

WHERE TO GET HELP

Food Assistance in Genesee County

Commodities Food Program

This supplemental food program is designed to help low-income people aged 60 and up. Food is provided once a month. Call 810-789-3746 or 810-232-2185 for details..

Double Up Food Bucks (DUF�)

The DUF� program matches your SNAP benefits when you buy Michigan-grown fruits and vegetables. For example, if you buy \$10 worth of Michigan produce, you'll get an extra \$10 to buy more fruits and veggies! You can use this program at:

- Flint Farmer's Market, 300 East 1st Street, Flint, phone 810-232-1399, open year round
- Offered at limited times during the year at Landmark Food Centers (two locations) 206 West Pierson Road, Flint, phone 810-789-7311, OR 4644 Fenton Road, Flint, phone 810-238-2972, call to check dates and hours for both locations.

The Emergency Food Assistance Program (TEFAP)

TEFAP provides healthy foods to qualified families and individuals once every 3 months. Call GCCARD at 810-789-3746 or 810-232-2185 for details.

Food Bank of Eastern Michigan

The Food Bank of Eastern Michigan can connect you with food assistance programs. Call 810-239-4441 for details.

Supplemental Nutrition Assistance Program (SNAP)

The SNAP program (formerly called *food stamps*) provides low-income residents with money to purchase food, including:

- Fruits and vegetables
- Breads and cereals
- Dairy, meat, fish and poultry

You're also allowed to buy seeds and food-producing plants with your SNAP benefits to grow your own food. Apply for SNAP at www.mibridges.michigan.gov or call the Genesee County Department of Health and Human Services (DHHS) at 810-760-2200.

WIC (Women, Infants & Children)

The WIC program supplies extra food for low-income pregnant or breastfeeding mothers, infants and children up to 5 years old who are at nutritional risk. Foods provided through WIC include:

- Infant formula and iron-fortified cereals
- Fruits and vegetables rich in iron, calcium and vitamin C
- Whole grain bread and cereals
- Eggs, milk and cheese

To apply for WIC, call 800-262-4784 (toll-free) or 810-237-4537.

WIC-Project Fresh

If you receive WIC benefits, you're eligible to receive Project Fresh coupons to buy locally grown fruits and veggies! This program runs from June 1 through October 31 each year.

For more information contact Genesee County WIC at 810-237-4537 or MSU Extension at 810-244-8500.

Additional Genesee County Resources

211

- Service connects Genesee County residents to community resources including food, transportation, education and health care
- Connects residents to sources of water filters and replacement cartridges
- Locally funded by United Way Genesee County.
- Phone 211
- Web: www.211.org

Flint Water Department

- Offers free water testing
- Phone 810-787-6537
- Pick up your test kit at 1101 S. Saginaw St.

Genesee County Community Action Resource Department (GCCARD)

- Offers free water filters
- Phone 810-789-3746 or 810-232-2185

Michigan State University Extension

- Offers free nutrition education classes
- Soil testing for lead
- Phone 810-244-8500

Sources

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