



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

October 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: Weatherization Assistance Program

MWeatherization programs help increase the energy efficiency of homes by providing updates that include insulation, furnace evaluations, ventilation, and air leakage reduction.

Home safety is also addressed including smoke detector installation and dryer venting. This increased efficiency saves you money on energy costs and improves the comfort of your home.

To find a Weatherization Assistance Program near you, contact your local Community Action Agency or call 211.

MMCAA will be closed for the holidays on the following dates:

- November 24th & 25th
- December 26th - 30th

We wish you all a happy, healthy, and safe holiday season!

What is CSFP?

The Commodity Supplemental Food Program, also known as CSFP, is a USDA food program.

People over the age of 60 who meet the income guidelines can receive a box of USDA commodities each month. Boxes contain healthy foods grown in the United States. All boxes have cheese, canned fruits and vegetables, cereal, rice or pasta, canned chicken, beef or fish, and peanut butter or beans.

Eating a well-rounded diet with a variety of foods is important for staying healthy and maintaining energy as we age.

Other Food Assistance Programs

Those who qualify for CSFP, also qualify for The Emergency Food Assistance Program (TEFAP). This is also a food program that adds USDA foods to your diet.

The Supplemental Nutrition Assistance Program, or SNAP, provides benefits that act like cash that can go toward buying many different food items.

To learn more about CSFP, TEFAP, and SNAP, contact your local agency listed on this newsletter.

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.

Handwashing & Food Safety

Handwashing is one of the most important things you can do to prevent food poisoning when preparing food for yourself or loved ones. Your hands can spread germs in the kitchen. Some of these germs, like Salmonella, can make you very sick. Washing your hands frequently with soap and water is an easy way to prevent germs from spreading. To get the full benefit of handwashing, follow these five steps every time. **Wet** your hands with clean, running water and apply soap. **Lather** your hands by rubbing them together with the soap. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. **Rinse** your hands well under clean, running water. **Dry** your hands using a clean towel or air dry them.

Reprinted in part from materials published by the CDC. Information 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.

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 Kidney Beans

Uses & Tips:

- ½ cup of kidney beans counts as 2 ounces in the Protein group or as ½ cup in the Vegetable group on ChooseMyPlate.gov.
- Kidney beans are low in fat, calories, and sodium and do not contain cholesterol.
- Kidney beans are a good source of plant protein.
- Canned kidney beans are precooked and do not require any soaking. They do not need to be heated before eating.
- Kidney beans are a protein-rich food that can be added to chili dishes, soups, salads, or casseroles.

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: November 8, 10:30-11:30**
- **Alma Elks: FRIDAY December 9, 9:30-11:00**
- **Bay City Town Center: November 9, 1:00-2:30**
- **Clare Co Fairgrounds: November 15, 10:00 - 11:00**
- **Clare Moose Lodge: November 17, 10:00-11:00**
- **Essexville Community Church: November 7, 12:30-1:30**
- **Evart Moose Lodge: November 16, 11:00-12:00**
- **Gladwin Free Methodist Church: November 14, 10:00-11:00**
- **God's Helping Hands, Remus: Nov 2, 2:00-3:00**
- **Grace Community Church, Howard City: Dec 1, 1:30-2:30**
- **Gratiot Commission on Aging: FRIDAY December 9, 12:30-1:30**
- **Greendale Township Offices: November 1, 1:00-2:00**
- **Greenville Armory RELOCATED to Arms of Love 1220 N Lafayette St, Greenville, MI 48838: Dec 1, 10:30-11:30**
- **Immanuel Lutheran Church, Mt. Pleasant: THURSDAY Dec 22, 10:00-11:00**
- **Ionia Moose Lodge: FRIDAY Dec 16, 10:30-11:30**
- **Marion VFW Post: November 16, 1:30-2:30**
- **Pinconning United Methodist: November 8,, 1:00-2:00**
- **Resurrection Life Church, Big Rapids: November 2, 11:00-12:00**
- **Sanford American Legion: November 1,, 10:30-11:30**
- **United Methodist Church of Reed City: Nov. 17, 2:00-3:00**
- **Food Warehouse Make-Up Day: WED. Nov 23, 9:00-11:00**

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

October Recipe: Kidney Bean & Pumpkin Stew

Ingredients:

- 1 tbsp oil
- 1 large onion, chopped
- 2 bell peppers, chopped (or 1 cup frozen bell peppers)
- 4 cups veggie broth
- 1 can pumpkin puree
- 1 tbsp garlic powder
- 2 tbsp chili powder
- 1 tbsp cumin
- 2 tsp smoked paprika
- 2 cans diced tomato
- 1 can kidney beans
- 1 can pinto beans
- 1 can black beans
- Salt & pepper to taste

Directions

- Heat oil in the bottom of a large, heavy bottomed stock pot. Add chopped onion and green peppers. Cook until onion is translucent and fragrant, and peppers start to soften.
- Add veggie broth and bring to a simmer. Add canned pumpkin puree and mix until pumpkin puree and broth are integrated.
- Add seasonings & all other canned goods. Simmer for 20 minutes & serve.

Note: This makes a large batch! Leftovers can be frozen as individual servings in any water-tight freezer safe container for easy single serve re-heating. Simply thaw in your refrigerator and microwave!