



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

# October 2020 *Tidbits*

Senior Food Program Publication

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## 📞 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.

## Please Recycle Commodity Boxes



In the interest of public health, please recycle your commodity boxes. We are currently unable to accept return boxes. An announcement will be made when we are able to resume box return. Thank you for your help!

## Focus on: Meals on Wheels

Meals on Wheels operates in virtually every community in America through a network of more than 5,000 independently-run local programs. While the diversity of each program's services and operations may vary based on the needs and resources of their communities, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes. To find a program near you, call 211 or visit <https://www.mealsonwheelsamerica.org/signup/find-programs>

*This institution is an equal opportunity provider.*

## 9 Fall Produce Picks to Add to Your Plate

The sun is setting sooner, the nights are getting cooler and wool socks are starting to sound like a cozy idea. This is the perfect time to celebrate the seasonal gems of autumn!

**Pumpkin** is full of fiber and beta-carotene. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.

**Beets** are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking.

**Sweet Potatoes** charge ahead of white potatoes in terms of fiber and vitamin A. Sweet potatoes also are an excellent source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

**Spaghetti Squash** is a fun, kid-friendly vegetable that is a lower-calorie and gluten-free alternative to grain-based pasta. Toss with pesto or marinara sauce for a quick veggie side dish.

**Kale** is a nutrient powerhouse. One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

**Pears** are the most delicious in the fall when they're at their peak. Pears are unique in that they do not ripen on the tree; they will after they're picked. Try pears on the grill, pureed into soup or a smoothie, or simply sliced with cheese. One medium pear has 6 grams of fiber.

**Okra** is commonly is fried, but also is wonderful in more nutritious dishes. Around the world, chefs cherish the thickening properties of the seed pods in dishes from Louisiana gumbo to Indian curries. The pods are high in vitamins K and C, a good source of fiber and folate and low in calories.

**Parsnips** are cousins to carrots — they have the same root shape but with white flesh. One-half cup of cooked parsnips is full of fiber (3 grams) and contains more than 10 percent of the daily values of vitamin C and folate. Try these pale beauties roasted, pureed into soup or mashed. You can even top a shepherd's pie with mashed parsnips!

**Cranberries** may help protect from urinary tract infection. They contain a compound called proanthocyanidin which may prevent harmful bacteria from sticking to your bladder wall. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go.

*Reprinted in part from <https://www.eatright.org/food/nutrition/healthy-eating/9-fall-produce-picks-to-add-to-your-plate>*

## 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)

## Featured Commodity: Nonfat Dry Milk

### Nutrition Information:

- Dairy contains calcium & Vitamin D, which can help bones & teeth stay strong.

### Uses & Tips:

- Try adding 1 or 2 tablespoons of nonfat dry milk powder to smoothies, shakes, creamy soups, or hot cereals.
- Use nonfat dry milk powder as a healthy, affordable coffee creamer.

## 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. Scheduling changes will be posted on MMCAA.org, on our Facebook, and sent to monthly customers via robocall. You may also call 989-386-6849 for a recording of all current month distribution dates.*

- **Albright Shores Eagles:** November 10th; 10:30 to 11:30
- **Alma Elks:** December 11th; 9:30-11:00
- **Bay City Town Center:** November 11th, 1:00-2:30
- **Clare County Fairgrounds:** November 17th; 10:00-11:30
- **Clare Moose Lodge:** November 19th; 10:00-11:30
- **Essexville Community Church:** November 2nd, 12:30-1:30
- **Evart Moose Lodge:** November 18th; 11:00-12:00
- **Gladwin Free Methodist Church:** November 9th; 10:00-11:30
- **God's Helping Hands of Mecosta County:** Nov. 4th; 2:00 - 3:00
- **Gratiot Commission on Aging:** December 11; 12:30-1:30
- **Greendale Township Offices:** November 3rd; 1:00-2:00
- **Greenville Armory:** December 3rd; 10:30-11:30
- **Howard City VFW Post:** December 3rd; 1:30-2:30
- **Immanuel Lutheran Church:** December 18th; 10:00-11:00
- **Ionia Moose Lodge:** December 22nd, 10:30-11:30
- **Marion VFW Post:** November 18th; 1:30-2:30
- **Pinconning United Methodist:** November 10th; 1:00-2:00
- **Resurrection Life Church:** November 4th; 11:00-12:00
- **Sanford American Legion:** November 3rd; 10:30-11:30
- **United Methodist Church of Reed City:** Nov. 19th; 2:00-3:00
- **Clare Warehouse Missed Distribution Makeup Day:** November 30th, 9:00 - 11:00
- **Next TEFAP distribution month for Bay, Clare, Gladwin, Mecosta, Midland, and Osceola Counties** is December 2020.  
For dates please refer to your TEFAP flyer or visit <https://www.mmcaa.org/seniors.html>

*Private distributions are not listed.*

## October Recipe: Cinnamon Maple Latte

### Ingredients

- 1 cup prepared coffee
- 1/2 cup of Nonfat Dry Milk
- 1 1/2 cups water
- 4 tablespoons pure maple syrup
- 1/2 teaspoon cinnamon

### Directions

1. In a large mason jar, mix or shake the nonfat dry milk and water together until the consistency is smooth.
2. Add 4 tablespoons of pure maple syrup and 1/2 teaspoon of cinnamon.
3. Place the lid on the jar and shake until milk begins to bubble up.
4. Remove the lid from the jar and heat in the microwave for 25-35 seconds.
5. Pour 1/2 cup of coffee into each mug. Divide the milk mixture up between the two coffee mugs. Top with the foam left from the mason jar.

Makes 2 servings

*adapted from*  
[https://www.milkmeansmore.org/recipe/cinnamon-](https://www.milkmeansmore.org/recipe/cinnamon-maple-latte)

**Trivia!** Who made the first powdered milk?  
Answer: Marco Polo reported in the late 13th century that the Tartars would boil mare's milk, & then expose the milk to the hot sun until it dried. To use it, they would add water, and while riding their horse, the mixture would be shaken, producing a porridge for dinner.