



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

**December 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: VITA

Free tax preparation assistance is coming soon for seniors and low-to-moderate income households!

The Volunteer Income Tax Assistance program (VITA) is an IRS program managed by partners all over the country, including Community Action Agencies. IRS trained and certified volunteers work with community members to prepare their taxes safely, confidentially, and at no cost. Free tax preparation includes Federal Income, State Income, and all Credits including Earned Income, Home Heating, and Homestead Property Tax Credits. To find a participating organization in your area, call 2-1-1 or [visitirs.treasury.gov/freetaxprep](http://visitirs.treasury.gov/freetaxprep).

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

- December 26th - 30th
- January 16th

## Nutrition Labels

Here are some tips to help you read food labels:

**Servings per container** – this part of the label shows you how many servings of food are in the container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.

**Servings size** – this tells you exactly how much food counts as one serving. Serving sizes can be different, even for foods that seem similar. For example, a serving size could be 1 cup for a certain kind of cereal and ½ cup for a different kind of cereal.

**Calories** – this is the total number of calories in one serving of the food. The average number of calories that adults need is 2,000 total calories per day. Some people may need more or less than 2,000 calories per day, depending on their body size, health, and activity levels.

**% Daily Value (%DV)** – this is how much a nutrient in one serving of the food gives to a total daily diet. You can also use the %DV to compare food products (make sure the serving size is the same). For example, if you eat one serving of a food and it provides 10% DV of dietary fiber, then for that day, you have eaten 10% of your dietary fiber goal. Remember that these values are based on the average adult, so they may not work for everyone. For example, if your doctor has asked you to follow a diet that is low in sodium, then the %DV label for sodium may not be useful for you.

To learn more about the Nutrition Facts label, go to: [www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

## Holiday Food Safety

Cookies are a holiday favorite – and this season is a good time to remind ourselves that ready-to-cook foods of all kinds, including raw, packaged cookie dough, do need to be cooked. Eating these kinds of foods right out of the package, without cooking them, could make you sick from bacteria. Cooking them according to the package directions before you eat them kills bacteria that could make you sick. Whether it's packaged cookie dough or a frozen entrée or pizza or any of the other ready-to-cook foods we use for convenience, cook or bake them according to the directions on the package, to help keep your holidays happy.

## 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: Plums

### Uses & Tips:

- Canned plums are naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned plums contain iron. Iron helps carry oxygen from your lungs to the rest of your body and is important for maintaining healthy blood cells.
- Canned plums are a great way to add fruit in your diet when fresh fruits are not available.
- Canned plums do not need to be cooked or heated, they can be eaten right away.
- Try adding thin slices of plums to replace jam on a peanut butter sandwich

## 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: January 10, 10:30-11:30**
- **Alma Elks: February 27, 9:30-11:00**
- **Bay City Town Center: January 11, 1:00-2:30**
- **Clare Moose Lodge: January 19, 10:00-11:00**
- **Essexville Community Church: January 2, 12:30-1:30**
- **Ewart Moose Lodge: January 18, 11:00-12:00**
- **Gladwin Free Methodist Church: January 9, 10:00-11:00**
- **God's Helping Hands, Remus: January 4, 2:00-3:00**
- **Grace Community Church, Howard City: Feb 2, 1:30-2:30**
- **Gratiot Commission on Aging: February 27, 12:30-1:30**
- **Greendale Township Offices: January 3, 1:00-2:00**
- **Greenville Arms of Love: February 2, 10:30-11:30**
- **Harrison 1st Congregational Church : January 17, 10:00 - 11:00**
- **Immanuel Lutheran Church, Mt. Pleasant: Feb 22, 10:00-11:00**
- **Ionia Moose Lodge: February 28, 10:30-11:30**
- **The Ladder Community Center: January 30, 11:30-12:30**
- **Marion VFW Post: January 18, 1:30-2:30**
- **Pinconning United Methodist: January 10, 1:00-2:00**
- **Resurrection Life Church, Big Rapids: January 4, 11:00-12:00**
- **Sanford American Legion: January 3, 10:30-11:30**
- **United Methodist Church of Reed City: January 19, 2:00-3:00**
- **Food Warehouse Make-Up Day: January 26, 9:00-11:00**

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

## German Plum Crumb Bars

### Dough:

- 1/2 package active dry yeast
- 1/8 cup sugar
- 1/2 c prepared NFD Powdered Milk
- 2 tbsp butter melted
- 1 medium egg
- 1/2 teaspoon salt
- 2 cups unbleached all-purpose flour

### Filling:

- 1 can plums, drained

### Crumb Topping:

- 1/2 cup butter in small cubes
- 1/3 cup sugar
- 1 1/3 cup flour
- 1/2 teaspoon vanilla

### Directions

1. Set aside 1/2 cup of the flour. Combine all other dough ingredients until smooth. Only use remaining flour if needed
2. Let dough for 30 minutes .
3. Roll the dough to cover the bottom of a lined or greased 9x13-inch baking pan. Let rise for another 10 minutes.
4. Preheat oven to 350
5. To make the crumb topping, add all ingredients to a bowl and rub them together by hand into the butter until large crumbs form.
6. Spread the plums over the dough and top with crumbs. Bake for 30-35 minutes until crumbs are golden brown.