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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: COVID Emergency Rental Assistance (CERA)

Having trouble paying or receiving rent? MSHDA has federal funds available to help tenants facing pandemic-related hardships avoid eviction while also ensuring landlords can recoup owed rent through the COVID Emergency Rental Assistance (CERA) program. MSHDA administers CERA through its statewide network of local nonprofit agencies.

CERA eligible households may also receive utility assistance for electricity, home heating, water, sewer and trash.

We encourage everyone who is eligible to apply today and take advantage of a program that can help restore housing stability.

For more information, call your local Community Action Agency or visit www.ceraapp.Michigan.gov

The Importance of Dietary Fiber

Dietary fiber is beneficial for people of all ages, but it can be particularly helpful in preventing and alleviating common health issues as we age. Fiber can lower the risk of developing heart disease and type 2 diabetes. It also plays a role in digestive health. As we grow older, constipation can be a common health concern. Fiber helps regulate bowel function and can prevent constipation symptoms.

It is recommended to aim for fourteen grams of fiber for every one thousand calories consumed. As you increase the amount of fiber in your meals and snacks, be mindful of staying hydrated and consuming adequate amounts of water. Water and fiber work together in helping your digestive system become more regular. It is important to consume plenty of water when you have a fiber-rich diet.

Common sources of fiber include whole grains, vegetables, fruits, and legumes/beans. Here are a few tips to increase the amount of fiber in your diet:

- Swap white bread and pasta for whole wheat options.
- Add beans to your soups and recipes when possible.
- Eat balanced meals, including fruits and vegetables.
- Leave the skin on fresh fruits and vegetables for an added fiber boost.
- For a healthy snack, nuts are great source of dietary fiber.

Each month, your CSFP box will contain a variety of fiber sources, including fruits, vegetables, and legumes. To meet your dietary fiber goals, be sure to include these foods in your daily menu of meals and snacks.

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

When cooling a hot liquid like a soup for storage, try the following: 1) place the container of soup in an ice bath. 2) Use shallow storage containers so the soup will cool more quickly. Doing these two things will help minimize the time your soup spends in the temperature danger zone (40F- 140F), where pathogens can develop.

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: Non Fat Dry Milk

Nutrition Information:

- Nonfat milk contains the same amount of protein, calcium, and vitamins as whole milk but it does not have any fat and has fewer calories.
- Dairy contains potassium. Potassium can help maintain a healthy blood pressure.

Uses & Tips:

- To make milk, simply add dry milk powder with cold water and mix well. To make 1 cup of milk, add 1/3 cup of powder to one cup of water. To make 1 quart of milk, add 1 1/3 cup milk powder to 4 cups of water.
- Try adding 1 or 2 tablespoons of nonfat dry milk powder to smoothies, shakes, creamy soups, or hot cereals to boost the protein, calcium, and vitamins without adding any extra fat. Use nonfat dry milk powder as a healthy, affordable coffee creamer.

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.**

- **Albright Shores Eagles:** Nov 9, 10:30-11:30
- **Alma Elks:** Dec 10, 9:30-11:00
- **Bay City Town Center:** Nov 10, 1:00-2:30
- **Clare County Fairgrounds, Harrison:** Nov 14, 10:00-11:30
- **Clare Moose Lodge:** Nov 16, 10:00-11:30
- **Essexville Community Church:** Nov 1, 12:30-1:30
- **Ewart Moose Lodge:** Nov 15, 11:00-12:00
- **Gladwin Free Methodist Church:** Nov 8, 10:00-11:30
- **God's Helping Hands, Remus:** Nov 3, 2:00-3:00
- **Grace Community Church, Howard City:** Dec 2, 1:30-2:30
- **Gratiot Commission on Aging:** Dec 10, 12:30-1:30
- **Greendale Township Offices:** Nov 2, 1:00-2:00
- **Greenville Armory:** Dec 2, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** Dec 22, 10:00-11:00
- **Ionia Moose Lodge:** Dec 17, 10:30-11:30
- **Marion VFW Post:** Nov 15, 1:30-2:30
- **Pinconning United Methodist:** Nov 9, 1:00-2:00
- **Resurrection Life Church:** Nov 3, 11:00-12:00
- **Sanford American Legion:** Nov 2, 10:30-11:30
- **United Methodist Church of Reed City:** Nov 16, 2:00-3:00
- **Food Warehouse Make-Up Day:** Nov 24, 9:00-11:00

Private distributions are not listed. Call 989-386-6849 for a recording of all upcoming monthly distribution dates. The calendar is also available at www.mmcaa.org

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

October Recipe: Pumpkin Spice & Walnut Instant Oatmeal Mix

Ingredients:

- 3 cups quick cook oats
- 3/4 cup Non Fat Dry Milk powder
- 1/2 cup Walnuts (or substitute another tree nut, such as almonds or pecans), coarsely chopped
- 1/2 cup raisins
- 2 tbsp pumpkin pie spice mix
- 8 tsp brown sugar
- 1 tsp salt

Directions

1. To make mix- Thoroughly mix all dry ingredients and store in air tight container. Do not add water. If kept dry in an air tight container, mix will keep for several weeks. Makes 8 servings.
2. To prepare- Scoop 1/2 cup of mix into a bowl. Add 1 cup of hot water to mix. If oatmeal is too thick, add 1 tbsp hot water at a time till desired consistency is reached.

Trivia! Who invented powdered milk?

Answer: The nomadic Mongolian Tartars made powdered milk from Mare's milk as early as the 13th century, but modern powdered milk was invented by a Russian doctor in 1802, with commercial production beginning in 1832.

November Recertifications

All CSFP Customers at the **Bay Department on Ageing** will be due for recertification in November. Customers will be provided with a pre-filled form that they can sign, update, and return. Recertification is required for ongoing enrollment.