



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

October 2019 *Tidbits*

Senior Food Program Publication

**Like us on Facebook for
agency updates & info!** 

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: Michigan Medicare/Medicaid Assistance Program

MMAP's mission is to educate, counsel and empower Michigan's older adults and individuals with disabilities, and those who serve them, so that they can make informed health benefit decisions.

MMAP, Inc. works through the Area Agencies on Aging to provide high quality and accessible health benefit information and counseling, supported by a statewide network of unpaid and paid skilled professionals.

To reach a MMAP counselor call
1-800-803-7174.

Reprinted in part from <https://mmapinc.org/>

Healthy Eating as We Age

Healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults.

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks.
- Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods.
- Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week.
- Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike.
- Strive for at least 10 minutes of exercise at a time and be as active as possible. Include activities that improve balance and reduce your risk of falling such as lifting small weights.
- Add strength building activities at least 2 times per week.

Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening. If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.

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://www.choosemyplate.gov/older-adults>

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

This institution is an equal opportunity provider.

Featured Commodity: Long Grain White Rice

Nutrition Information:

- ½ cup cooked rice counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Uses & Tips:

- Rice is a great side dish for meat, poultry, fish, and vegetables.
- Rice is best used in recipes for soups, casseroles, stews, and pilaf.
- Rice can be used in dessert recipes, such as puddings or breads.

November'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:** November 12; 10:30 - 11:30
- **Alma Elks:** No Nov. distro, next distro Dec 13, 9:30-11:00
- **Bay County Community Center:** Nov 13; 1:00 - 2:30
- **Clare Moose Lodge:** November 21; 10:00-11:30
- **Essexville Baptist Community Church:** Nov. 4, 12:30 - 1:30
- **Evart Moose Lodge:** November 20; 11:00-12:00
- **First Congregational UCC:** Nov 19; 10:00-11:30
- **Gladwin Free Methodist Church:** November 11; 10:00-11:30
- **Gratiot Commission on Aging:** No Nov. distro, next distro Dec 13; 12:30 - 1:30
- **Greendale Township Offices:** November 5; 1:00 - 2:00
- **Greenville Armory:** No Nov. distro, next distro Dec 5; 10:30-11:30
- **Howard City VFW Post:** No Nov. distro, next distro Dec 5; 1:30 - 2:30
- **Immanuel Lutheran Church:** No Nov. distro, next distro Dec 20; 10:00-11:00
- **Ionia Moose Lodge:** No Nov. distro, next distro Dec 16; 10:30-11:30
- **Marion VFW Post:** November 20; 1:30-2:30
- **Pinconning United Methodist:** November 12; 1:00-2:00
- **Resurrection Life Church:** November 6, 11:00 - 12:00
- **Sanford American Legion:** November 5; 10:30 - 11:30
- **United Methodist Church of Reed City:** Nov. 21; 2:00 - 3:00
- **Wheatland Township Hall:** November 6; 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.

October Recipe: Rice Pudding

Ingredients

- 1/2 cup sugar
- 1/2 cup rice
- 2 quarts milk
- 1/2 teaspoon
- 1/2 teaspoon nutmeg
- 3/4 cup raisins or dried cranberries

Directions

1. Mix all ingredients together in 3 or 4 quart oven dish
2. Bake at 325 for 2 1/2 hours

Leftovers can be frozen in individual servings, and then thawed in the refrigerator or microwave

This recipe was contributed by a CSFP participant in honor of her mother, Jean Stillwagon. Jean frequently made this recipe for her family of 10.

Trivia!

Q. How much water is needed to grow 1 ton of rice?



A. It takes 2,000 to 5,000 TONS of water to grow 1 ton of rice!