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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**

### **March is National Nutrition Month**

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Visit [www.eatright.org](http://www.eatright.org) for more information.

### **Protect Your Family from Food Poisoning**

Food poisoning (or foodborne illness) happens when you get sick from eating or drinking something that has harmful germs in it – like bacteria, viruses, or parasites.

Following good habits can help protect you from food poisoning:

- Buy food from stores that look and smell clean.
- Check "sell by," "use by," or other expiration dates. Do not buy foods that are out of date.
- Wash your hands often with warm water and soap — especially before and after touching food.
- Make sure food is cooked to a safe temperature.
- Keep raw meat, poultry, and seafood away from food that is cooked or ready-to-eat, like raw vegetables.
- Keep cold foods cold and hot foods hot.

Bacteria and viruses are the most common causes of food poisoning. These germs can get into food in several ways.

- Raw meat, poultry, fish, vegetables, and fruit may pick up germs where they are grown, packaged, or sold.
- Foods can also pick up germs at the store or in the kitchen. This can happen when you don't wash your hands, utensils (like knives), cutting boards, or counters.
- If hot or cold food is left out at room temperature for more than 2 hours, germs already in the food can multiply and become more dangerous.

Some signs of food poisoning include:

- Upset stomach & stomach cramps
- Nausea
- Vomiting (throwing up)
- Diarrhea (frequent, watery poop)
- Fever

Signs of food poisoning can start hours, days, or even weeks after eating bad food.

Consult with your medical provider if you have symptoms of food poisoning. The treatment for most cases of food poisoning is to drink lots of fluids, like water. For a more serious illness, you may need treatment at a hospital.

For more information visit:

<https://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition/protect-your-family-from-food-poisoning>

*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 US Dept of Health and Human Services at <https://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition/protect-your-family-from-food-poisoning>*

# Featured Commodity: Oats

## Nutrition Information:

- ½ cup of cooked rolled oats counts as 1 ounce from the myPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

## Uses & Tips:

- Cook rolled oats with chopped fruit and low-fat or nonfat milk instead of water for a filling breakfast.
- Rolled oats can be used in a variety of baked dishes such as cookies, muffins, breads, and desserts.
- Rolled oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.

## April'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:** April 9th; 10:30 - 11:30
- **Alma Elks:** April 22nd; 9:30-11:00
- **Bay County Community Center:** April 10th; 10:30 - 12:00
- **Clare Moose Lodge:** April 18th; 10:00-11:30
- **Essexville Baptist Community Church:** April 10th; 1:30 - 2:30
- **Ewart Moose Lodge:** April 17th; 11:00-12:00
- **First Congregational UCC:** April 16th; 10:30-12:00
- **Gladwin Free Methodist Church:** April 8th; 10:00-11:30
- **Gratiot Commission on Aging:** April 22nd; 1:00-2:00
- **Greendale Township Offices:** April 2nd; 1:00 - 2:00
- **Greenville Armory:** April 4th; 10:30-11:30
- **Howard City VFW Post:** April 4th; 1:30 - 2:30
- **Immanuel Lutheran Church:** April 24th; 10:00-11:00
- **Ionia Moose Lodge:** April 23rd; 10:30-11:30
- **Marion VFW Post:** April 17th; 1:30-2:30
- **Pinconning United Methodist:** April 9th; 1:00-2:00
- **Resurrection Life Church:** April 3rd; 11:00 - 12:00
- **Sanford American Legion:** April 2nd; 10:30 - 11:30
- **Wheatland Township Hall:** April 3rd; 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](http://www.mmcaa.org)

## March Recipe: Single Serving Overnight Oats

### Variation 1: Peach Pie Overnight Oats Ingredients

- 2/3 cup rolled oats
- 2/3 cup milk
- 4 oz. plain greek yogurt
- 1 tbsp peanut butter
- 1/2 tbsp chia seeds
- 1/2 tsp cinnamon, ground
- 1 tbsp honey
- 1/2 can canned peaches (drained), or 1 fresh peach (diced)

### Variation 2: Brownie Batter Overnight Oats

- 1/2 cup rolled oats
- 1 1/2 tbsp cocoa powder
- 2 tsp chia seeds, optional
- 1/8 tsp salt
- 1/2 cup plain yogurt
- 1/2 cup milk of choice
- 1 tbsp honey
- optional: 2 tsp chocolate chips or mini chocolate chips

### Directions

1. Place all ingredients in one 16 ounce mason jar.
2. Seal jar and shake so as to thoroughly mix all ingredients together. You may need to use a spoon to stir ingredients if shaking the jar isn't enough.
3. Refrigerate jar overnight.
4. In the morning oats can be eaten straight out of the jar cold, or they can be poured into a bowl and heated in the microwave for 60 seconds.

**Trivia!** When were oats first cultivated in North America?



**Answer:** Scottish immigrants first brought oats to North America during the 17th century.