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### **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
- **Recycle** boxes through your residential recycling service if they are **dirty, stained**, or have been **exposed to pests**

### **Focus On: COVID-19**

Older adults are at increased risk. Public health recommends:

- Wash your hands often, particularly after contact with high-touch surfaces.
- Avoid crowds and closed-in settings with little air ventilation as much as possible.
- Avoid cruise travel and non-essential air travel.
- Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, cell phones, and light switches.
- Have a plan for if you get sick, and stay in touch with others by phone or email.
- Watch for symptoms and emergency warning signs that require immediate medical attention.

*Reprinted in part from  
[www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)*

### **Practicing Social Distancing**

We are changing the food distribution procedures to practice social distancing during the COVID-19 outbreak. We remain committed to distributing food and addressing hunger, but we will be modifying our procedures based on public health recommendations.

Distributions will be modified to eliminate large gatherings and reduce social contact. Please note that these modifications are subject to change as new information becomes available.

- If you are sick, please stay home. Write a note for a family or friend to pick up your box for you.
- You will not sign for your box. A Mid Michigan CAA representative or volunteer will check you in.

If you pick your food up at a public distribution:

- Please stay in your vehicle. Do not enter the building. We will be checking you in from your car.
- Safely pull your car into line at the truck.
- If the line is too full to safely enter, please park your vehicle in a parking spot and wait.
- Do not block entrances or exits with your vehicle.
- Please allow Mid Michigan CAA to place your food in your trunk.
- We will remain on site until all customers have received their food.

Private site distributions will also continue. We will modify our procedures for each unique setting.

We may need to modify our distribution schedule to accommodate this. If this occurs, you will be notified of any schedule changes via robocall. Changes will also be posted on Mid Michigan CAA's Facebook.

Mid Michigan CAA's leadership is in ongoing conversation with public authorities to ensure that services are provided in the most prudent manner possible.

We appreciate your patience while we modify our distributions to protect your health. Your kindness and courtesy are key to making these changes as smooth and as safe as possible for all commodity customers.

### **Questions? Give Us a Call!**

**Midland County:** 989-832-7377

**Osceola County:** 231-791-7078

**Gratiot, Ionia, Isabella, &**

**Montcalm Counties:** 616-754-9315

**Bay County:** 989-894-9060

**Clare County:** 989-386-3805

**Gladwin County:** 989-426-2801

**Mecosta County:** 231-660-0260

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

## Featured Commodity: Tomato Juice

### Nutrition Information:

- Unsweetened tomato juice is 100% juice with no artificial colors, flavors, or added sugar or sweeteners. Salt may be added. Tomato juice has added vitamin C.
- ½ cup of tomato juice counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2½ cups of vegetables.

### 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 12th; 10:30-11:30
- **Bay County Community Center:** May 13th, 1:00-2:30
- **Clare Moose Lodge:** May 21st; 10:00-11:30
- **Essexville Community Church:** May 4th, 12:30-1:30
- **Ewart Moose Lodge:** May 20th; 11:00-12:00
- **First Congregational UCC:** May 19th; 10:00-11:30
- **Gladwin Free Methodist Church:** May 11th; 10:00-11:30
- **Greendale Township Offices:** May 5th; 1:00-2:00
- **Marion VFW Post:** May 20th; 1:30-2:30
- **Pinconning United Methodist:** May 12th; 1:00-2:00
- **Resurrection Life Church:** May 6th; 11:00-12:00
- **Sanford American Legion:** May 5th; 10:30-11:30
- **United Methodist Church of Reed City:** May 21st; 2:00-3:00
- **Wheatland Township Hall:** May 6th; 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.**

## April Recipe: Beef & Tomato Skillet

### Ingredients

½ pound egg noodles, uncooked  
1 pound lean ground beef (can also use ground turkey)  
1 onion, chopped  
1 green pepper, chopped  
¾ cup cheddar cheese reduced fat, shredded  
1 ½ cups tomato juice  
2 cups corn, frozen, thawed (can also use canned corn)

### Directions

1. Cook egg noodles according to package directions. Drain well.
2. In a medium skillet, cook beef until no longer pink and cooked through.
3. Add onions and peppers and cook until soft, about 5 minutes.
4. Stir in tomato juice, corn, and cooked noodles, and cook until heated through.
5. Sprinkle with cheese and cook until cheese is melted.