



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

April 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.

- **April**—Customers with last names beginning with D at public distributions
- **May**—Customers with last names beginning with E at public distributions
- **June**—Customers with last names beginning with F at public distributions

Vitamins and Minerals

Vitamins and minerals are also called micronutrients because they are very important for the body but in smaller amounts than some other nutrients.

There are 13 vitamins and 15 minerals that are necessary for the body to function properly. Each of these vitamins and minerals helps keep your body healthy in a different way.

Most vitamins and minerals can be found in fruits, vegetables, nuts, meats, dairy products, and whole grains so it's important to have all of these in your diet.

Some foods such as cereals or breads are also "fortified" meaning they have extra vitamins and minerals added to help people get enough vitamins and minerals in their diet.

One of the easiest ways to make sure you're getting all the different vitamins and minerals is to eat fruits and vegetables of different colors during the week. Different colors often represent different important vitamins and minerals in foods.

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:

- **April 26**
- **May 27**
- **June 19**

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.

Mid Michigan Community Action Spotlight: Water and Sewer

For those behind on water or sewer bills, we may be able to help with past due balances, shut off notices, well and septic repair, maintenance, and more!

Residents of Bay, Clare, Gladwin, Mecosta, Midland, Muskegon, Oceana & Osceola Counties, call 1-877-213-5948.

For additional resources, call 2-1-1.

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:** May 14, 11-12
- **Alma Elks Lodge:** June 24, 9:30-11
- **Anchor Point Bible Church, Norton Shores:** May 22, 10:30-12
- **Arms of Love, Greenville:** June 6, 10-11
- **Bay City Town Center:** May 8, 11-12:30
- **Clare Moose Lodge:** May 16, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** May 29, 10:30-11:30
- **Essexville Community Church:** May 6, 12:30-1:30
- **Evart Free Methodist Church:** May 15, 12:30-1:30
- **God's Helping Hands, Remus:** May 1, 1-2
- **Grace Community Church, Howard City:** June 6, 1-2
- **Gratiot Commission on Aging:** June 24, 12-1
- **Greendale Township Offices:** May 7, 11-12
- **Harrison Moose Lodge:** May 21, 10-11
- **Holton Community Center:** May 2, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** June 26, 10-11
- **Ionia Moose Lodge:** June 25, 10-11
- **Marion VFW Post:** May 16, 11:30-12:30
- **New Beginnings United Methodist, Gladwin:** May 13, 10:30-11:30
- **New Hope Community Church, Shelby:** May 28, 11:15-12:15
- **Pinconning United Methodist:** May 14, 1-2
- **Resurrection Life Church, Big Rapids:** May 1, 10:30-11:30
- **Sanford American Legion:** May 7, 9:30-10:30
- **United Methodist Church of Reed City:** May 15, 10:30-11:30
- **Food Warehouse Make Up Day, Clare:** May 23, 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.

April Recipe: Snappy Rice

Ingredients

- 1 cup mixed vegetables
- 1/2 cup chicken broth or water
- 1 cup cooked brown rice
- 1 cup canned or cooked pinto, kidney, or black beans
- Salt and Pepper to taste
- Dill to taste, optional

Directions

1. In a small pot, cook the vegetables in the chicken broth or water.
2. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth or water as needed to keep the vegetables moist.
3. Add the rice and beans.
4. Add salt and pepper to your liking.
5. Cook until rice and beans are heated through.

Try adding other veggies you have on hand! Peas, corn, or carrots would be good additions.

Source: www.myplate.gov