace the advice of a medical professional. Please consult with your physician for more information 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)

## Featured Commodity: Beef Chili, Without Beans

### Nutrition Information:

- 1 cup of beef chili without beans counts as 2 ounces in the chooseMyPlate.gov Protein group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.

### Uses & Tips:

- Use beef chili as a topping for baked potatoes or rice.
- Serve beef chili with whole grain bread or cornbread.

## 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:** February 9; 10:30 to 11:30
- **Alma Elks:** February 22; 9:30-11:00
- **Bay City Town Center:** February 10th; 1:00-2:30
- **Clare County Fairgrounds:** February 16; 10:00-11:30
- **Clare Moose Lodge:** February 18; 10:00-11:30
- **Essexville Community Church:** February 1, 12:30-1:30
- **Evart Moose Lodge:** February 17; 11:00-12:00
- **Gladwin Free Methodist Church:** February 8; 10:00-11:30
- **God's Helping Hands of Mecosta County:** Feb. 3; 2:00 - 3:00
- **Gratiot Commission on Aging:** February 22; 12:30-1:30
- **Greendale Township Offices:** February 2; 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:** February 17; 1:30-2:30
- **Pinconning United Methodist:** February 9; 1:00-2:00
- **Resurrection Life Church:** February 3; 11:00-12:00
- **Sanford American Legion:** February 2; 10:30-11:30
- **United Methodist Church of Reed City:** February 18; 2:00-3:00
- **Clare Warehouse Missed Distribution Makeup Day:** Feb 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.*

## January Recipe: Easy Chili Dip

### Ingredients

- 1 package chili without beans
- 1 can black beans or kidney beans, drained and rinsed
- ½ cup shredded Monterey Jack
- ½ cup shredded cheddar cheese
- ½ cup chopped onion
- 1 jalapeño, deseeded and finely chopped (Substitute 1/2 bell pepper if you prefer more mild dip)
- ½ cup pico de gallo
- ¼ cup chopped cilantro leaves
- Tortilla chips
- Garnishes (optional): sour cream, guacamole, green onions

### Directions

1. Heat oven to 400°F.
2. In 10-inch cast-iron skillet add chili and beans. Mix well.
3. Sprinkle with cheeses, onions, and jalapeno/bell pepper.
4. Bake 20 minutes or until hot and bubbly.
5. Top with pico de gallo, chopped and cilantro.
6. Add desired garnishes.
7. Serve with tortilla chips on the side.

**Trivia!** Which American First Lady was known for her Chili?



**Answer:** Lady Bird Johnson was known for her chili, which was President Lyndon B. Johnson's favorite dish.