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

### **Focus On: Foster Grandparent Program**

Foster Grandparent volunteers are 55 or better, who serve as role models, mentors, and friends to children in need. They serve at thousands of local organizations throughout the State of Michigan, including faith-based groups, Head Start Centers, schools, and other youth facilities. Foster Grandparents serve an average of 20 hours per week providing guidance to children at a critical time in their lives.

To qualify volunteers must be income eligible (200% poverty level or less). For their service they earn a tax-free, hourly stipend, transportation reimbursement and other benefits. Prior to placement, volunteers must complete 20 hours of pre-service orientation/training, a physical and various background checks. At least 24 hours of in-service training is provided annually.

Reprinted from [www.mafgscp.org](http://www.mafgscp.org). Please visit [mafgscp.org](http://mafgscp.org) for contact information for your county.

### **Brain Health**

Maintaining good brain health can reduce the effects that aging has on the brain. Brain health includes four key areas, including:

- Cognitive- the way you think, learn, and remember
- Motor function- how well you make and control movements including balance
- Emotional function- how well you interpret and respond to emotions (both pleasant and unpleasant)
- Tactile function- how well you feel and respond to sensations of touch — including pressure, pain, and temperature.

As you age, portions of your brain can shrink, especially those important for cognitive health of learning and remembering.

You can help to keep your brain healthy by staying physically active and eating a healthy diet full of fresh foods. By drinking plenty of water, and eating a variety of fruits and vegetables, lean meats, whole grains, and low-fat or non-fat dairy products you can help keep your mind clear.

Specific foods are linked to better brain power and may help slow cognitive decline like green leafy vegetables such as kale, spinach, broccoli, and collards. These vegetables are high in beta-carotene, vitamin K, and folate.

Omega 3 fatty acids are another important nutrient and have been shown to lower the protein that clumps in the brains causing Alzheimer's. Omega 3 are in fatty fish such as salmon, cod, canned light tuna, and pollack, as well as avocado, flaxseed, and walnuts.

Berries are another excellent food to keep your memory boosted. The natural pigment in berries such as strawberries and blueberries, called flavonoids, can help improve memory and delay decline.

*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**

Barbecue season has begun! To keep your barbecue safer, marinate food in the refrigerator. Don't taste the marinade or re-use it after raw meat has been added. Never re-use plates before washing them, especially plates used to hold raw meats or eggs. Refrigerate any leftovers immediately! Never leave food at room temperature for more than two hours.

### **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](http://www.mmcaa.org)**

## Featured Commodity: Canned Diced Tomatoes

### 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.
- Canned tomatoes can be mixed with onions and peppers to make a quick salsa. Use as a dip with fresh vegetables.
- Out of tomato sauce for a recipe? Puree a can of undrained tomatoes in a blender for a quick and easy tomato sauce. Add garlic and basil for more flavor

## 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](http://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: July 12, 10:30-11:30**
- **Alma Elks: August 22, 9:30-11:00**
- **Bay City Town Center: July 13, 1:00-2:30**
- **Clare Co Fairgrounds: July 19, 10:00 - 11:30**
- **Clare Moose Lodge: July 21, 10:00-11:30**
- **Essexville Community Church: July 7, 12:30-1:30**
- **Evart Moose Lodge: July 20, 11:00-12:00**
- **Gladwin Free Methodist Church: July 11, 10:00-11:30**
- **God's Helping Hands, Remus: July 6, 2:00-3:00**
- **Grace Community Church, Howard City: August 4, 1:30-2:30**
- **Gratiot Commission on Aging: August 22, 12:30-1:30**
- **Greendale Township Offices: July 5, 1:00-2:00**
- **Greenville Armory RELOCATED to Arms of Love 1220 N Lafayette St, Greenville, MI 48838: August 4, 10:30-11:30**
- **Immanuel Lutheran Church, Mt. Pleasant: Aug. 24, 10:00-11:00**
- **Ionia Moose Lodge: August 23, 10:30-11:30**
- **Marion VFW Post: July 20, 1:30-2:30**
- **Pinconning United Methodist: July 12, 1:00-2:00**
- **Resurrection Life Church, Big Rapids: July 6, 11:00-12:00**
- **Sanford American Legion: July 5, 10:30-11:30**
- **United Methodist Church of Reed City: July 21, 2:00-3:00**
- **Food Warehouse Make-Up Day: July 28, 9:00-11:00**

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

## June Recipe: One Dish Chicken Bake

### Ingredients:

- 1 can diced Tomatoes, drained
- 1 tbsp extra virgin olive oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp Italian seasoning
- 1 tbsp chopped parsley
- 4 boneless, skinless chicken breasts
- salt and fresh ground pepper , to taste
- 3/4 cup grated mozzarella cheese

### Directions

- Preheat oven to 400F.
- Lightly grease a baking dish with cooking spray.
- Combine tomatoes, olive oil, onions, garlic, oregano, Italian seasoning and fresh parsley in the baking dish.
- Season chicken with salt and fresh ground pepper.
- Place chicken on top of tomatoes; make sure that the chicken is nestled down in the tomatoes so it simmers in the sauce while it cooks.
- Bake for 35 minutes, or until sauce bubbles and chicken is done cooking. Chicken is cooked when internal temperature reaches 165F degrees.
- Sprinkle with cheese; bake for 4 to 5 minutes or until cheese is melted.