



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

September 2023

# Tidbits

Senior Food Program Publication



**Like us on Facebook for agency updates!**

## Reminder Calls

Monthly customers will receive an automated call the day before distribution reminding you to pick up your box. If you did not receive a call this month or would like to opt out, please call 989-386-3805 x1203.

## Your Commodity Box: Reuse or Recycle?

- **Return clean** boxes to us at the next distribution so 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: Volunteering

We are seeking volunteers for the 2024 tax preparation season! No experience is necessary, and we have tax preparation and non-tax preparation positions available in Clare, Gladwin, Mecosta, and Osceola Counties. Help your neighbors get the most out of their tax returns!

**Interested volunteers should contact Rebeca at 989-386-3805 ext. 1028**

## Food Safety Tips

Each year millions of people get sick from foodborne illnesses, also known as food poisoning. Foodborne illness has symptoms similar to the stomach flu: diarrhea, headache, fever, and vomiting.

Follow these four steps to prevent contaminating your food:

1. Keep food, hands, and preparation areas clean.
  - Wash your hands before and after handling the food.
  - Wash fresh fruits and vegetables.
  - Wash countertops before and after placing food on them.
  - Use hot water, soap, and clean towels.
2. Don't cross-contaminate.
  - Separate raw meats from ready-to-eat foods.
  - Use a different cutting board for raw meats or thoroughly clean the board between uses.
  - Never place cooked food on a plate that had raw meat on it.
3. Cook food well.
  - The best way to kill harmful bacteria is to cook food to the proper temperature.
  - Use a thermometer for best results.
4. Chill foods by refrigerating them within 2 hours of cooking.
  - Put large amounts of leftovers into small shallow containers for quick cooling in the fridge.
  - Thaw foods in the fridge or under cold running water—never at room temperature.

*This content is intended to be used as general information only and is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.*

Mid Michigan Community Action will be closed on the following dates:

- **September 4**
- **October 27**
- **November 23-24**

## Questions? Give Us a Call!

**Bay, Clare, Gladwin, Mecosta, Midland, Muskegon, Oceana & Osceola Counties: 1-877-213-5948**

**Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315**

**Online: [www.mmcaa.org/seniors](http://www.mmcaa.org/seniors)**

*This institution is an equal opportunity provider.*

## Featured Commodity: Spinach

### Nutrition Information:

Spinach is a powerful source of iron and vitamins A, C, and K.

### Uses & Tips:

Two main types of Spinach are grown in the state of Michigan called Smooth-Leaf and Savoy. This crop grows in the cooler seasons of early spring and late fall. Spinach can be used in recipes including soups, salads, pasta, omelets, smoothies, and more!

## Upcoming Distribution Schedule

If someone else is picking up your food, 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.*

- **Albright Shores Eagles:** October 10, 11-12
- **Alma Elks:** October 23, 9:30-11:00
- **Anchor Point Bible Church, Norton Shores:** November 22, 10:30-12
- **Arms of Love, Greenville:** October 5, 10-11
- **Bay City Town Center:** October 11, 11-12:30
- **Clare Moose Lodge:** October 19, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** November 27, 10:30-11:30
- **Essexville Community Church:** October 2, 12:30-1:30
- **Ewart Moose Lodge:** October 18, 1-2
- **Gladwin United Methodist Church:** October 9, 10:30-11:30
- **God's Helping Hands, Remus:** October 4, 1-2
- **Grace Community Church, Howard City:** October 5, 1-2
- **Gratiot Commission on Aging:** October 23, 12-1
- **Greendale Township Offices:** October 3, 11-12
- **Harrison Moose Lodge:** October 17, 10-11
- **Holton Community Center:** November 2, 10:30-11
- **Immanuel Lutheran Church, Mt. Pleasant:** October 25, 10-11
- **Ionia Moose Lodge:** October 24, 10-11
- **Marion VFW Post:** October 19, 11:30-12:30
- **New Hope Community Church, Shelby:** November 28, 11:15-12:15
- **Pinconning United Methodist:** October 10, 1-2
- **Resurrection Life Church, Big Rapids:** October 4, 10:30-11:30
- **Sanford American Legion:** October 3, 9:30-10:30
- **United Methodist Church of Reed City:** October 18, 11:15-12:15
- **Food Warehouse Make Up Day, Clare:** October 26, 9-11

*The calendar is also available at [www.mmcaa.org](http://www.mmcaa.org). Private distributions are not listed.*

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

## September Recipe: Spinach and Black Bean Salad

### Ingredients

- 2 tablespoons vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon mustard of choice
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 2 cups fresh, washed spinach
- 1 can black beans (drained and rinsed)
- 1 can diced tomatoes (drained)

### Directions

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, and basil.
2. Wash, drain and chop spinach.
3. Add spinach, black beans, and tomatoes to vinegar and oil.
4. Toss well and serve.

### Variations

- Add additional vegetables like mushrooms, peppers, cucumbers, zucchini, yellow squash, or red onions
- Add canned chicken or tuna for more protein
- Add cheese like cheddar, Swiss, or smoked Gouda
- Add fruit like dried cranberries, cherries, raisins, apricots, or fresh seasonal berries