



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

Sept 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: National Alliance on Mental Illness Helpline

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, and local NAMI Support Groups
- They are trained to help identify the best resource options
- They are knowledgeable and a source of accurate information about relevant topics.

The NAMI HelpLine can be reached Monday through Friday, 10 a.m. – 10 p.m., ET. Call 1-800-950-NAMI (6264), text "HelpLine" to 62640 or email at [helpline@nami.org](mailto:helpline@nami.org)

## Benefits of Hydration

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

Water helps your body:

- Keep a normal temperature
- Keeps joints moving and blood flowing
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- Enjoying a hot day
- More physically active
- Running a fever
- Having diarrhea or vomiting

Tips to Drink More Water

- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water over sugary drinks.
- Opt for water when eating out. You'll save money and reduce calories.
- Add a wedge of lime, lemon, or cucumber to your water. This can help improve the taste and help you drink more water.

*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 for Fresh Produce

- Clean fruits and vegetables before eating, cutting, or cooking
- Wash or scrub fruits and vegetables under running water even if you do not plan to eat the peel. Germs on the peel or skin can get inside fruits and vegetables when you cut them.
- Cut away any damaged or bruised areas before preparing or eating.
- Keep fruits and vegetables separate from raw foods that come from animals, such as meat, poultry, and seafood.
- Refrigerate fruits and vegetables within 2 hours after you cut, peel, or cook them (or 1 hour if exposed to temperatures above 90°, like a hot car or picnic). Chill them at 40°F or colder in a clean container.

*Reprinted in part from materials published by the CDC. Information 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.*

## 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)

*This institution is an equal opportunity provider.*

## Featured Commodity: Brown Long Grain Rice

### Uses & Tips:

- Brown Long Grain Rice is a whole grain. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- Refined grains like white rice have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- ½ cup cooked long grain brown rice counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group.

## 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](http://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: October 11, 10:30-11:30**
- **Alma Elks: October 24, 9:30-11:00**
- **Bay City Town Center: October 12, 1:00-2:30**
- **Clare Co Fairgrounds: October 18, 10:00 - 11:00 NEW TIME**
- **Clare Moose Lodge: October 20, 10:00-11:00 NEW TIME**
- **Essexville Community Church: October 3, 12:30-1:30**
- **Evart Moose Lodge: October 19, 11:00-12:00**
- **Gladwin Free Methodist Church: October 10, 10:00-11:00 NEW TIME**
- **God's Helping Hands, Remus: October 5, 2:00-3:00**
- **Grace Community Church, Howard City: October 6, 1:30-2:30**
- **Gratiot Commission on Aging: October 24, 12:30-1:30**
- **Greendale Township Offices: October 4, 1:00-2:00**
- **Greenville Armory RELOCATED to Arms of Love 1220 N Lafayette St, Greenville, MI 48838: October 6, 10:30-11:30**
- **Immanuel Lutheran Church, Mt. Pleasant: Oct 26, 10:00-11:00**
- **Ionia Moose Lodge: October 25, 10:30-11:30**
- **Marion VFW Post: October 19, 1:30-2:30**
- **Pinconning United Methodist: October 11, 1:00-2:00**
- **Resurrection Life Church, Big Rapids: October 5, 11:00-12:00**
- **Sanford American Legion: October 4, 10:30-11:30**
- **United Methodist Church of Reed City: October 20, 2:00-3:00**
- **Food Warehouse Make-Up Day: October 27, 9:00-11:00**

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

## September Recipe: Fall Harvest Mulligatawny Chicken Soup

### Ingredients:

- 2 tbsp olive oil
- 1 onion, chopped
- 1 can carrots
- 1 parsnip, peeled and chopped
- 4 cups peeled diced acorn squash or butternut squash
- 1 green apple, peeled and chopped
- 1 tbsp curry powder
- 2 cloves garlic, chopped
- 1 tsp grated ginger
- 4 cups vegetable or chicken broth
- 1 can diced tomatoes
- 1 pouch pre-cooked chicken
- ½ cup brown rice

### Directions:

- Heat 2 tbsp oil in a large saucepan. Add onion & parsnip & cook until onions are translucent.
- Add carrot, squash, apple, curry powder, 2 cloves garlic, and ginger. Cook for 2 minutes.
- Add broth, tomatoes, chicken, rice, & stir. Bring to a boil, reduce heat, cover & simmer until all ingredients are tender, about 20 minutes.

*Leftovers can be frozen and stored in heavy ziploc bags or freezer safe containers in individual portions*