



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

April 2022

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

Focus On: Lifeline Phone & Internet Service

Lifeline is a federal program dedicated to making phone and internet service more affordable for low-income households. This benefit provides eligible consumers with a monthly discount of up to \$9.25. Consumers living on Tribal lands are eligible for an enhanced discount of up to \$34.25 per month.

You can get Lifeline if you (or someone in your household) participate in one of these programs: Supplemental Nutrition Assistance Program (SNAP), Medicaid, Supplemental Security Income (SSI), Federal Public Housing Assistance (FPHA), Veterans Pension and Survivors Benefit. To apply visit <https://www.checklifeline.org/> or call your phone or internet service provider.

Sleep for Health

The quality and duration of sleep that a person gets each day can have a significant impact on physical health, mental health, and even quality of life.

The average adult needs from 7 to 9 hours of sleep per night. Each person has an internal "body clock" that signals to your body when its ready for sleep and when its ready to wake up. If this internal clock is ignored and there is no set sleep schedule over a long period of time, it can lead to obesity which is a risk factor for many chronic diseases.

There are many reasons why individuals may have trouble sleeping that include issues related to mental health, medications, caffeine, alcohol, and past work schedules effecting the biological clock. In adults, it's important for better focus and judgment, productivity, and for allowing body functions to work properly.

You can instill good sleeping habits by implementing a calming bedtime routine which can include avoiding electronics a couple of hours before sleeping, have a light snack, practice meditation, or read a good book. These are all practices that can better help structure your sleep schedule.

To avoid the negative impacts on the body related to lack of sleep, it is important to eat a well-balanced diet, and take part in physical activity. And remember, it is important to listen to your body's queues when it IS ready to sleep.

For more information on the benefits of a healthy sleep schedule visit www.cdc.gov, www.sleepfoundation.org and www.clevelandclinic.org

Each month, your CSFP box will contain a variety of fruits, vegetables, protein, and healthy grains to help maintain a well-balanced diet.

Reprinted from materials provided by the Michigan Department of Education Household Nutrition Programs. The material provided is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

Food Safety Tip

Meats must be cooked to a minimum temperature for safety. Cook all raw beef, pork, lamb and roasts to a minimum internal temperature of 145° F. Cook all raw ground beef, pork, lamb, to an internal temperature of 160° F as measured with a food thermometer. Cook all poultry to an internal temperature of 165° F as measured with a food thermometer.

Questions? Give Us a Call!

Bay, Clare, Gladwin, Mecosta,
Midland & Osceola Counties: 989-386-3805

Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315

Online: www.mmcaa.org

This institution is an equal opportunity provider.

Featured Commodity: Dehydrated Potato Flakes

Uses & Tips:

- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Starchy vegetables like potatoes contain carbohydrates which give you energy. Potatoes are also high in potassium which may help to maintain healthy blood pressure.

Upcoming 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. If you missed your distribution you can attend "Make Up Day" at our Food Warehouse, located at 2300 East Ludington Drive, Clare. Please note that scheduling changes may occur. Changes will be posted on www.mmcaa.org, Facebook, and sent to monthly customers via robocall. **You may also call 989-386-6849 for a recording of all upcoming dates, including dates for private sites.**

- **Albright Shores Eagles:** May 10, 10:30-11:30
- **Alma Elks:** June 27, 9:30-11:00
- **Bay City Town Center:** May 11, 1:00-2:30
- **Clare Co Fairgrounds:** May 17, 10:00 - 11:30
- **Clare Moose Lodge:** May 19, 10:00-11:30
- **Essexville Community Church:** May 2, 12:30-1:30
- **Evart Moose Lodge:** May 18, 11:00-12:00
- **Gladwin Free Methodist Church:** May 9, 10:00-11:30
- **God's Helping Hands, Remus:** May 4, 2:00-3:00
- **Grace Community Church, Howard City:** June 2, 1:30-2:30
- **Gratiot Commission on Aging:** June 27, 12:30-1:30
- **Greendale Township Offices:** May 3, 1:00-2:00
- **Greenville Armory:** June 2, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** June 22, 10:00-11:00
- **Ionia Moose Lodge:** June 28, 10:30-11:30
- **Marion VFW Post:** May 18, 1:30-2:30
- **Pinconning United Methodist:** May 10, 1:00-2:00
- **Resurrection Life Church, Big Rapids:** May 4, 11:00-12:00
- **Sanford American Legion:** May 3, 10:30-11:30
- **United Methodist Church of Reed City:** May 19, 2:00-3:00
- **Food Warehouse Make-Up Day:** May 26, 9:00-11:00

Customers must inform Mid Michigan CAA of changes in income or household composition within 10 days of the change.

April Recipe: Crispy Baked Chicken

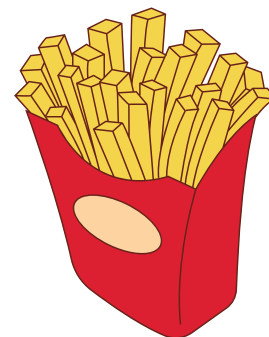
Ingredients:

- non-stick cooking spray
- 2/3 cup dehydrated potato flakes
- 1/3 cup Parmesan cheese, grated
- 1 teaspoon garlic salt
- 3 1/2 pounds chicken, cut into 1-inch cubes
- 2/3 cup butter, melted

Directions

1. Preheat oven to 375 degrees F.
2. Line a 9x13-inch baking pan with foil. Spray with cooking spray.
3. In a medium bowl, combine potato flakes, Parmesan cheese, and garlic salt. Mix well.
4. Dip chicken pieces into butter and then roll them in potato flake mixture to coat.
5. Place in pan and bake for 45-60 minutes or until chicken is tender and golden brown.

Trivia! How many pounds of potatoes does the average American eat in a year?



Answer: The average American eats about 124 pounds of potatoes per year while Germans eat about twice as much