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Reminder Calls

You 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
- **Recycle** boxes through your residential recycling services that are **dirty, stained,** or have been **exposed to pests**

April is Alcohol Awareness Month

Founded and sponsored by the National Council on Alcoholism and Drug Dependence (now Facing Addiction with NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcohol addiction by encouraging communities to reach out to the American public each April with information about alcohol, alcohol addiction, and recovery. Alcohol addiction is a chronic, progressive disease, genetically predisposed and fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery from alcohol use!

For more information visit www.facingaddiction.org

Diabetes Myths & Facts

Millions of Americans live with or are at risk for diabetes. There can be a lot of misconceptions about this chronic disease. Some common questions and answers are below. If you're new to type 2 diabetes, consider joining the American Diabetes Association's "Living With Type 2 Diabetes" program to get more info.

Is diabetes caused by eating sugar?

A diet high in calories from any source (including sugar) contributes to weight gain and weight gain increases your risk for type 2 diabetes. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is not caused by sugar, but by genetics and lifestyle factors.

If you have diabetes, do you have to only eat small amounts of starchy foods, such as bread, potatoes and pasta?

Starchy foods can be part of a healthy meal plan, but portion size is key. Breads, cereals, pasta, rice (whole grain options are better), and starchy vegetables like potatoes, yams, peas, and corn can be included in your meals and snacks.

How many carbohydrates can a person with diabetes eat?

The amount of carbohydrates you need will vary based on many factors. You and your health care team can figure out the right amount for you.

Do people with diabetes need to eat special foods?

A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone – low in saturated fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats, and fruit. Foods that advertise that they are healthier for people with diabetes generally offer no special benefit. Most of them still raise blood glucose levels, are more expensive, and can also have a laxative effect if they contain sugar alcohols.

If you have type 2 diabetes and your doctor says you need to start using insulin, does it mean you're failing to take care of your diabetes properly?

Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one. For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with a combination of meal planning, physical activity, and taking oral medications. Over time, the body gradually produces less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels in a healthy range.

The information contained in this article is not a substitute for medical advice or treatment. Consultation with your doctor or health care professional is recommended. Information provided by the American Diabetes Association at www.diabetes.org

This institution is an equal opportunity provider.

Featured Commodity: Tomato Juice

Nutrition Information:

- ½ cup of tomato juice counts as ½ cup from the MyPlate Vegetable Group.
- ½ cup of tomato juice provides 10% of the recommended daily amount of vitamin C and 35% of the recommended daily amount of vitamin A.

Uses & Tips:

- Tomato juice can be served warm or chilled, as a beverage or snack.
- Mix tomato juice with chopped peppers, cucumbers, onions, and cilantro (if you like), for a quick and easy cold soup.

May's 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.

- **Albright Shores Eagles:** May 14th; 10:30 - 11:30
- **Alma Elks:** No May distribution, next distribution June 24th; 9:30-11:00
- **Bay County Community Center:** May 8th; 10:30 - 12:00
- **Clare Moose Lodge:** May 16th; 10:00-11:30
- **Essexville Baptist Community Church:** May 8th; 1:30 - 2:30
- **Evert Moose Lodge:** May 15th; 11:00-12:00
- **First Congregational UCC:** May 21st; 10:30-12:00
- **Gladwin Free Methodist Church:** May 13th; 10:00-11:30
- **Gratiot Commission on Aging:** No May distribution, next distribution June 24th; 1:00-2:00
- **Greendale Township Offices:** May 7th; 1:00 - 2:00
- **Greenville Armory:** No May distribution, next distribution June 6th; 10:30-11:30
- **Howard City VFW Post:** No May distribution, next distribution June 6th 1:30 - 2:30
- **Immanuel Lutheran Church:** No May distribution, next distribution June 26th; 10:00-11:00
- **Ionia Moose Lodge:** No May distribution, next distribution June 25th; 10:30-11:30
- **Marion VFW Post:** May 15th; 1:30-2:30
- **Pinconning United Methodist:** May 14th; 1:00-2:00
- **Resurrection Life Church:** May 1st; 11:00 - 12:00
- **Sanford American Legion:** May 7th; 10:30 - 11:30
- **Wheatland Township Hall:** May 1st; 2:00 - 3:00

Please refer to your CSFP card or contact your local office for more information. Private distributions are not listed.

Did you miss your regular distribution? Contact your local office to inquire about make-up arrangements.

Questions? Give Us a Call!

Bay County: 989-894-9060
Clare County: 989-386-3805
Gladwin County: 989-426-2801
Mecosta County: 231-660-0260
Midland County: 989-832-7377
Osceola County: 231-791-7078
Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315
Online: www.mmcaa.org

April Recipe - Tomato Juice Goulash

Ingredients

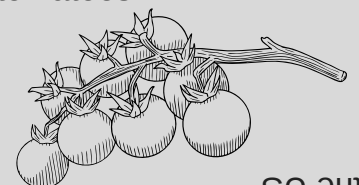
1 lb. lean ground beef
1 large onion, diced
3 cloves chopped garlic
5 1/2 cups tomato juice
2 cans roasted diced tomatoes
11 oz. macaroni noodles
ground black pepper to taste

Directions

1. Brown ground beef with onion and garlic in a large stock pot. Drain off any fat.
2. Add tomato juice and canned tomatoes. Bring to boil and simmer until onions are tender.
3. Boil macaroni noodles in separate pot until done; drain. Add them to the tomato mixture.
4. Add black pepper to taste. If the tomatoes are too bitter you could add 2 t. of sugar.

Makes 8 2-cup servings

Trivia! Which state grows the most tomatoes?



Answer: California grows a whopping 96% of the commercial tomatoes produced in the US