



# WHERE TO GET HELP

## Food Assistance in Genesee County

### Commodities Food Program

This supplemental food program is designed to help low-income pregnant or breastfeeding women, new mothers up to one year after birth, infants, children up to age 6, and people aged 60 and up. Food is provided once a month. Call 810-789-3746 or 810-789-4409 for details.

### Double Up Food Bucks (DUFB)

The DUFB 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
- Landmark Food Center (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 4 months. Call GCCARD at 810-789-3746 or 810-789-4409 for details.

### Food Bank of Eastern Michigan

The Food Bank of Eastern Michigan offers many 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](http://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, cheese and yogurt

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](http://www.211.org)

### Flint Water Department

- Offers free or low-cost water testing
- Phone 810-787-6537

### Genesee County Community Action Resource Department (GCCARD)

- Offers free water filters
- Phone 810-789-3746 or 810-789-4409

### Michigan State University Extension

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

## Sources

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