

“Programs that gather, sort, store and distribute food products.” (Reference - Michigan 2-1-1)

**Michigan Department of Health and Human Services**

125 East Union Street, Flint, MI 48502; (855) 275-6464

<https://www.mibridges.michigan.gov>

*Food Assistance Program (SNAP)*

- Provides benefits used to purchase food, seed and plants to grow for low-income households
- Eligibility and benefits based on household income & size
- Apply in person at local DHHS office or online
- Office hours vary by location; online app 24hrs
- Food Bank of Eastern Michigan offers a hotline (810) 396-0240 to help with assistance with signing up/application

*Double Up Food Bucks; (866) 586-2796*

- If you have a Bridge Card, you can use this program
- Any purchase of milk or fresh, frozen, dried, or canned fruits and vegetables (with no added salt, sugar, or oil) with your Bridge Card earns Food Bucks
- Can earn up to \$20 in Double Up credits daily
- Sign-up at participating sites in Flint. Bring your State ID and Bridge Card with you (Runs all year long in Flint)
  - Flint Farmers’ Market 300 East First St
  - Great Giant Supermarket 5204 Saginaw St.
  - Hutchinson Food & Drug 6509 N Saginaw St.
  - Landmark Food Center 206 W. Pierson Rd.
  - Landmark Food Center 4644 Fenton Rd.
  - The Local Grocer 601 MLK Jr. Ave.
  - Flint Fresh Mobile Market Mobile market, Visit <https://www.FlintFresh.com> for schedule

**The Salvation Army – Beecher Corps**

1475 W. Coldwater Rd, Flint, MI 48506; (810) 789-4003

<http://www.beecher.salarmygeneseec.org>

*Food Reclamation Program*

- Provides food assistance to those eligible
- Income guidelines apply, application required
- Application days Mon, Wed, Thurs, Fri 9-3pm
- Distribution days are Tuesdays 10am-Noon
- Current Picture ID is required

*Kid’s Cafe*

- Provides a walk-in meal program for school aged children, ages 18 and younger during the school year, Tues-Fri, 4pm-5pm
- Provides free lunch 11:30am-1pm, year around

**Food Bank of Eastern Michigan**

2300 Lapeer Road, Flint, MI 48503; (810) 239-4441

<http://www.fbem.org/where-to-get-food/find-a-food-pantry>

- “The Agency Locator” on the Food Bank of Eastern Michigan’s website will help you find partner food pantries and community kitchens

*Free Summer Feeding Program*

- Provide free lunch for 18 and under or 26 and under with disability
- Adults with child will be provided lunch
- Twice weekly provides nutrition take home bags
- To find dates and locations either visit the website or text the word FOOD to 877877

*Mass Food Distribution*

- Operates mass feeding sites once a week
- Tuesdays at 10am:
  - Foss Avenue Baptist Church - 1159 E. Foss Ave
  - Salvation Army - 1475 W. Coldwater Rd
- Wednesdays at Noon:
  - Greater Flint Outreach - 1114 University Ave
- Picture ID required and should bring a bag

*Mobile Pantry*

- Works with neighborhoods to provide food distribution
- Picture ID and proof of residency may be requested
- Dates, times, locations vary; see website

*Mobile Nutrition Deliveries*

- Provides food to city of Flint families in need that have been affected by the Water Crisis
- Walk-in service, first come first served
- Picture ID required
- Dates, times, locations vary; see website

*SNAP Program (Bridge Card/Food Stamps); (810) 396-0240*

- Operates a hotline that can assist with signing up food assistance over the phone
- Specializes in the food assistance; however, can assist with full MIBridges application

**Metropolitan Baptist Church**

930 E. Myrtle Avenue, Flint, MI 48505; (810) 787-9731

<http://themetrobt.org/>

- Provides a walk-in service for food and donated clothing every Tuesday 10am-1:30pm
- Picture ID required

There may be additional resources for you to consider through various community agencies. Michigan 2-1-1 is a free confidential service that connects you with local community-based organizations offering support services for people seeking answers to help in addressing their needs and questions. You can connect with Michigan 2-1-1 by either:

- Visiting the website at <http://www.mi211.org>
- Dialing 2-1-1 or either one of these Toll Free phone lines at (844) 875-9211 or (800) 649-3777 (Michigan Relay) for personal assistance 24 hours a day, 7 days a week

