



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

September 2020

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.

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!

September is National Fruits & Veggies - More Matters! Month

This September, we're urging you to eat more fruits and veggies. Many of us know the importance of eating a lot of fruits and vegetables, but still, a lot of us aren't getting enough. One easy tip for eating more fruits and vegetables is ensuring they make up half of what you eat, every time you eat a meal. And, all forms of fruits and veggies count! Whether it's frozen, fresh, canned or dried, all types of fruits and veggies will benefit you. Other tips for packing in more fruits and veggies include keeping a bowl of fruit handy where the whole family can see it and cutting up fruits and veggies ahead of time so they're ready for quick, healthy snacks.

Reprinted in part from
<https://news.nnlm.gov/scr/september-is-fruits-veggies-more-matters-month/>

Eating Right When Money is Tight

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

BEFORE Shopping

- Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use.
- Use store circulars and go online to look for coupons, sales, and store specials. Only use coupons on foods you normally eat.
- For added savings, sign up for the store discount card or bonus card at your local supermarket.

DURING Shopping

- Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.
- Try store brands. They are the same quality and cost less.
- Compare products for the best deal.
- Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: <http://snap.nal.usda.gov/resource-library/handouts-and-websites/using-nutrition-facts-labels>.
- Check "sell by" or "use by" dates. Buy the freshest food possible. For more on food product dating, go to: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/foodproduct-dating>.

AFTER Shopping

- Store food right away in the refrigerator or freezer to keep it fresh and safe.
- If you buy a large amount of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- Use foods with the earliest expiration dates first.

Reprinted in part from

<https://snaped.fns.usda.gov/snap/EatRightWhenMoney'sTight.pdf>

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 Carrots

Nutrition Information:

- 1½ cup of carrots provides ½ cup in the MyPlate.gov Vegetable Group. For a 2-000-calorie diet the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of carrots provides more than a day's worth of vitamin A.

Uses & Tips:

- Serve canned carrots heated as a side dish, or use in a variety of main dishes, soups, salads, and stuffing.

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:** October 13th; 10:30 to 11:30
- **Alma Elks:** October 26th; 9:30-11:00
- **Bay City Town Center:** October 14th, 1:00-2:30
- **Clare County Fairgrounds:** October 20th; 10:00-11:30
- **Clare Moose Lodge:** October 15th; 10:00-11:30
- **Essexville Community Church:** October 5th, 12:30-1:30
- **Evart Moose Lodge:** October 21st; 11:00-12:00
- **Gladwin Free Methodist Church:** October 12th; 10:00-11:30
- **God's Helping Hands of Mecosta County:** October 7th; 2:00 - 3:00
- **Gratiot Commission on Aging:** October 26th; 12:30-1:30
- **Greendale Township Offices:** October 6th; 1:00-2:00
- **Greenville Armory:** October 1st; 10:30-11:30
- **Howard City VFW Post:** October 1st; 1:30-2:30
- **Immanuel Lutheran Church:** October 28th; 10:00-11:00
- **Ionia Moose Lodge:** October 27th, 10:30-11:30
- **Marion VFW Post:** October 21st; 1:30-2:30
- **Pinconning United Methodist:** October 13th; 1:00-2:00
- **Resurrection Life Church:** October 7th; 11:00-12:00
- **Sanford American Legion:** October 6th; 10:30-11:30
- **United Methodist Church of Reed City:** October 15th; 2:00-3:00
- **Clare Warehouse Missed Distribution Makeup Day:** October 29th, 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.

September Recipe: 5 Minute 5 Ingredient Glazed Carrots

Ingredients

- 1 14.5oz can Sliced carrots, drained
- 1 tbsp butter
- 1 tbsp brown sugar
- 1/4 tsp cinnamon
- Pinch of salt

Directions

1. Drain the sliced carrots and set aside.
2. In a large skillet combine the butter, brown sugar, cinnamon and salt over medium heat. Stir until mixture is combined and slightly bubbling.
3. Add in the carrots and stir to coat, cooking an additional 2 to 3 minutes.
4. To prepare dish with a microwave instead of stovetop: Add the butter, brown sugar and cinnamon to a microwave safe dish and cook in 30 second increments until melted and bubbly. Toss in carrots and microwave for 2 minutes, covered with plastic wrap.

Makes 2 servings

adapted from

<https://iwashyoudry.com/5-minute-brown-sugar-glazed-carrots/>

Trivia! Why do we eat orange carrots?

Answer: Orange carrots were first bred by 17th century Dutch farmers, in honor of the royal Dutch family, the House of Orange.