



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

July 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: Silver Sneakers

SilverSneakers is a fitness and wellness program offered at no additional cost to seniors 65+ on eligible Medicare plans that helps you get active, get fit, and connect with others.

SilverSneakers membership gives you no-cost access to over 15,000 fitness locations across the country, as well as free online and in person fitness classes. Classes are designed to accommodate participants of all ages and fitness levels. There is no minimum participation to maintain membership.

SilverSneakers has partnered with over 60 health plans. To see if you're eligible for membership, visit [silversneakers.com](http://silversneakers.com) and click "Check Eligibility."

For more info, visit [www.silversneakers.com](http://www.silversneakers.com)

## Stroke Prevention

MA stroke can happen when there is a change in blood flow to the brain and is very serious. Some risk factors are age, race, and family history, which cannot be changed. However, there are other steps to take to limit the other risk factors.

Keeping track of your cholesterol levels is a very important step in lowering your stroke risk. Cholesterol is a type of fat in the blood that if too high, can build up on the walls of your arteries and create blockages. Lowering the amount of cholesterol, and saturated fats you eat, can help reduce the risk of blockages in your arteries.

Eating foods with more fresh ingredients like fruits and vegetables, and lean meats and fish are a good choice.

Cholesterol and saturated fat are required on nutrition labels of food. Look for the amounts and keep them low. Looking at the daily value percentage can help. Anything with a 5% or lower is considered low, and anything higher than 20% is high.

Physical exercise is another healthy habit to practice in prevention of strokes. Do things that you like; riding a bike, going for a walk, or swimming, to name a few.

Having high blood pressure is another risk factor for strokes. Reducing salt in your diet can help with this by keeping it at or below 1,500 milligrams a day. Increasing healthy fats found in nuts, vegetable oils, avocados, seeds, and fish will help lower blood pressure. Switching to low fat dairy can also help decrease your saturated fat intake.

Choosing fresh foods and reading nutrition labels is a healthy habit.

*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

Why is it important to wash your hands when preparing food? Harmful bacteria such as E. coli, Salmonella and Staphylococcus aureus and viruses (e.g. norovirus) can live on your hands, but handwashing helps destroy these bacteria. Hands should be washed before cooking, before handling cooked or ready-to-eat food, after handling or preparing raw food, after handling waste, after using the restroom, after blowing nose, sneezing or coughing, and after eating drinking or smoking.

## 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: Cheese

### Uses & Tips:

- **USDA cheese should be stored in a refrigerator.**
- Dairy contains calcium and Vitamin D. Calcium and Vitamin D help bones and teeth stay strong
- Cheese can be added as a topping to many dishes, to add flavor, protein, and calcium.
- American cheese is a blend of cheese and milk products. It melts very well and has a smooth, creamy texture.

### 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](http://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: August 9, 10:30-11:30**
- **Alma Elks: August 22, 9:30-11:00**
- **Bay City Town Center: August 10, 1:00-2:30**
- **Clare Co Fairgrounds: August 16, 10:00 - 11:30**
- **Clare Moose Lodge: August 18, 10:00-11:30**
- **Essexville Community Church: August 1, 12:30-1:30**
- **Evart Moose Lodge: August 17, 11:00-12:00**
- **Gladwin Free Methodist Church: August 8, 10:00-11:30**
- **God's Helping Hands, Remus: August 3, 2:00-3:00**
- **Grace Community Church, Howard City: August 4, 1:30-2:30**
- **Gratiot Commission on Aging: August 22, 12:30-1:30**
- **Greendale Township Offices: August 2, 1:00-2:00**
- **Greenville Armory RELOCATED to Arms of Love 1220 N Lafayette St, Greenville, MI 48838: August 4, 10:30-11:30**
- **Immanuel Lutheran Church, Mt. Pleasant: Aug. 24, 10:00-11:00**
- **Ionia Moose Lodge: August 23, 10:30-11:30**
- **Marion VFW Post: August 17, 1:30-2:30**
- **Pinconning United Methodist: August 9, 1:00-2:00**
- **Resurrection Life Church, Big Rapids: August 3, 11:00-12:00**
- **Sanford American Legion: August 2, 10:30-11:30**
- **United Methodist Church of Reed City: August 18, 2:00-3:00**
- **Food Warehouse Make-Up Day: August 25, 9:00-11:00**

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

## July Recipe: Mini Chicken Pot Pies

### Ingredients:

- 1 cup canned chicken, drained
- 1 cup mixed canned veggies
- 4 oz USDA cheese cut into 1/2" cubes
- 1 can reduced-sodium cream of chicken soup
- 1 can of refrigerated biscuits

### Directions

- Preheat oven to 375 F
- Spray a muffin tin with non-stick cooking spray, set aside
- Mix chicken, veggies, cheese, and cream of chicken soup in a bowl.
- To make the mini pot pie crust: Press one piece of refrigerated biscuit dough into the bottom of one of the muffin tin cups. Gently stretch the dough up the sides of the muffin pan cups, without tearing it.
- Fill biscuit crust with chicken, cheese & veggie mixture
- Repeat until out of biscuits
- Bake for 20 to 22 minutes or until golden brown

