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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 989-386-0872 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**

National Influenza Vaccination Week is December 2nd - 8th

The Center for Disease Control and its partners choose December for NIVW to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine.

For people at high risk, getting the flu can be more serious than for other people.

People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes, heart disease or lung disease, and people aged 65 years and older.

For more information on the influenza vaccine talk to your doctor and visit www.cdc.gov

12 Tips to Stretch Your Fruit & Vegetable Budget

1. Buy in bulk. Buy frequently-used ingredients in bulk [e.g. beans and frozen vegetables]
2. Cook in large amounts and freeze leftovers. Place enough food for 1-2 meals in each container.
3. Create a weekly meal plan that uses the same ingredients in different ways. For instance, extra grilled chicken can be used in a casserole or salad at another meal.
4. Substitute fruits and vegetables for meats. Meats are more expensive but beans are an excellent protein substitute, and vegetables and fruits add flavor, texture and nutrients.
5. Make regular grocery lists and stick to them. To avoid buying less healthy and more costly items, make regular grocery lists of essential items that keep you healthy [like fruits and vegetables].
6. Eat at home ... more often. Eating at restaurants or buying packaged and processed foods can increase the amount you spend on food. Buy basic ingredients, such as fruits and vegetables, to cook more simple meals at home.
7. Skip the cake ... but you don't have to skip dessert! Fruits are a delicious and cheap alternative to more costly desserts.
8. Make homemade soup that's chock full of fruits and veggies. Make a big batch and freeze leftovers in small lunch-size containers.
9. Try more dried goods [such as dried fruit and beans and legumes] that store well through all seasons. Beans and legumes are also a cheaper protein option than meat.
10. Canned fruits and vegetables matter. Canned vegetables [such as low sodium tomatoes] and canned fruits in juice will last a long time, and can be a healthy addition to a variety of meals.
11. Keep frozen fruit on hand. It's easy to store and will be available when you're ready to add it to a meal or use it for a healthy dessert.
12. Don't throw out bruised or dented fruits and vegetables. They can be just as tasty! Just be sure to remove all bruised areas during preparation.

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 Produce for Better Health Foundation at www.fruitsandveggiesmorematters.org

This institution is an equal opportunity provider.

Featured Commodity: Cheese

Nutrition Information:

- 2 ounces of processed cheese counts as 1 cup from the MyPlate.gov Dairy Group. For a 2,000-calorie diet, the daily recommendation is about 3 cups of Dairy.
- 1 slice of blended American and skim milk cheese provides 10% of daily calcium needs.

Uses & Tips:

- Serve blended American and skim milk cheese directly from the package in sandwiches or on top of salads.
- Use in soups, casseroles, or breads.
- Melt on toast for an easy snack, or serve with cut-up fruit.

January'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:** January 8th; 10:30 - 11:30
- **Alma Elks:** January 28th; 9:30-11:00
- **Bay County Community Center:** January 9th; 10:30 - 12:00
- **Clare Moose Lodge:** January 17th; 10:00-11:30
- **Essexville Baptist Community Church:** January 9th; 1:30 - 2:30
- **Ewart Moose Lodge:** January 16th; 11:00-12:00
- **First Congregational UCC:** January 15th; 10:30-12:00
- **Gladwin Free Methodist Church:** January 14th; 10:00-11:30
- **Gratiot Commission on Aging:** January 28th; 1:00-2:00
- **Greendale Township Offices:** January 4th; 1:00 - 2:00
- **Greenville Armory:** January 3rd; 10:30-11:30
- **Howard City VFW Post:** January 3rd; 1:30 - 2:30
- **Immanuel Lutheran Church:** January 23rd; 10:00-11:00
- **Ionia Moose Lodge:** January 22nd; 10:30-11:30
- **Marion VFW Post:** January 16th; 1:30-2:30
- **NEW! Sanford American Legion:** January 4th; 10:30 - 11:30
- **Pinconning United Methodist:** January 8th; 1:00-2:00
- **Resurrection Life Church:** January 2nd; 11:00 - 12:00
- **Wheatland Township Hall:** January 2nd; 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
Food Warehouse: 989-386-6849
Online: www.mmcaa.org

December Recipe: Cheesy Scalloped Potatoes

Serves 8

Ingredients

- 2 baking potatoes, thinly sliced
- 4 tablespoons unsalted butter
- 2 tablespoons flour
- 1 cup milk
- 6 ounces cheese
- pepper to taste

Directions

1. Preheat oven to 350 degrees.
2. Scrub potatoes and cut into thin even slices leaving the skin on. Arrange potato slices in an even layer into a lightly buttered casserole dish.
3. Cut cheese into roughly 1 inch chunks or grate it.
4. Melt butter in a saucepan but do not brown. Whisk in flour till lumps are gone, then add milk. Once sauce base is mixed well add cheese and stir continuously until it melts.
5. Pour cheese sauce over potatoes and season with pepper.
6. Bake 350 degrees for 30-45 minutes, until potatoes yield to fork.

Trivia! How much milk does it take to make 1 pound of cheese?



Answer: It takes 10 pounds of milk to make 1 pound of cheese!