

March 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: Creating Confident Caregivers

Creating Confident Caregivers© is an evidence-based caregiver program now available online. It is designed for active caregivers of persons with dementia who are living at home.

Developing Dementia Dexterity is an additional series of three sessions designed for secondary caregivers, such as family, friends, long-distance caregivers, or formal caregivers, such as in-home aides.

More information is available from your local Area Agency on Aging and at www.michigan.gov/osa under Special Programs.

Eating Well During & After Cancer Treatment

The truth is, eating well can be a challenge when you have cancer. And everyone is affected differently. Some people find their eating habits change only slightly, while others find that eating well is really hard. Many people are somewhere in-between.

A healthy diet gives your body the nutrition it needs during and after cancer treatment. There are many benefits to this.

In the short term, eating well can:

- give you energy
- help you feel better
- keep your body strong
- help you cope with side effects

Over the long term, eating well can:

- help you heal and recover after treatment
- lower your risk of heart disease, type 2 diabetes and osteoporosis (weakening of the bones)
- lower your risk of some types of cancer

Eating well can also help you feel like you have some control over your own health. And we now know that people with cancer who are well nourished and able to maintain a healthy body weight live longer than people who have lost a lot of weight.

In general, eating well means eating a variety of healthy foods like vegetables and fruit, whole grains and protein. Because everyone's nutritional needs are different, you may want help from your healthcare team. A registered dietitian can help you find ways to eat well and maintain a healthy body weight throughout your cancer experience. Your dietitian can help you make sure that you get the right amount of calories, protein and fluids that you need to eat well. No single diet, food or supplement can boost your immune system.

The best thing you can do for your immune system is to follow an overall healthy lifestyle, which includes eating a balanced, healthy diet with a variety of foods.

Reprinted in part from <https://cancer.ca>. This content is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.

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

Featured Commodity: Rolled Oats

Nutrition Information:

- Quick cooking rolled oats are a whole grain dry cereal. It needs to be cooked before eating.
- ½ cup of cooked rolled oats counts as 1 ounce from the MyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Uses & Tips:

- Cook rolled oats with chopped fruit and low-fat or nonfat milk instead of water for a filling breakfast.
- Rolled oats can be used in a variety of baked dishes such as cookies, muffins, breads, and desserts.
- Rolled oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.

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. Changes will be posted on 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.*

- Albright Shores Eagles:** April 13, 10:30-11:30
- Alma Elks:** April 26, 9:30-11:00
- Bay City Town Center:** April 14, 1:00-2:30
- Clare Moose Lodge:** April 15; 10:00-11:30
- Essexville Community Church:** April 5, 12:30-1:30
- Evart Moose Lodge:** April 21; 11:00-12:00
- Clare County Fairgrounds:** April 20, 10:00-11:30
- Gladwin Free Methodist Church:** April 12, 10:00-11:30
- Gratiot Commission on Aging:** April 26, 12:30-1:30
- Greendale Township Offices:** April 6, 1:00-2:00
- Greenville Armory:** April 1, 10:30-11:30
- Grace Community Church, Howard City:** April 1, 1:30-2:30
- Immanuel Lutheran Church, Mt. Pleasant:** April 28, 10:00-11:00
- Ionia Moose Lodge:** April 27, 10:30-11:30
- Marion VFW Post:** April 21, 1:30-2:30
- Pinconning United Methodist:** April 13, 1:00-2:00
- Resurrection Life Church:** April 7, 11:00-12:00
- Sanford American Legion:** April 6, 10:30-11:30
- United Methodist Church of Reed City:** April 15, 2:00-3:00
- God's Helping Hands, Remus:** April 7, 2:00-3:00

Private distributions are not listed. Call 989-386-6849 for a recording of all upcoming monthly distribution dates. The calendar is also available at www.mmcaa.org

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

March Recipe: Oatmeal Pancakes

Ingredients

1-1/4 cups all-purpose flour
1/2 cup rolled oats
2 teaspoons baking powder
1/4 teaspoon salt (optional)
1-1/4 cups fat-free milk
1 egg, lightly beaten
1 tablespoon vegetable oil

Directions

In large bowl, combine flour, oats, baking powder and salt; mix well. In separate medium bowl, combine milk, egg and oil; blend well. Add liquid ingredients to dry ingredients all at once; stir just until dry ingredients are moistened (do not over mix). Add one of the stir-in options, if desired; mix gently. Heat skillet over medium-high heat (or preheat electric skillet or griddle to 375°F). Lightly grease skillet. For each pancake, pour 1/4 cup batter into hot skillet. Turn when tops are covered with bubbles and edges look cooked. Turn only once. Serve & enjoy!

Stir-Ins (optional)

For blueberry pancakes: 1 cup fresh or frozen blueberries (do not thaw)

For banana pancakes: 1 medium-size ripe banana, mashed, and 1/8 teaspoon ground nutmeg

For apple cinnamon pancakes: 3/4 cup finely chopped apple, 1/4 cup chopped nuts and 1/2 teaspoon ground cinnamon