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Reminder Calls

We have a new reminder system!

Monthly customers will again 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 x1202.

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: Home Delivered Meals

The home delivered meals program provides meals to older adults who find it difficult to prepare meals. The meals are delivered to homebound persons 60 years or older, or adults with disabilities, who are unable to shop or prepare meals for themselves. This can include persons who are ill, recently hospitalized or disabled.

The number of meals delivered is based on an assessment of the needs of each individual. Service can begin within a few days of application. The minimum service is one week. There is no cost for meals, however, each participant has an opportunity to contribute to the cost. For more information on your local [Area Agency on Aging](#).

Protein

Protein foods provide nutrients important for keeping your body healthy. Proteins are like building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.

Different nutrients can be found in different protein foods. Eating a variety of foods with protein can help you get a range of vitamins and nutrients. B vitamins help build tissue and form red blood cells. Iron helps to prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

The amount of protein foods you need depends on your age, sex, height, weight, and activity. Protein does provide calories, so it is best to choose leaner or lower fat meats and poultry.

Vegetarians get enough protein from this group as long as the variety and amounts of foods selected are adequate. Protein sources from the Protein Foods Group for vegetarians include eggs (for ovo-vegetarians), beans, peas, and lentils, nuts and seeds (including nut and seed butters), and soy products (tofu, tempeh).

Women over the age of 60 should eat 5–6-ounce equivalents of protein a day.

Men over the age of 60 should eat 5 ½ to 6 ½ ounce equivalents.

One ounce equivalent of protein is:

- 1 ounce of meat, poultry, or fish
- ¼ cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds

To learn more about protein visit www.myplate.gov

This content 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.

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

Featured Commodity: Black Beans

Nutrition Information:

- 1/2 cup of canned black beans counts as 1/2 cup of vegetables in the ChooseMyPlate.gov Vegetable group. Black beans are naturally low in fat, sodium, and calories. Black beans do not have cholesterol. Canned black beans contain many vitamins and minerals as well as protein. Black beans are also a great source of fiber.

Uses & Tips:

- Canned black beans do not need to be cooked or heated, they can be eaten right away. Canned black beans can be used to add to other foods. For example, they can be added to soups and casserole dishes. Black beans can also be added to recipes for muffins, quick breads, and baked goods.

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. Changes will be posted on www.mmcaa.org, Facebook, and sent to monthly customers via robocall.*

- **Albright Shores Eagles:** March 14, 10:30-11:30
- **Alma Elks:** April 24, 9:30-11:00
- **Arms of Love, Greenville:** April 6, 10:30-11:30
- **Bay City Town Center:** March 8, 1:00-2:30
- **Clare Moose Lodge:** March 16, 10:00-11:00
- **Essexville Community Church:** March 6, 12:30-1:30
- **Ewart Moose Lodge:** March 15, 11:00-12:00
- **First Congregational, Harrison:** March 21, 10:00-11:00
- **Gladwin Free Methodist Church:** March 13, 10:00-11:00
- **God's Helping Hands, Remus:** March 1, 2:00-3:00
- **Gratiot Commission on Aging:** April 24, 12:30-1:30
- **Greendale Township Offices:** March 7, 1:00-2:00
- **Grace Community Church, Howard City:** April 6, 1:30-2:30
- **Immanuel Lutheran, Mt. Pleasant:** April 26, 10:00-11:00
- **Ionia Moose Lodge:** April 25, 10:30-11:30
- **Marion VFW Post:** March 15, 1:30-2:30
- **Pinconning United Methodist:** March 14, 1:00-2:00
- **Resurrection Life Church:** March 1, 11:00-12:00
- **Sanford American Legion:** March 7, 10:30-11:30
- **United Methodist Church of Reed City:** March 16, 2:00-3:00

Private distributions are not listed. The calendar is also available at www.mmcaa.org.

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

February Recipe: Black Bean Cake

Ingredients

1 can, black beans/drained and rinsed

3 eggs

1/4 cup cocoa powder

3/4 cup sugar

1/2 tsp baking powder

Pinch of salt

Chocolate chips or nuts if you choose

Directions

1. Put all ingredients into a blender or food processor (except the chocolate chips and nuts).

2. Blend until the beans are well incorporated.

3. Pour into a 8x8 pan prepared with low-fat cooking spray.

3. Bake in 350 degree oven for 35 minutes.

4. Let cool and serve.