

# Ingham County Food Resource Guide



**Ingham County**  
Health Department

## Introduction

The Ingham County Health Department developed this guide to assist individuals and families who need additional food resources. This guide will be updated every six months with a new edition.

If your organization would like to be included in this guide, or if you have corrections to the information in this guide, please contact:

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## Overview

Individuals and families affected by changes to their benefits and/or a higher cost of food can utilize this guide to help supplement food insecurities a household may be facing.

Individuals and families can still use their MIBridges account at [https://newmibridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US). Once logged in, they can select the “Explore Resources” tab to view resources or call 2-1-1 for quicker assistance.

WIC Program (Women, Infants & Children Supplemental Food Program) serves low and moderate-income pregnant, breastfeeding, and postpartum women, infants, and children up to the age of 5. WIC is a health and nutrition program that provides nutrition education, supplemental foods, breastfeeding promotion and support, and referrals to health care and other community resources. For more information please visit, <https://www.michigan.gov/mdhhs/assistance-programs/wic>

Double up Food Bucks provides dollar-for-dollar matching up to \$20 a day for fresh fruits and vegetables. For more information please visit <https://doubleupfoodbucks.org/>.

The Greater Lansing Food Bank provides up-to-date information on their website at <https://greaterlansingfoodbank.org/get-help>. They also provide email updates with information and monthly food distribution; you can sign up for this email newsletter on their website by filling out the ‘stay informed’ box on the left side of the page. The Greater Lansing Food Bank is where most community partners get their stock for food distribution and fill local pantries.

## Apply for Food Benefits

### **Internet Applicants**

Individuals who have internet access can log on to the State of Michigan MIBridges website to apply for benefits at [https://newmibridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US). When you click on login, you will be directed to MILogin. Your first time logging in the site will combine all of your State of Michigan accounts.

Individuals in need of translation services for application assistance can call the Food Bank Council of Michigan Assistance Helpline at 1-888-544-8773.

For assistance with lost, stolen, or damaged EBT (Bridge) cards, call 1-888-678-8914.

Replacement cards will be mailed within 3-5 business days. Once a new card is requested, the old card will no longer work. The new card does not need to be activated and you can keep the same PIN.

### **In-Person or Phone Applicants**

For additional assistance in person, individuals can walk into the ICHD Health & Resource Navigation team Monday - Friday from 8:30 AM – 4:00 PM at 5303 S Cedar St, Lansing MI 48911, Building 3, second floor. Individuals can also call the ICHD Health & Resource Navigation Team at (517) 887-4306.

Individuals needing emergency resources should contact United Way 2-1-1 Emergency Resource Lookup. Individuals and families in Clinton, Eaton, Ingham, and Shiawassee County will connect to Central Michigan 2-1-1 by dialing 2-1-1 or by calling 1-866-561-2500. This contact is available 24/7, 365 days a year.

## Food Distribution Sites

Food distribution sites have specific hours and days that food distribution is available. Individuals and families are not limited to one food distribution site or a specific frequency. Please note the date and times are listed for each site, these are subject to change.

### **Allen Neighborhood Center**

1629 E Kalamazoo St, Lansing MI 48912

<https://www.allenneighborhoodcenter.org/breadbasket>

**Food Distributed:** Produce, Bread, and Baked Goods

**When:** Every Monday

**Distribution Time:** 1 PM–4 PM

**Additional Information:** No Identification is required. Numbers will start being handed out at 9 AM, and individuals can leave. Individuals will need to return by 1 PM to claim their spot in line. If you are unable to come before 1 PM to get a ticket, please arrive closer to 2 PM to eliminate waiting for a long period.

### **City of Lansing Mobile Food Distribution**

Locations vary, please visit their website for locations

<https://www.lansingmi.gov/274/Food-Assistance>

**Food Distributed:** Fresh food and non-perishables

**When:** 3<sup>rd</sup> Saturday of each month

**Distribution Time:** 9 AM–11 AM (Time can vary depending on location)

**Additional Information:** This is a Drive-Through event; individuals are asked to stay in their vehicles, and volunteers will load food into the vehicle. Vehicle lineup begins at 7 AM, and registration generally begins 1 hour before distribution. Volunteers will walk to each vehicle to register. No ID is required to register.

