

NATIONAL
CONSUMER
PROTECTION
WEEK 2013
Your Information
Destination

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PROTECTION WEEK
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ATTORNEY GENERAL
BILL SCHUETTE'S

Senior Brigade

NATIONAL CONSUMER
PROTECTION WEEK 2013
Your Information Destination • March 3-9

Every day, the Consumer Protection Division of the Michigan Attorney General's office works diligently to defend Michigan consumers against unfair, misleading, or deceptive business practices. In 2012 alone, our Complaint Intake Section received over **26,000** calls!

This month, Attorney General Bill Schuette highlights these efforts during National Consumer Protection Week, March 3-9, 2013.

Looking to protect yourself from fraud, identity theft, and scams? Wondering about the best way to use credit, shop for a used car, or maximize your security online? If so, consider participating in National Consumer Protection Week.

Want to learn more? Look for us at:

Greater Kalamazoo Women's Lifestyle Expo

March 1, 2013 12 p.m. - 6 p.m.
March 2, 2013 9 a.m. - 5 p.m.

Kalamazoo County Expo Center
2900 Lake Street
Kalamazoo, MI 49048

Washtenaw County Consortium on Aging

Caregiver Fair

March 9, 2013 9 a.m. - 2 p.m.

The Kensington Court Hotel
610 Hilton Blvd.
Ann Arbor, MI 48108

ADDITIONAL
INFORMATION
AVAILABLE AT:

[www.seniorbrigade.com/
calendar.php](http://www.seniorbrigade.com/calendar.php)



www.michigan.gov/seniorbrigade
AGCSI@michigan.gov
1-877-765-8388

For questions or concerns regarding Consumer Protection resources in Michigan, please contact our office at 517-373-1140 or toll-free at 1-877-765-8388. You can also visit www.michigan.gov/ag.



National Nutrition Month®



Potato Soup With Apples & Brie Cheese (Serves 8)

Ingredients:

- 1 c. chopped yellow onion;
- 1/4 c. sliced leeks (whites only);
- 4 large Granny Smith apples, cored, peeled, and quartered, plus 1 Granny Smith apple, cored and sliced thinly, for garnish;
- 2 c. low-sodium chicken broth;
- 1 bay leaf;
- 1/2 tsp. dried thyme;
- 3 c. fat-free evaporated milk
- 6 small potatoes, peeled and sliced; and
- 4 oz. brie cheese, cut into small cubes

Spray a soup pot with cooking spray. Add the onion, leeks, and 4 of the 5 apples. Sauté over medium heat until softened, 5 to 7 minutes. Add the chicken broth, bay leaf, and thyme. Bring to a boil, reduce heat to low, and simmer for about 15 minutes. Remove the bay leaf. Turn off heat and set the mixture aside.

While the broth mixture is cooking, combine the evaporated milk and potatoes in a separate saucepan. Cook over medium heat until the potatoes are tender, 15 to 20 minutes. Stir frequently. Pour the potato mixture into the soup pot. Stir to mix evenly.

In a blender or food processor, puree the soup in batches until smooth, adding the pieces of brie cheese while pureeing. Return the pureed batch to the soup pot and heat until warmed through. Ladle into individual bowls and garnish with thin slices of apple. Serve immediately.

Source: [Mayo Clinic](#)

Nutritional analysis per serving

Serving size: About 2 cups			
Calories	248	Sodium	198 mg
Total fat	4 g	Total carbohydrate	40 g
Saturated fat	3 g	Dietary fiber	5 g
Monounsaturated fat	1 g	Protein	13 g
Cholesterol	18 mg		

EVERY March, America recognizes National Nutrition Month®. It's an important reminder that informed food choices and healthy workout habits are essential to an active, healthy lifestyle.

The [Academy of Nutrition and Dietetics](#) provides numerous [nutrition tip sheets](#), [websites](#), and [games](#) to help assist you on your nutrition journey.

As we all know, eating healthy can be expensive! If you need assistance, please contact your local Area Agency on Aging. The [Michigan Office of Services to the Aging](#) offers an [interactive county map](#) where you can easily identify who to contact to receive information about home-delivered meals.

** Remember to consult your physician before making significant changes to your diet and physical activity.*

Weigh in on a healthier you, Michigan.

The [Michigan Department of Community Health](#) and [local partners](#) are striving to make Michigan healthier.

Did you know that by losing 10% of your body weight, you can significantly improve your mental and physical health?

Click [here](#) to learn more and [pledge](#) today!



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