



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

November 2023

Tidbits

Senior Food Program Publication



Like us on Facebook for agency updates!

Reminder Calls

Monthly customers will receive an automated call the day before distribution reminding you to pick up your box. If you did not receive a call this month or would like to opt out, please call 989-386-3805 x 1028.

Your Commodity Box: Reuse or Recycle?

- **Return clean** boxes to us at the next distribution so we can reuse them after disinfection.
- **Recycle** boxes through your residential recycling service if they are **dirty, stained**, or have been **exposed to pests**

Upcoming Recertifications

Each month, select commodity customers will complete their recertification. Customers must be recertified every three years.

- **November**—Customers with last names beginning with B at public distributions
- **December**—All Clare County private apartment distributions
- **January**—All Gladwin County private apartment distributions

Canned Foods Are Part of a Nutritious Meal Plan

Canned fruits and vegetables can be just as or more nutritious as their fresh or frozen forms.

- Fruits and vegetables are usually canned hours after harvest, harnessing their peak freshness.
- Canning preserves many nutrients. For example, canned tomatoes have more lycopene (an antioxidant) and B vitamins than fresh tomatoes.
- Canning helps make fiber in certain vegetables, like beans, more soluble and more useful to the body.

Gout Prevention

Gout is a painful disease that can happen suddenly and can return. It is caused by a build-up of uric acid crystals in the joints. Uric acid is a normal body by-product that normally leaves in urine.

A gout flare-up may be prevented by doing these:

- Drink water regularly
- Exercise regularly
- Keep eating vegetables and fruits to promote healthy weight
- Improve your sleep schedule
- Avoid trigger foods, like seafood, red meat, sugary drinks or sugary food items
- Avoid triggering medications (speak to your doctor about this)

This content is intended to be used as general information only and 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.

Mid Michigan Community Action will be closed on the following dates:

- **November 23-24**
- **December 25-January 1**
- **January 15**

Questions? Give Us a Call!

Bay, Clare, Gladwin, Mecosta, Midland, Muskegon, Oceana & Osceola Counties: 1-877-213-5948

Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315

Online: www.mmcaa.org/seniors

This institution is an equal opportunity provider.

Michigan Produce Spotlight: Broccoli

Broccoli might look like a little tree, but it is in the cabbage family. The actual broccoli head is a grouping of flowers with a stem. The head (or crown) is picked before it blooms tiny yellow flowers.

Broccoli is rich in vitamins and fiber, which helps to avoid disease and keeps you regular.

Broccoli can be eaten raw, roasted, baked, and cooked. Michigan broccoli is known for its sweeter flavor. The flavor is sweeter because of the colder temperatures. For more information: www.canr.msu.edu

Upcoming Distribution Schedule

If someone else is picking up your food, 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.

- **Albright Shores Eagles:** December 12, 11-12
- **Alma Elks Lodge:** December 8, 9:30-11
- **Anchor Point Bible Church, Norton Shores:** January 24, 10:30-12
- **Arms of Love, Greenville:** December 7, 10-11
- **Bay City Town Center:** December 13, 11-12:30
- **Clare Moose Lodge:** December 21, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** January 29, 10:30-11:30
- **Essexville Community Church:** December 4, 12:30-1:30
- **Evart Moose Lodge:** December 20, 12:30-1:30
- **God's Helping Hands, Remus:** December 6, 1-2
- **Grace Community Church, Howard City:** December 7, 1-2
- **Gratiot Commission on Aging:** December 8, 12-1
- **Greendale Township Offices:** December 5, 11-12
- **Harrison Moose Lodge:** December 19, 10-11
- **Holton Community Center:** January 4, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** December 22, 10-11
- **Ionia Moose Lodge:** December 15, 10-11
- **Marion VFW Post:** December 21, 11:30-12:30
- **New Beginnings United Methodist, Gladwin:** December 11, 10:30-11:30
- **New Hope Community Church, Shelby:** January 23, 11:15-12:15
- **Pinconning United Methodist:** December 12, 1-2
- **Resurrection Life Church, Big Rapids:** December 6, 10:30-11:30
- **Sanford American Legion:** December 5, 9:30-10:30
- **United Methodist Church of Reed City:** December 20, 10:30-11:30
- **Food Warehouse Make Up Day, Clare:** December 21, 9-11

The calendar is also available at www.mmcaa.org. Private distributions are not listed.

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

November Recipe: Italian Broccoli Pasta

Ingredients

- 6 ounces spaghetti, uncooked
- 2 cups of chopped broccoli
- 3 tablespoons of green onion
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- 1 can diced tomatoes
- 2/3 tablespoon grated parmesan cheese (optional, or preferred cheese substitute)

Directions

1. Cook noodles according to package instructions (do not include oil or salt) and drain.
2. Spray a medium skillet with non-stick cooking spray; cook onion and broccoli for 3 minutes over medium heat.
3. Add seasonings and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with parmesan cheese.

Makes 4 servings