### **Cristo Rey Community Center**

1717 High St, Lansing MI 48906

<https://catholiccharitiesiec.org/food-access-programs/>

**Food Distributed:** Bread Rack

**When:** Monday-Friday

**Distribution Time:** 8 AM-5 PM

**Additional Information:** Offers a limit of 2 loaves of bread to every household, 5 days a week. All are welcome, but you are asked to sign in before accessing bread.

### **Greater Lansing Mobile Food Distribution**

Locations vary, please visit their website, and at the bottom is a PDF for the current month.

<https://greaterlansingfoodbank.org/get-help/pantries>

**Food Distributed:** Fresh food and non-perishables

**When:** Dates vary, please visit the website for the PDF for the current month.

**Distribution Time:** Times vary, please visit the website for the PDF from the current month.

**Additional Information:** This is a Drive-Through event, individuals are asked to stay in their vehicles and volunteers will load food into the vehicle. Registration generally begins about 1 hour before the distribution time but vehicles can line up before then. No ID is required to register.



**Lansing Area AIDS Network**

913 W Holmes Rd, Suite 115, Lansing MI 48910

<https://www.laanonline.org/services/foodpantry/>

**Food Distributed:** Pantry site

**When:** 2<sup>ND</sup> & 4<sup>TH</sup> Thursday of the month

**Distribution Time:** Call 517-394-3560

**Additional Information:** Individual must be HIV positive and receiving services through the Ryan White Part B program and also receiving services at the agency or community partner.

**LMTS Community Outreach**

2645 W Holmes Rd, Lansing MI 48910

<https://www.lmtsoutreach.org/>

**Food Distributed:** Fresh Food Fridays

**When:** Every 3<sup>rd</sup> Friday

**Distribution Time:** 12 PM-2 PM

**Additional Information:** This is a Drive-Through event; individuals are asked to stay in their vehicles, and volunteers will load food into the vehicle. Registration generally begins about 1 hour before the distribution time, but vehicles can line up before then. No ID is required to register.

**Northwest Initiative**

510 W Ottawa St, Lansing MI 48933

2<sup>nd</sup> floor

[NorthWest Initiative: Home](#)

**Food Distributed:** Produce, Dairy, and Bread

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month

**Distribution Time:** 12 PM–2 PM

**Additional Information:** The Site allows only one box per household. ID is not required to register, but they will ask for personal contact information so that individuals receive notices about other services offered

**Olivet Baptist Church**

5455 W Willoughby Rd, Lansing MI 48911

[Reaching Our Community - Olivet Baptist Church](#)

**Food Distributed:** Fresh Foods and Non-perishables

**When:** 2<sup>nd</sup> Saturday of the month

**Distribution Time:** 11 AM–12 PM

**Additional Information:** Must be a resident of 48910 or 48911 for distribution. You will need to provide your ID to prove residency. Doors open at 10 am, seating and coffee are available. Please bring bags, boxes, or other items to carry food.

**Pagans in Need**

809 Center St, STE 7

Lansing MI 48906

<https://pagansinneed.org/service-request>

**Food Distributed:** Healthy food

**When:** Every Sunday

**Distribution Time:** 9 AM-12 PM

Additional Information: Clients have the option to go to the website and fill out a service request form instead of going in-person on the distribution days.

