

Fight Lead with Healthy Food

Foods with calcium, iron and vitamin C can help limit the effects of lead children's bodies. Eat some food from each group!



Calcium



Milk and things made of milk, like cheese & yogurt



Green leafy vegetables, like spinach, kale & collard greens



Tofu



Calcium enriched orange juice



Canned salmon & sardines (with bones)

Iron



Lean red meats, tuna, salmon, chicken & turkey



Green leafy vegetables. They are high in calcium, too!



Iron-fortified cereal, bread & pasta



Dried fruit, like raisins or prunes



Beans & lentils

Vitamin C



Citrus fruits, like orange or grapefruit



Tomatoes & tomato juice



Peppers

And lots of other fruits and vegetables like cauliflower, strawberries and kiwi



How to get healthy food

The Emergency Food Assistance Program

- **Who can use this program?** Low-income people of all ages, including seniors, can get emergency food.
- **How does it work?** You can get this food from a food pantry.
- **How do I get started?** Call Genesee County Community Action Resource Department at 810-789-3746.

Supplemental Nutrition Assistance Program (SNAP). Also called Michigan Food Assistance Program

- **Who can use this program?** Eligible low-income adults and children.
- **How does it work?** SNAP gives low-income people money on an EBT card to buy food. It works a lot like a debit card. You can use SNAP at food stores that take SNAP.
- **How do I get started?** Apply at www.mibridges.michigan.gov or call the Genesee County DHHS at 810-760-2200.

Double Up Food Bucks (DUFB)

- **Who can use this program:** People who use SNAP EBT cards.
- **How does it work?** 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 with your SNAP EBT card, you'll get an extra \$10 to buy more fruits and vegetables – up to \$20 every market day. DUFB runs year-round at the Flint Farmers Market. Visit the Friends of the Flint Farmers' Market stall at the market to sign up for DUFB.
- **Where can I use DUFB?** Farmer's Market at 300 East 1st Street, Flint. For details and hours that they are open, call the market: 810-232-1399.
- **Learn More about DUFB:** Call the Fair Food Network at 866-586-2796.

Women, Infants & Children (WIC)

- **Who can use this program?** Low-income pregnant or breastfeeding mothers, new mothers, and infants and children up to their fifth birthday can get healthy food.
- **How do I get started?** Call Genesee County Health Department (GCHD) WIC at 800-262-4784 (toll-free) or 810-237-4537.

WIC Project Fresh

- **Who can apply?** People who get WIC benefits.
- **How does it work?** WIC clients can get coupons to buy eligible, locally grown, fresh, unprepared fruits and vegetables.
- **How do I get started:** Call GCHD WIC at 810-237-4537.