



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: Home Delivered Meal Programs

The home-delivered meals program provides nutritionally sound meals to frail older adults who find it difficult to prepare meals. The meals are delivered to homebound persons 60 years or older, or adults with disabilities, who are unable to shop or prepare meals for themselves. This can include persons who are ill, recently hospitalized or disabled.

The number of meals delivered is based on an assessment of the needs of each individual. Service can begin within a few days of application. The minimum service is one week. There is no cost for meals, however, each participant has an opportunity to contribute to the cost. For more information on your local Area Agency on Aging or call 211 for a referral to your local AAA.

Reprinted from
https://www.michigan.gov/mdhhs/0,5885,7-339-71547_7774-13181--,00.html

Vitamin B12

Vitamin B12 is a nutrient that helps keep your body's blood and nerve cells healthy and helps make DNA, the genetic material in all your cells. Vitamin B12 also helps prevent megaloblastic anemia, a blood condition that makes people tired and weak.

The amount of vitamin B12 you need each day depends on your age. Check with your doctor to find out if you are getting enough in your diet. Most people in the United States get enough vitamin B12 from the foods they eat. You can get recommended amounts of vitamin B12 by eating a variety of foods including fish, meat, poultry, eggs, milk, and other dairy products. Clams and beef liver are some of the best source of vitamin B12. Some breakfast cereals, nutritional yeasts, and other food products are fortified with vitamin B12.

If you have a vitamin B12 deficiency, you may feel tired or weak. You might also have pale skin, heart palpitations, loss of appetite, weight loss, and infertility. Your hands and feet might become numb or tingly, a sign of nerve problems. Other symptoms of vitamin B12 deficiency include problems with balance, depression, confusion, dementia, poor memory, and soreness of the mouth or tongue. It is important to visit your doctor to make sure you are getting the right amount of Vitamin B12 to be as healthy as you can be. Information about Vitamin B12 comes from the National Institutes of Health – Office of Dietary Supplements.

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

"How do you prevent food poisoning? By Washing, Separating, Cooking, and Chilling

- **Wash** your hands, surfaces, utensils, and fresh produce. Don't wash meat or poultry, as this can spread pathogens.
- In order to avoid cross-contamination, use **separate** cutting boards and plates for produce, meat, poultry, seafood, and eggs.
- **Cook** foods to the correct temperature, and keep hot food hot between cooking and serving.
- **Chill** and refrigerate perishable leftovers within 2 hours. If food is exposed to temperatures 90F or above, than food should not be left out for more than one hour. Freezing will not destroy pathogens, but it will keep your food safe until you're ready to cook it.

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: Canned Salmon

Uses & Tips:

- Canned salmon is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Use canned salmon to make a sandwich or add to a salad.
- For a savory warm meal, add canned salmon to casseroles or soup.
- EPA and DHA are omega-3 fatty acids and can be found in in seafood. Eating 8 ounces of seafood per week may help reduce the risk of heart disease.
- Canned salmon supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

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, 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:** April 12, 10:30-11:30
- **Alma Elks:** April 25, 9:30-11:00
- **Bay City Town Center:** April 13, 1:00-2:30
- **First Congregational Church, Harrison:** April 19, 10:00 - 11:30
- **Clare Moose Lodge:** April 21, 10:00-11:30
- **Essexville Community Church:** April 4, 12:30-1:30
- **Evart Moose Lodge:** April 20, 11:00-12:00
- **Gladwin Free Methodist Church:** April 11, 10:00-11:30
- **God's Helping Hands, Remus:** April 6, 2:00-3:00
- **Grace Community Church, Howard City:** April 7, 1:30-2:30
- **Gratiot Commission on Aging:** April 25, 12:30-1:30
- **Greendale Township Offices:** April 5, 1:00-2:00
- **Greenville Armory:** April 7, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** April 27, 10:00-11:00
- **Ionia Moose Lodge:** April 26, 10:30-11:30
- **Marion VFW Post:** April 20, 1:30-2:30
- **Pinconning United Methodist:** April 12, 1:00-2:00
- **Resurrection Life Church, Big Rapids:** April 6, 11:00-12:00
- **Sanford American Legion:** April 5, 10:30-11:30
- **United Methodist Church of Reed City:** April 21, 2:00-3:00
- **Food Warehouse Make-Up Day:** April 28, 9:00-11:00

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

March Recipe: Simple Salmon Chowder

Ingredients:

- 1 Tbsp. oil
- ½ cup chopped onion
- 3 ½ cups chicken broth
- 2 cans sliced potatoes, drained and diced
- 1 can whole kernel corn, undrained
- ¼ tsp. ground black pepper
- 1 can salmon
- ½ tsp. dried dill
- 1½ cups UHT milk

Directions

1. In a large saucepan, over medium heat, add oil and onion.
2. Cook until onion has softened, about 5 minutes.
3. Add chicken broth, drained diced potatoes, undrained can of corn, and ground black pepper.
4. Bring to a boil, lower heat, and simmer for about 20 minutes.
5. Drain and remove bones from salmon.
6. Add salmon and dill to the saucepan.
7. Cook 5 minutes. Add milk.
8. Stir and cook until heated through.

Trivia! How large do Atlantic Salmon get?

Answer: The largest Atlantic salmon was 105 pounds and 60 inches. However, depending on how long they are at sea, adults returning to the Gulf of Maine rivers typically weigh approximately 7-12 lbs and are 28-32 inches long after 2 years at sea.