**The Salvation Army – Capital Area Distribution Center**

3305 S Pennsylvania Ave, Lansing MI 48910

<https://centralusa.salvationarmy.org/Lansing/cure-hunger/>

**Food Distributed:** Produce

**When:** Every Wednesday

**Distribution Time:** 12 PM

**Additional Information:** You must have a valid ID and proof of residency for Ingham County

**The Salvation Army – Capital Area Distribution Center**

135 S Washington Ave, Charlotte MI 48813

<https://centralusa.salvationarmy.org/Lansing/cure-hunger/>

**Food Distributed:** Produce

**When:** 2<sup>ND</sup> & 4<sup>TH</sup> Thursday

**Distribution Time:** 11 AM

**Additional Information:** You must have a valid ID and proof of residency from Eaton County

**The Salvation Army – Capital Area Distribution Center**

512 S US 127, St Johns MI 48879

<https://centralusa.salvationarmy.org/Lansing/cure-hunger/>

**Food Distributed:** Produce

**When:** 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Thursday

**Distribution Time:** 12 PM

**Additional Information:** You must have a valid ID and proof of residency for Clinton County

**University Lutheran Church**

1020 S Harrison Rd, East Lansing MI 48823

<https://www.ulcel.org/food-movers.html>

**Food Distributed:** Fresh Foods and Non-perishables

**When:** 4<sup>th</sup> Thursday of the month

**Distribution Time:** 3:30 PM–5:00 PM

**Additional Information:** This is a Drive-Through event, individuals are asked to stay in their vehicles and volunteers will load food into the vehicle. Walkers & bicyclists are welcome, please do not get in line with vehicles. Go Directly to the food islands to be registered and receive food. The site asks that individuals not start to line up before 2:30 PM. No more than 3 families per vehicle. ID is not required to register. *Homebound individuals can email Clarke Anderson at [ULCFoodMovers@gmail.com](mailto:ULCFoodMovers@gmail.com) or call (517) 332-2559. For home-delivered food please call early in the month, no later than the Monday before distribution for the month.*

## Food Pantries

This is a quick reference by zip code, this does not limit an individual to the closest zip code. Pantries may require pre-registration and/or appointments. Please contact them ahead of time to verify. A current Michigan ID and address verification such as a utility bill are often required.

### Food Pantries by Zip Code

48819

- **Dansville Clothing and Food Bank**  
1361 East Mason St, Dansville MI 48819  
(517) 623-0392

48823

- **Saint Paul Lutheran Church**  
3383 East Lake Lansing Road, East Lansing MI 48823  
(517) 351-8541
- **Saint John Food Cupboard/ St John Student Parish**  
327 M.A.C. Ave, East Lansing MI 48823  
(517) 337-9778

48824

- **MSU Student Pantry & Produce Distribution**  
463 E Circle Dr, Room 151 (Olin Health Center), East Lansing MI 48824  
<https://foodbank.msu.edu/distribution/index.html>  
\*\*Must be an MSU student

48840

- **Haslett Community Church**  
1427 Haslett Rd, Haslett MI 48840  
(517) 339-8383 Ext. 15

48842

- **Holt Community Food Bank**  
2021 N Aurelius Rd, Holt MI 48842  
(517) 694-9307

48854

- **Mason Food Bank**  
118 W Oak St, Suite 101, Mason MI 48854  
(517) 676-2563  
Hours for Food Pick-up:  
**Tuesday**  
**4:00pm - 6:00pm**  
**Thursday**  
**10:00am - 12:00pm**

\*\*First-time clients must call for an appointment before coming in. Client must be a Mason resident.



48864

- **Okemos Community Church**  
4734 Okemos Rd, Okemos MI 48864  
(517) 349-4220

48895

- **Williamston Food Bank**  
202 School St, Williamston MI 48895  
(517) 655-3813 OR (517) 996-2246  
[www.williamstonfoodbank.org/hours-of-operation.html](http://www.williamstonfoodbank.org/hours-of-operation.html)
- **Williamston United Methodist Church**  
211 S Putnam St., Williamston MI 48895  
(517) 655-2430

48906

- **All Nations Christian Church Food Pantry**  
1205 E Saginaw St, Lansing MI 48906  
(517) 371-2222
- **Cristo Rey Community Center**  
1717 N High St, Lansing MI 48906  
(517) 372-4700 Ext. 249
- **Society of St Vincent DePaul – Saint Therese**  
102 W Randolph St, Lansing MI 48906  
(517) 482-0765

