



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

November 2020

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.

Please Recycle Commodity Boxes



In the interest of public health, please recycle your commodity boxes. We are currently unable to accept return boxes. An announcement will be made when we are able to resume box return. Thank you for your help!

November 15 - 22 is National Hunger & Homelessness Awareness Week

Hunger and Homelessness Awareness Week is designed to educate the public, draw attention to the problem of poverty, and build up the base of volunteers and supporters for local anti-poverty agencies. Groups spend this week generating publicity about hunger and homelessness and holding a series of events to engage their communities.

If you are experiencing hunger or homelessness please call 211 for local resources. To learn more about National Hunger & Homelessness Week visit <https://hhweek.org>

Tips to Reduce Food Waste

We can all play a part in reaching the national food waste reduction goal – to reduce food waste by 50% by the year 2030. Start using these tips today to reduce food waste, save money, and protect the environment.

At the Grocery Store or When Eating Out

- When at the store, buy only what you need and stick to your shopping list.
- Be careful when buying in bulk, especially with items that have a limited shelf life.
- If available, purchase "ugly" fruits or vegetables that often get left behind at the grocery store but are safe to eat. "Ugly" produce has physical imperfections but are not damaged or rotten. "Ugly" fruits and vegetables are safe and nutritious and can sometimes be found at discounted prices.

In the Kitchen - Storage and Prep

- Check the temperature setting of your fridge. Keep the temperature at 40° F or below to keep foods safe. The temperature of your freezer should be 0° F.
- Create a designated space in your fridge for foods that you think will be going bad within a few days.
- Check your fridge often to keep track of what you have and what needs to be used. Eat or freeze items before you need to throw them away.
- Learn about food product dating – Many consumers misunderstand the purpose and meaning of the date labels that often appear on packaged foods. Confusion over date labeling accounts for an estimated 20 percent of consumer food waste.
- Industry is moving toward more uniform practices for date labeling of packaged foods. But, for now, consumers may see different phrases used for product dating, such as Sell By, Best By, Expires on, etc.

At Home: Cooking, Serving and Enjoying Food with Family and Friends

- Use "ugly" fruits or vegetables to whip up healthy smoothies and soups for your friends or family. No one will notice the difference!
- Be creative and have fun! Create new dishes and snacks with leftovers or items you think will go bad if not eaten soon. Have a cook off to find out who can come up with the best dish.
- Follow the 2-Hour Rule. For safety reasons, don't leave perishables out at room temperature for more than two hours, unless you're keeping it hot or cold. If the temperature is above 90° F, food shouldn't be left out for more than one hour. Also, remember to refrigerate leftovers within two hours.
- Have a friendly competition with your friends or family members to see who can go the longest without any food waste.

Reprinted in part from <https://www.fda.gov/food/consumers/tips-reduce-food-waste>

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: Canned Chicken

Nutrition Information:

- 3 ounces of chicken counts as 3 ounces in the MyPlate.gov Protein group.
- For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

Uses & Tips:

- Add canned chicken to quesadillas, enchiladas, tacos, or pasta for a quick meal.
- Canned chicken can be used in soups, casseroles, or chicken salad.

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. *Please note that scheduling changes may occur. Scheduling changes will be posted on MMCAA.org, on our Facebook, and sent to monthly customers via robocall. You may also call 989-386-6849 for a recording of all current month distribution dates.*

- **Albright Shores Eagles:** December 8; 10:30 to 11:30
- **Alma Elks:** December 11; 9:30-11:00
- **Bay City Town Center:** December 9, 1:00-2:30
- **Clare County Fairgrounds:** December 15; 10:00-11:30
- **Clare Moose Lodge:** December 17; 10:00-11:30
- **Essexville Community Church:** December 7, 12:30-1:30
- **Ewart Moose Lodge:** December 16; 11:00-12:00
- **Gladwin Free Methodist Church:** December 14; 10:00-11:30
- **God's Helping Hands of Mecosta County:** Dec 2; 2:00 - 3:00
- **Gratiot Commission on Aging:** December 11; 12:30-1:30
- **Greendale Township Offices:** December 1; 1:00-2:00
- **Greenville Armory:** December 3; 10:30-11:30
- **Howard City VFW Post:** December 3; 1:30-2:30
- **Immanuel Lutheran Church:** December 18; 10:00-11:00
- **Ionia Moose Lodge:** December 22, 10:30-11:30
- **Marion VFW Post:** December 16; 1:30-2:30
- **Pinconning United Methodist:** December 8; 1:00-2:00
- **Resurrection Life Church:** Dec 2; 11:00-12:00
- **Sanford American Legion:** December 1; 10:30-11:30
- **United Methodist Church of Reed City:** December 17; 2:00-3:00
- **Clare Warehouse Missed Distribution Makeup Day:** Dec 23, 9:00 - 11:00
- **Next TEFAP distribution month for Bay, Clare, Gladwin, Mecosta, Midland, and Osceola Counties** is December 2020.

Private distributions are not listed. Call 989-386-6849 for a recording of all current month distribution dates, including private distributions.

November Recipe: Chicken Cranberry Salad

Ingredients

- 2 cans Chunk Chicken in Water, drained
- 1/2 cup mayonnaise
- 1/2 tsp. paprika
- 3/4 cup dried cranberries
- 1/2 cup chopped celery
- 1 green onion, chopped
- 1/4 cup minced green bell pepper
- 1/4 cup chopped pecans or sliced almonds
- Salt and pepper to taste

Directions

1. In medium bowl, mix together mayonnaise with paprika.
2. Blend in dried cranberries, celery, onions, bell pepper and nuts.
3. Add drained chicken and gently blend.
4. Season with salt and pepper to taste.
5. Chill at least 1 hour

Serves 4

Trivia! What color eggs can chickens lay?

Answer: Egg shell color varies with breed. Chickens can lay white, brown, pink, blue, or green eggs!



Trivia! How much chicken does the average American consumer every year?

Answer: The average American consumes about 80 lbs of chicken every year!