



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

November 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: 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.

MMCAA will be closed for the holidays on the following dates:

- November 25th & 26th
- December 24th & Dec. 27th - 31st

We wish you all a happy, healthy, and safe holiday season!

Protecting Your Bone Health

Maintaining good bone health is important throughout our lives. Eventually though, our bones naturally start to wear over time. It is estimated that about half of all Americans who are age 50 and above could face broken bones in the future due to poor bone health. 44 million Americans have low-bone density. And about 10 million Americans have osteoporosis, which is a bone disease that indicates even lower bone density. These conditions lead to a greater risk of breaking a bone during a fall or other injury. Visiting your healthcare provider to have a bone screening performed is an important way to find out if you are at risk for bone injuries.

In addition to screening for bone health, there are things you can do to help your body maintain bone strength. Diet and exercise are very important for your bones. Strength training exercises help your body to maintain healthier bones. Limiting alcohol and tobacco use is also important. And paying attention to your nutrition will help you protect and maintain bone strength.

In terms of nutrition, consuming foods rich in vitamin D and calcium will give your body key nutrients needed for protecting your bone density. Vitamin D foods include fish like salmon and tuna, chicken, milk, eggs, cheese, mushrooms, and more. Calcium rich foods include milk, yogurt, cheese, salmon, collard greens, fortified cereals, and more. Vitamin K is another nutrient that is helpful for your bones, too, and this is found in green leafy vegetables, brussels sprouts, asparagus and more. Your CSFP boxes are designed to include foods rich in these important nutrients.

While bone deterioration is normal with time, staying informed about your bone condition through medical screening, and taking preventative measures through your diet and exercise are important ways that you can protect your bone health.

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

Never thaw food on the counter. Harmful foodborne pathogens multiply rapidly when foods are in the danger zone between 40°F and 140°F. Instead, always thaw foods in the refrigerator, or in the microwave.

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 Pears

Nutrition Information:

- Pears are naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned pears contain many vitamins and minerals that are important for your body. Pears are also a great source of fiber

Uses & Tips:

- Canned pears are a great way to add fruit in your diet when fresh fruits are not available.
- Canned pears do not need to be cooked or heated, they can be eaten right away.
- Canned pears can be used to add sweetness to other foods. For example, they can be added to plain yogurt or oatmeal.

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:** Dec 14, 10:30-11:30
- **Alma Elks:** Dec 10, 9:30-11:00
- **Bay City Town Center:** Dec 8, 1:00-2:30
- **Clare County Fairgrounds, Harrison:** **Moving to First Congregational Church starting in December** Dec 21, 10:00 - 11:30
- **Clare Moose Lodge:** Dec 16, 10:00-11:30
- **Essexville Community Church:** Dec 6, 12:30-1:30
- **Evart Moose Lodge:** Dec 15, 11:00-12:00
- **Gladwin Free Methodist Church:** Dec 13, 10:00-11:30
- **God's Helping Hands, Remus:** Dec 1, 2:00-3:00
- **Grace Community Church, Howard City:** Dec 2, 1:30-2:30
- **Gratiot Commission on Aging:** Dec 10, 12:30-1:30
- **Greendale Township Offices:** Dec 7, 1:00-2:00
- **Greenville Armory:** Dec 2, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** Dec 22, 10:00-11:00
- **Ionia Moose Lodge:** Dec 17, 10:30-11:30
- **Marion VFW Post:** Dec 15, 1:30-2:30
- **Pinconning United Methodist:** Dec 14, 1:00-2:00
- **Resurrection Life Church:** Dec 1, 11:00-12:00
- **Sanford American Legion:** Dec 7, 10:30-11:30
- **United Methodist Church of Reed City:** Dec 16, 2:00-3:00
- **Food Warehouse Make-Up Day:** Dec 23, 9:00-11:00

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

November Recipe Slow Cooker Carrot Pear Pureed Soup

Ingredients:

- 1 large onion, diced
- 1 tbsp oil
- 2 lbs baby carrots
- 1 can pears
- 1 can coconut milk
- 4 cups chicken broth
- 1 bay leaf
- ¼ tsp ground ginger
- 1 tsp salt
- ½ tsp ground pepper

Directions

1. Cook onions in oil on stovetop until slightly brown
2. Place cooked onions and all other ingredients in slow cooker. Cook on high heat for 5 hours
3. After cooked, puree all ingredients with an immersion blender in the crockpot (Or CAREFULLY puree in batches in a countertop blender. Be careful not to burn yourself- soup will be hot!).

Trivia! Which states produce the most pears?



Answer: The five states within the United States that produce the most pears are Washington, Oregon, California, New York, and Michigan.

January Recertifications

All CSFP Customers at the **Essexville Community Church** will be due for recertification in January. Customers will be provided with a pre-filled form that they can sign, update, and return. Recertification is required for ongoing enrollment.