



# 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 (DUFBS)

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

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

### The Emergency Food Assistance Program (TEFAP)

TEFAP provides healthy food to qualified families and individuals once every three months at community distribution sites such as pantries and churches. 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 or visit [www.fbem.org](http://www.fbem.org) for details.

### Genesee County Health Department

[www.gchd.us](http://www.gchd.us); phone: 810-257-3612

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### Supplemental Nutrition Assistance Program (SNAP)

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

- Fruit 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](http://www.mibridges.michigan.gov) or call the Genesee County Department of Health and Human Services (DHHS) at 810-760-2200.

### Women, Infants & Children (WIC)

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

- Infant formula
- Fruit and vegetables rich in iron, calcium and vitamin C
- Whole-grain bread and cereals and iron-enriched 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 fruit 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, health care, water filters and replacement cartridges. Locally funded by United Way Genesee County. Contact them by phone at 211 or online at [www.211.org](http://www.211.org).

### Flint Water Department

Offers free water testing. Pick up test kits at 1101 South Saginaw Street, Flint; phone 810-787-6537.

### 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 and soil testing for lead. Phone 810-244-8500.

## Sources

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## Acknowledgments

These materials were funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program Education (SNAP-Ed) by way of Michigan State University Extension, and also by Hurley Children's Hospital.

Produced by ANR Creative Services for MSU Extension (<http://msue.anr.msu.edu/>).

