



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

December 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 x 1028.

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**

Upcoming Recertifications

Each month, select commodity customers will complete their recertification. Customers must be recertified every three years.

- **December**—All Clare County private apartment distributions
- **January**—All Gladwin County private apartment distributions
- **February**—All Osceola County private apartment distributions

Meal Planning Tips

- Plan meals for a week at a time.
- Look to see what you already have on hand—canned and dry foods and foods in the fridge and freezer.
- Decide on main dishes.
- Add other foods—vegetables, fruit, grains. Combine foods you like to eat.
- Plan menus using fruits and vegetables that are in season.
- Be creative with leftovers. Use them in soups, salads, sandwiches, hot dishes, and stews. Use leftover chili on baked potatoes, or leftover applesauce as a topping on pancakes. Leftovers can be more appealing when you plan for them.
- Plan cold meals in the summer and hot meals in the winter.
- Plan for snacks.

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:

- **December 25-January 1**
- **January 15**
- **February 19**

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

This institution is an equal opportunity provider.

Michigan Produce Spotlight: Turnips

Turnips and turnip greens are a low-calorie, healthy source of vitamins, minerals, and dietary fiber. Michigan turnips are ready in the middle of June into late fall. At the market, select smaller, brightly colored turnips. When you get home, remove the greens, and then store the greens and turnip bulbs in separate plastic bags. Turnips can be eaten raw or cooked. Grate raw turnips into salads or soup. Cook them like potatoes and mash them up.

For more information visit www.canr.msu.edu

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, Facebook, and sent to monthly customers via robocall.

- **Albright Shores Eagles:** January 9, 11-12
- **Alma Elks Lodge:** February 26, 9:30-11
- **Anchor Point Bible Church, Norton Shores:** January 24, 10:30-12
- **Arms of Love, Greenville:** February 1, 10-11
- **Bay City Town Center:** January 10, 11-12:30
- **Clare Moose Lodge:** January 18, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** January 29, 10:30-11:30
- **Essexville Community Church:** January 8, 12:30-1:30
- **Ewart Moose Lodge:** January 17, 12:30-1:30
- **God's Helping Hands, Remus:** January 3, 1-2
- **Grace Community Church, Howard City:** February 1, 1-2
- **Gratiot Commission on Aging:** February 26, 12-1
- **Greendale Township Offices:** January 2, 11-12
- **Harrison Moose Lodge:** January 16, 10-11
- **Holton Community Center:** January 4, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** February 28, 10-11
- **Ionia Moose Lodge:** February 27, 10-11
- **Marion VFW Post:** January 18, 11:30-12:30
- **New Beginnings United Methodist, Gladwin:** January 19, 10:30-11:30
- **New Hope Community Church, Shelby:** January 23, 11:15-12:15
- **Pinconning United Methodist:** January 9, 1-2
- **Resurrection Life Church, Big Rapids:** January 3, 10:30-11:30
- **Sanford American Legion:** January 2, 9:30-10:30
- **United Methodist Church of Reed City:** January 17, 10:30-11:30
- **Food Warehouse Make Up Day, Clare:** January 25, 9-11

The calendar is also available at 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.

December Recipe:

Maple Sweet Potatoes

Ingredients

- 2 cans of yams/sweet potatoes
- 2 tablespoons yogurt, non-fat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

Directions

1. In a medium bowl, add the yams/sweet potatoes and stir in the yogurt, maple syrup, and orange juice.
2. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Makes 2 servings

www.myplate.gov