



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

May 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: Michigan Long Term Care Ombudsman Program

Since 1972, the Michigan Long Term Care Ombudsman Program strives to improve the quality of care and quality of life experienced by residents who reside in licensed long term care facilities.

Licensed long term care facilities are nursing homes, homes for the aged, and adult foster care homes.

Ombudsmen advocate for the resident in the facilities, guided by the wishes of the resident. All services are provided under strict confidentiality. Ombudsmen cannot share information about the resident or the resident's concerns without the resident's permission.

The program also aims to improve the long term care system, speaking for passage of laws, regulations and policies benefiting over 100,000 Michigan long term care residents.

The Michigan Long Term Care Ombudsman Program is funded by federal and state government. There is no cost to residents or families for ombudsman services. To reach a local ombudsman call: 1-866-485-9393

Reprinted from <https://mltcop.org/>

Understanding Blood Sugar

Sugars are a part of our everyday meals, but how much of it and what types you're consuming can ultimately affect your body's blood sugar levels.

Carbohydrates, which are converted into sugar by the body, make your blood sugar levels increase after eating a meal. With the help of insulin from your pancreatic cells, your body can absorb sugars that are in the blood to lower the blood sugar levels back to normal. With high blood sugar you may experience fatigue, extreme thirst, blurry vision, and an excessive need to urinate. These symptoms may arise if you are sick, stressed, eating more than normal, or not getting enough insulin.

You can help prevent high blood pressure by making healthier food choices, practicing portion control and consistent mealtimes, and managing other health conditions you may have.

Eating nutritious foods while limiting processed foods and baked goods, being physically active, and maintaining a healthy weight are great ways to help control your blood sugar levels.

Make sure to visit your doctor or medical care professionals for accurate blood sugar readings and to find out what eating, and activity plan is best for you.

For more information on blood pressure, hypertension, and heart health visit www.cdc.gov

Each month, your CSFP box will contain a variety of fruits, vegetables, protein, and healthy grains to help keep your heart healthy.

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

Picnic season is coming soon! Food safety is still important while enjoying a meal in the great outdoors. To keep cold food safe, 3/4 of your cooler should be food, and 1/4 should be ice. It's also helpful to chill or freeze foods before they are placed in your cooler. Hot and cold foods should be packed separately. You can use a thermometer to ensure that your cooler does not get warmer than 40F, and that food is adequately cooled. Drinks should be packed in a separate cooler to prevent cross contamination, and to prevent warming in the food cooler.

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

This institution is an equal opportunity provider.

Featured Commodity: Canned Chicken

Uses & Tips:

- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Canned chicken 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.
- Canned chicken can be added to sandwiches, casseroles, soups, or salads.
-

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: June 14, 10:30-11:30**
- **Alma Elks: June 27, 9:30-11:00**
- **Bay City Town Center: June 8, 1:00-2:30**
- **Clare Co Fairgrounds: June 21, 10:00 - 11:30**
- **Clare Moose Lodge: June 16 10:00-11:30**
- **Essexville Community Church: June 6 12:30-1:30**
- **Evart Moose Lodge: June 15, 11:00-12:00**
- **Gladwin Free Methodist Church: June 13, 10:00-11:30**
- **God's Helping Hands, Remus: June 1, 2:00-3:00**
- **Grace Community Church, Howard City: June 2, 1:30-2:30**
- **Gratiot Commission on Aging: June 27, 12:30-1:30**
- **Greendale Township Offices: June 7, 1:00-2:00**
- **Greenville Armory: June 2, 10:30-11:30**
- **Immanuel Lutheran Church, Mt. Pleasant: June 22, 10:00-11:00**
- **Ionia Moose Lodge: June 28, 10:30-11:30**
- **Marion VFW Post: June 15, 1:30-2:30**
- **Pinconning United Methodist: June 14 1:00-2:00**
- **Resurrection Life Church, Big Rapids: June 1, 11:00-12:00**
- **Sanford American Legion: June 7, 10:30-11:30**
- **United Methodist Church of Reed City: June 16, 2:00-3:00**
- **Food Warehouse Make-Up Day: June 23, 9:00-11:00**

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

May Recipe: Curried Chicken Salad

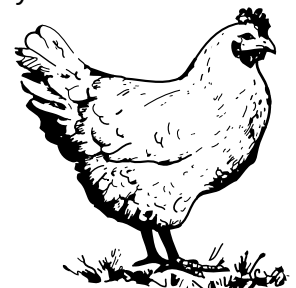
Ingredients:

- ½ cup mayonnaise
- 1–2 tsp. curry powder
- ½ lime, juiced
- pinch of salt, more to taste
- 2 cups cooked chicken, diced or shredded
- ½ medium apple with peel, diced
- 1 celery stalk, finely diced
- 2 Tbsp. red onion, finely diced
- ¼ cup raisins
- 2–4 Tbsp. fresh cilantro

Directions

- In a medium bowl mix together the mayonnaise, curry powder, lime juice, and salt.
- Next add the cooked chicken, diced apple, celery, and onions and stir until well combined.
- Fold in the raisins and cilantro.
- Serve in a lettuce wrap, on a bed of greens or in a tortilla wrap or between slices of your favorite bread.

Trivia! How many chickens do Americans consume in one year?



Answer: Collectively, Americans consume 8 billion chickens every year!