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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: Low-Income Home Energy Assistance Program**

State Emergency Relief is a crisis intervention program that provides assistance for energy-related expenses such as heating fuel, electricity and home repairs. If you need help paying for energy and you meet eligibility requirements, you may be able to get help. Apply online at <https://www.michigan.gov/mibridges> or at your local Community Action office.

Source:

[https://www.michigan.gov/mdhhs/0,5885,7-339-71547\\_5526\\_51107---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5526_51107---,00.html)

## **November is National Diabetes Month**

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. Examples of healthy changes include eating healthy, getting more physical activity, and losing weight.

*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. Reprinted in part from <https://healthfinder.gov/NHO/NovemberToolkit.aspx>*

### **Diabetes "Superfoods"**

"Superfood" is a term used by many food and beverage companies as a way to promote a food thought to have health benefits; however, there is no official definition of the word by the Food and Drug Administration (FDA). The FDA regulates the health claims allowed on food labels to ensure there is scientific research to support the claims. The list of foods below are rich in vitamins, minerals, antioxidants and fiber that are good for overall health and may also help prevent disease.

- **Beans:** Kidney, pinto, navy, or black beans are packed with vitamins and minerals such as magnesium and potassium. They are very high in fiber too. Beans do contain carbohydrates, but ½ cup also provides as much protein as an ounce of meat without the saturated fat.
- **Dark green leafy vegetables:** Spinach, collards, and kale are dark green leafy vegetables packed with vitamins and minerals such as vitamins A, C, E, and K, iron, calcium and potassium. These powerhouse foods are low in calories and carbohydrates too. Try adding dark leafy vegetables to salads, soups and stews.

To read the rest of the "Diabetes Superfoods" list visit <https://www.diabetes.org/nutrition/healthy-food-choices-made-easy/diabetes-superfoods>

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

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

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

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

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

**Gratiot, Ionia, Isabella, &**

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

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

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

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

# Featured Commodity: Green Beans

## Nutrition Information:

- ½ cup of green beans counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- Canned green beans are a low-sodium food.

## Uses & Tips:

- Serve canned green beans heated as a side dish, or
- use in a variety of main dishes, soups, and salads.

## December'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:** December 10; 10:30 - 11:30
- **Alma Elks:** December 13, 9:30-11:00
- **Bay County Community Center:** December 11; 1:00 - 2:30
- **Clare Moose Lodge:** December 19; 10:00-11:30
- **Essexville Community Church:** December 2nd, 12:30 - 1:30
- **Ewart Moose Lodge:** December 18; 11:00-12:00
- **First Congregational UCC:** December 17; 10:00-11:30
- **Gladwin Free Methodist Church:** December 9; 10:00-11:30
- **Gratiot Commission on Aging:** December 13; 12:30 - 1:30
- **Greendale Township Offices:** December 3; 1:00 - 2:00
- **Greenville Armory:** December 5; 10:30-11:30
- **Howard City VFW Post:** December 5; 1:30 - 2:30
- **Immanuel Lutheran Church:** December 20; 10:00-11:00
- **Ionia Moose Lodge:** December 16; 10:30-11:30
- **Marion VFW Post:** December 18; 1:30-2:30
- **Pinconning United Methodist:** December 10; 1:00-2:00
- **Resurrection Life Church:** December 4, 11:00 - 12:00
- **Sanford American Legion:** December 3 10:30 - 11:30
- **United Methodist Church of Reed City:** December 19; 2:00 - 3:00
- **Wheatland Township Hall:** December 4; 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.**

## November Recipe: Chicken & Rice Dinner

### Ingredients

1 can CSFP chicken  
5 stalks celery, diced  
1 medium onion, diced  
2 chicken bouillon cubes  
1 tsp. pepper  
1 Tbsp. parsley  
4 cups water  
2 cups water  
1 Tbsp. butter  
1 cup CSFP rice, uncooked  
1 ½ cans CSFP carrots, drained  
1 can CSFP green beans, drained

### Directions

1. In a large pot, over high heat, combine chicken, celery, onion, bouillon cubes, pepper, parsley and 4 cups water. Stir and bring to a boil. Reduce heat to low and cook for 35 minutes.
2. In a separate saucepan, over high heat, bring water and butter to a boil. Add rice, cover and reduce heat to low.
3. Cook until all the water is absorbed. About 20 minutes.
4. Add carrots, green beans and cooked rice to the chicken pot. Stir and heat for 5 more minutes.

**Q: How much green beans does the average American eat in a year?**



**A: On average, 6.8 lbs! 2 lbs fresh, 3.2 lbs canned, and 1.6 lbs frozen**