



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

February 2024

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 Empty Food 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 senior food box customers will complete their recertification. Customers must be recertified every three years.

- **February**—All Osceola County private apartment distributions
- **March**—Customers with last names beginning with C at public distributions
- **April**—Customers with last names beginning with D at public distributions

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

- **February 19**
- **March 29**
- **April 26**

Heart Health

Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

Self-care is what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's heart-healthy living!

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you

- Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress through activities such as meditation, yoga, a warm bath, quiet time with a good book or funny movie, or whatever helps you relax.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

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.

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: Bell Peppers

Bell peppers are part of Michigan's fresh crops. They are high in vitamins A, E, and C and are a good source of potassium. Bell peppers contain chemicals known as phenols and flavonoids that have antioxidative effects and may work to protect the body's cells from harmful cancer-causing agents. Select firm bell peppers that are not bruised or damaged.

For more information: www.canr.msu.edu

February Recipe: Brunswick Stew

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 2 cups chicken broth, low sodium
- 2 cups canned chicken; drained and shredded
- 2 cups canned tomatoes
- 2 cups beans of choice (black, kidney, pinto, or lima work well) canned or cooked
- 2 cups canned whole kernel corn

Directions

1. Wash hands with soap and water.
2. Heat oil in a large pan. Add onion and cook until tender.
3. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium low.
4. Store leftovers in an airtight container in the fridge and reheat portions as needed.

Makes 8 servings of about 1 cup each.

Source:

www.snaped.fns.usda.gov

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:** March 12, 11-12
- **Alma Elks Lodge:** April 22, 9:30-11
- **Anchor Point Bible Church, Norton Shores:** March 27, 10:30-12
- **Arms of Love, Greenville:** April 4, 10-11
- **Bay City Town Center:** March 13, 11-12:30
- **Clare Moose Lodge:** March 21, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** March 25, 10:30-11:30
- **Essexville Community Church:** March 4, 12:30-1:30
- **Evart Free Methodist Church:** March 20, 12:30-1:30
- **God's Helping Hands, Remus:** March 6, 1-2
- **Grace Community Church, Howard City:** April 4, 1-2
- **Gratiot Commission on Aging:** April 22, 12-1
- **Greendale Township Offices:** March 5, 11-12
- **Harrison Moose Lodge:** March 19, 10-11
- **Holton Community Center:** March 7, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** April 24, 10-11
- **Ionia Moose Lodge:** April 23, 10-11
- **Marion VFW Post:** March 21, 11:30-12:30
- **New Beginnings United Methodist, Gladwin:** March 11, 10:30-11:30
- **New Hope Community Church, Shelby:** March 26, 11:15-12:15
- **Pinconning United Methodist:** March 12, 1-2
- **Resurrection Life Church, Big Rapids:** March 6, 10:30-11:30
- **Sanford American Legion:** March 5, 9:30-10:30
- **United Methodist Church of Reed City:** March 20, 10:30-11:30
- **Food Warehouse Make Up Day, Clare:** March 28, 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.