



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

August 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!

National Health Center Week

National Health Center Week (August 9 – 15) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades. Community Health Centers serve as the beacon of strength, service, and care in their communities. This National Health Center Week honors those front line providers, staff, and beloved patients who lost their lives during the (ongoing) COVID-19 pandemic. From the very beginning of the crisis, Community Health Centers began finding innovative ways to provide preventative and primary care to their patients. During this week of remembrance, light a candle for those community health leaders, patients that we lost. For more information visit <https://healthcenterweek.org/>

Center for Disease Control: About Cloth Face Coverings

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, talks, or raises their voice (e.g., while shouting, chanting, or singing). These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Recent studies show that a significant portion of individuals with COVID-19 lack symptoms (are "asymptomatic") and that even those who eventually develop symptoms (are "pre-symptomatic") can transmit the virus to others before showing symptoms.

To reduce the spread of COVID-19, CDC recommends that people wear cloth face coverings in public settings when around people outside of their household, especially when other social distancing measures are difficult to maintain.

Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others. Wearing a cloth face covering will help protect people around you, including those at higher risk of severe illness from COVID-19 and workers who frequently come into close contact with other people (e.g., in stores and restaurants). Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. The spread of COVID-19 can be reduced when cloth face coverings are used along with other preventive measures, including social distancing, frequent handwashing, and cleaning and disinfecting frequently touched surfaces.

The cloth face coverings recommended here are not surgical masks or respirators. Currently, those are critical supplies that should be reserved for healthcare workers and other first responders. Cloth face coverings are not personal protective equipment (PPE). They are not appropriate substitutes for PPE such as respirators (like N95 respirators) or medical facemasks (like surgical masks) in workplaces where respirators or facemasks are recommended or required to protect the wearer.

Reprinted in part from cdc.gov. For more information visit cdc.gov. This content is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.

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 Salmon

Nutrition Information:

- 3 ounces of canned pink salmon 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:

- Use canned pink salmon in soups, salads, casseroles, and sandwiches.
- Canned pink salmon may be eaten hot or cold.

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 any 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:** September 8th*; 10:30 to 11:30
- **Alma Elks:** October 26th; 9:30-11:00
- **Bay City Town Center:** September 9th*, 1:00-2:30
- **Clare County Fairgrounds:** September 15th*; 10:00-11:30
- **Clare Moose Lodge:** September 17th*; 10:00-11:30
- **Essexville Community Church:** September 21st*, 12:30-1:30
- **Ewart Moose Lodge:** September 16th*; 11:00-12:00
- **Gladwin Free Methodist Church:** September 14th*; 10:00-11:30
- **God's Helping Hands of Mecosta County:** September 2nd*; 2:00 - 3:00
- **Gratiot Commission on Aging:** October 26th; 12:30-1:30
- **Greendale Township Offices:** September 1st*; 1:00-2:00
- **Greenville Armory:** October 1st; 10:30-11:30
- **Howard City VFW Post:** October 1st; 1:30-2:30
- **Immanuel Lutheran Church:** October 28th; 10:00-11:00
- **Ionia Moose Lodge:** October 27th, 10:30-11:30
- **Marion VFW Post:** September 16th*; 1:30-2:30
- **Pinconning United Methodist:** September 8th*; 1:00-2:00
- **Resurrection Life Church:** September 2nd*; 11:00-12:00
- **Sanford American Legion:** September 1st*; 10:30-11:30
- **United Methodist Church of Reed City:** September 17th*; 2:00-3:00
- **Clare Warehouse Missed Distribution Makeup Day:** September 24th*, 9:00 - 11:00

**Indicates concurrent TEFAP distributions
Private distributions are not listed.*

August Recipe: Salmon Noodle Casserole

Ingredients

- Cooking spray
- 6 oz uncooked whole wheat pasta (Elbow, bowtie, or penne)
- 1 cup chopped fresh or frozen onion
- 1 cup chopped fresh or frozen bell pepper
- 1 cup fat free skim milk
- 2 eggs
- 2 fresh green onions, minced
- 1/4 tsp paprika
- 1 can salmon, bones removed
- Salt & pepper to taste

Directions

1. Preheat oven to 350°F. Coat a 3-quart casserole dish with cooking spray.
2. Cook & drain pasta, set aside
3. In a sauce pan, sauté onion & pepper over medium-high heat, stirring frequently, until onions start to brown; add to pasta.
4. Bring milk to a simmer in a saucepan. Meanwhile, beat eggs in a small, heatproof bowl. Slowly pour half of warmed milk into eggs (while beating constantly); pour mixture back into saucepan. Cook over medium heat, stirring constantly, until mixture thickens to consistency of custard sauce, about 5 minutes; remove from heat.
5. Stir in chives, paprika, salt and pepper; then stir seasoned sauce into pasta pot. Add salmon to pasta pot and spoon mixture into casserole dish.

*adapted from
weightwatchers.com*