**Catholic Charities of Genesee and Shiawassee Counties**

(810) 785-6911; <http://www.catholiccharitiesflint.org>

*Meal Programs* - Provides hot, balanced meals

- North End Soup Kitchen; 735 E. Stewart Ave
  - Mon-Sat 11:30-12:30pm, 4-5pm; Sun 1-2pm
- Center for Hope Soup Kitchen; 609 E. Fifth Ave.
  - Mon-Sat Noon-1pm, Sun 1:30pm-2:30pm
- South Flint Soup Kitchen; 3410 Fenton Rd.
  - Mon-Fri 11am-12pm

*Daily Sandwich Program* - Distributes sack lunches

- Bread of Life: 2608 Maplewood
  - Mon-Fri Noon-1pm
- My Brother's Keeper: 101 N. Grand Traverse St
  - Mon-Thurs 11am-12:30pm
- Shelter of Flint: 924 Cedar St
  - Mon-Thurs Noon-1pm

**Genesee County Community Action Resource Dept.**

2727 Lippincott Blvd, Flint, MI 48507; (810) 789-3746

<http://www.gc4me.com/resident/gccard>

*Temporary Emergency Food Assistance Program (TEFAP)*

- Provides individuals with a variety of nutritious food items and nutrition information
- Walk-in food distribution from 9am-3pm within the months of March, June, Sept, and Dec
- Picture ID required and paperwork will need to be filled out on site

*Commodity Supplemental Food Program*

- Provides eligible individuals with a wide variety of nutritious food items and nutrition information
- Food is distributed once a month and should provide 12-15 days of complete, balanced meals
- Parents with children under five years' old who do not qualify for the **Women's-Infants'-Children's (WIC) Nutrition Supplement** program or individuals age 60 and older are eligible for this service
- Income guidelines apply, call for more details
- Telephone to apply, walk-ins accepted
- Documents required: Proof of income, Residency, Birth date, Family size, Birth certificates/picture ID for all members in household
- Site hours: Mon-Thu 8:30am-4pm; Fri 8:30am-3pm

**Foss Avenue Baptist Church**

1159 East Foss Avenue, Flint, MI 48505; (810) 787-9019

<https://www.facebook.com/pages/Foss-Avenue-Baptist-Church-Pastor-Reginald-G-Flynn/279042685609764>

- Provides food pantry items and clothing for all
- Walk-in service: Tues 9:30am-11:30am
- Picture ID required

**Carriage Town Ministries**

605 Garland St, Flint, MI 48503; (810) 233-8787;

<http://www.carriagetown.org>

- Dinner served 365 days/year at 5:30pm to all
- Must be present by 5pm. Chapel service held from 5pm-5:30pm. Following service, a hot dinner will be provided
- Picture ID will be requested

**First Presbyterian Church - Flint**

746 S. Saginaw St, Flint, MI 48502; (810) 234-8673

<http://www.fpcf.org>

- Provides free hot breakfast Sunday's 8-8:45am
- Offers assistance with referrals or vouchers for food, clothing, personal care, household items
- Call Mon-Fri 8:30am-4:30pm for information regarding referrals and voucher process

**Community Help Centers**

Bethel United Methodist Church - 1309 N. Ballenger Hwy

Greater Holy Temple COGIC - 6702 N. Dort Highway

Asbury United Methodist Church - 1653 Davison Rd

- Provides one-stop resource centers including bottled water, food items, personal care items, nutritional services and physical and mental health services
- Walk-ins accepted at all locations: Mon, Tues, Thurs 10am-4:30pm, Wed 8am-2:30pm

**Genesee County Health Department**

G3373 S. Saginaw St, Burton, MI 48529; (810) 237-4537

<http://www.gchd.us>

*Fresh Project*

- Provides coupons to be used at the Flint Farmers Market to purchase Michigan-grown fresh fruit and vegetables (summer time only)
- Call Mon-Fri 8am-11am or 1pm-4pm for eligibility guidelines and to schedule an appointment

**Outreach of Holy Redeemer Roman Catholic Church**

1227 E. Bristol Road, Burton, MI 48529; (810) 743-8530

<http://www.holyredeemerburton.org>

- Provides a food pantry for those residing within the 48507 and 48529 zip codes
- Call and leave voicemail and await a return call
- Your call will be returned and you will be asked to complete an intake form/questions
- Staff will then provide you with a date and time that you may attend the food pantry

The RAHS community resource directory information is up-to-date to the best of our knowledge. Please call the agency/service to confirm this information, availability, and eligibility. **Please feel free to provide us feedback** on your personal experiences with any agency or service. Call RAHS at (810) 767-8383 or contact the Health Promotions Manager at [jgardonr@med.umich.edu](mailto:jgardonr@med.umich.edu).