

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 for details.

Genesee County Health Department

www.gchd.us; phone: 810-257-3612

MICHIGAN STATE UNIVERSITY | Extension

Created in collaboration with the Pediatric Public Health Initiative.

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HURLEY CHILDREN'S HOSPITAL

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 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.

Sources

- Iron Deficiency Anemia Prevention: Diseases and Conditions.* Mayo Clinic. (2014). Retrieved from <http://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/basics/prevention/con-20019327>
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- Learn About Lead [overview and fact sheets].* U.S. Environmental Protection Agency. (2015). Retrieved from <http://www.epa.gov/lead/learn-about-lead>
- Nutrition and Lead Poisoning Prevention.* Nebraska Department of Health and Human Services. (2011). Retrieved from <http://dhhs.ne.gov/publichealth/Pages/LeadNutrition.aspx>
- Soil Lead: Testing, Interpretation, and Recommendations.* University of Massachusetts Amherst, Soil and Plant Tissue Testing Laboratory. (n.d.). Retrieved from <https://soiltest.umass.edu/fact-sheets/soil-lead-testing-interpretation-recommendations>

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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.

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.



LEAD AND NUTRITION INFORMATION FOR SENIORS

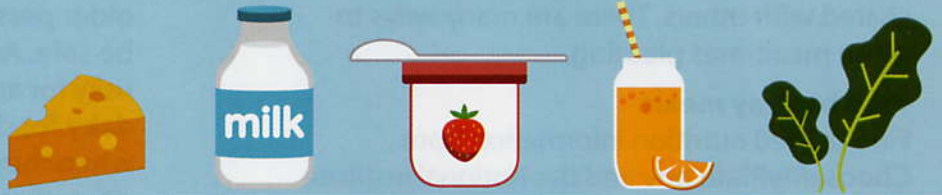
Protect Yourself from Lead with Healthy Eating

For older adults, three key nutrients can play a role in protecting the body from the harmful effects of lead: calcium, iron and vitamin C. These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of foods daily.

It is important for you to eat regular meals and snacks. Making healthy choices and eating frequent small meals and snacks may help keep lead from being absorbed. Lead is absorbed faster on an empty stomach than a full stomach.

Sources of Calcium

Milk, yogurt, cheese, cottage cheese, pudding, calcium-fortified orange juice, and dark green leafy vegetables.



Sources of Iron

Iron fortified cereals, lean red meats, fish, chicken, turkey, legumes (peas, beans, lentils), dried fruits, and dark green leafy vegetables.



Sources of Vitamin C

Oranges, grapefruit, kiwi, strawberries, blueberries, melons, raspberries, tomatoes, white and sweet potatoes, broccoli, winter squash, and bell peppers.



FOR MORE INFORMATION ON LEAD, CONTACT:

Michigan Department of Health and Human Services:

888-322-4453 or visit: www.michigan.gov/lead

The National Lead Information Center: 800-424-LEAD (5323)



Keep your pet safe from lead

Lead poisoning is a potentially serious condition that calls for veterinary attention.

Things to watch for:

- Vomiting
- Seizures
- Behavioral changes
- Sleepiness/fatigue
- Poor appetite
- Weakness
- Extreme anxiety
- Diarrhea
- Blindness
- Belly/stomach ache
- Crying



These changes may develop over time. If animals display any of these signs, please seek veterinary care.

Causes:

Animals can come into contact with lead in a variety of ways:

- Drinking water
- Using improperly glazed ceramic food or water bowls
- Eating or licking paint chips
- Eating lead, like bullets, sinkers and golf balls



Diagnosis and Treatment:

Lead poisoning could be a serious condition.

If you suspect your pet has been exposed to lead, contact a veterinarian to talk about testing and treatment.



Pet safety tips for dealing with water that has lead in it:

- Give your pet bottled or filtered water to drink
- Use bottled or filtered water when making your pet's food
- Keep the toilet seat down! Do not allow pets to drink out of an unfiltered water source
- Remember, this applies to all types of animals



Toxicities are reportable to the State Veterinarian's Office. Any veterinarian that suspects or has confirmed a case of toxicity, is to report the case to the Michigan Department of Agriculture and Rural Development by calling 1-800-292-3939.

Update: Flint Residents

Keeping Yourself and Your Family Healthy and Thriving

July, 2016

Learn about your family's health. Get help if you need it.

Lead exposure can harm children. Talk to a doctor about problems related to your child's:

- Health
- Education
- Development
- Behavior



There are services to help with these problems. Children under age 21 and pregnant women may be eligible for health care and other services. Apply online at www.mibridges.michigan.gov/access or by calling 1-855-789-5610.

If you don't have a doctor, visit a health center. The health centers are open to everyone—both children and adults. For most people, they are free or very low cost.

Genesee Community Health Center:
810-496-5777.

- 422 W. 4th Avenue
- 3109 Kleinpell



Hamilton Community Health Network:
810-406-4246.

- 2900 N. Saginaw Street
- G-3375 S. Saginaw Street
- 5710 Clio Road

Manage Stress

If you are feeling stressed, talk to a trained crisis counselor from the Disaster Distress Helpline. All calls are free and confidential.



Call 1-800-985-5990



Text 'TalkWithUs' to 66746



Deaf or Hard of Hearing:
Call 1-800-846-8517

Fight lead by eating healthy food!

Eating healthy food can help limit the amount of lead the body takes in. Eat fresh fruits and vegetables that are high in Vitamin C, calcium, and iron.

The Summer Bridge Card can be used to buy healthy food. The card is available to parents of school-aged children. Look for yours in the mail. It works like a debit card and it is worth \$30 per child each month. You can use the card in June, July and August.

Questions? Call 1-888-265-3291.

You can also get nutritious food from the food bank right in your own community. For a list of locations, visit www.michigan.gov/flintwater.