48910

- **Breadhouse Community Outreach**  
1518 S Washington Ave, Lansing MI 48910  
(517) 775-0318
- **Christ Temple Church**  
1033 Lenore St, Lansing MI 48910  
(517) 484-6934 or submit online request at [www.ctclansing.org](http://www.ctclansing.org)  
\*\*Non-perishables provided every 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month
- **LMTS Outreach**  
1122 W Holmes Rd Suite 3, Lansing MI 48910  
<https://www.lmtsoutreach.org/services>  
(517) 253-0302  
\*\*Walk-in hours Monday-Wednesday from 10 AM-2 PM & 4 PM-7 PM
- **Our Savior Lutheran Food Bank**  
1515 W Holmes Rd, Lansing MI 48910  
(517) 882-7750
- **South Lansing Ministries**  
1905 W Mt Hope Ave, Lansing MI 48910  
(517) 853-8073

48911

- **Lansing Church of God in Christ**  
5304 Wise Rd, Lansing MI 48911  
(517) 882-2335

- **Pagans in Need**  
5655 S Washington Ave, Lansing MI 48911  
<https://pagansinneed.org/service-request/>  
(517) 258-4575  
\*\*Use the website to submit a request for an appointment.
- **Ray of Hope Food Pantry**  
6228 Bishop Rd, Lansing MI 48911  
(517) 887-2717

48912

- **Allen Neighborhood Center- Bread Distribution**  
1611 E Kalamazoo St, Lansing MI 48912  
(517) 367-2468
- **Eastside Community Action Center**  
1001 Dakin St, Lansing MI 48912  
(517) 853-0414
- **Salvation Army North Corps**  
525 N Pennsylvania Ave, Lansing MI 48912  
(517) 484-4424

48915

- **Northwest Lutheran Food Pantry**  
(Grace Lutheran Church)  
528 N MLK Blvd, Lansing MI 48915  
(517) 853-0453

48917

- **Calvary Christian Fellowship of Lansing**  
5324 Millett Hwy, Lansing MI 48917  
<https://www.cclansing.com/services/>  
(517) 372-9673  
\*\*1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 12 PM-1:30 PM, individuals can get a bowl of soup and a bag of groceries
- **Lansing Seventh Day Adventist Community Service Center**  
5400 W St. Joseph Hwy, Lansing MI 48917  
(517) 321-8238

48933

- **First Presbyterian Church Lansing**  
510 W Ottawa St, Lansing MI 48933  
(517) 574-5124

49251

- **Leslie Community Outreach**  
210 East Bellevue St, Leslie MI 49251  
(517) 589-5814

49259

- **Stockbridge Community Outreach – Fresh Food Initiative**

(Jeruel Baptist Church)

11440 Plum Orchard Rd, Munith MI 49259

(517) 851-7285

**\*\*2<sup>nd</sup> Monday of every month, ANYONE IN NEED OF FOOD, REGARDLESS OF ADDRESS OR INCOME**

49285

- **Stockbridge Community Outreach**

(Stockbridge Activity Center)

305 W Elizabeth Room 120, Stockbridge MI 49285

(517) 851-7285

**\*\*Every Wednesday at 1:00 pm - 3:00 pm**

## Greater Lansing Food Bank Home Delivery Program

This program is for individuals and families who do not have access to transportation or are disabled. Signing up will allow distribution once a month for emergency food. Please allow roughly 2-4 weeks from the time of application until delivery can begin.

### Program Information and Qualifications:

- You do not need to be home to receive food.
- Food and delivery are both free of charge
- You must show need in the eligibility requirements (See chart below)
- Live within a 10-mile radius of designated hubs.

<b>TEFAP Income Eligibility</b>			
Household Size	Annual	Monthly	Weekly
1	\$45,180	\$3,765	\$869
2	\$61,320	\$5,110	\$1,179
3	\$77,460	\$6,455	\$1,490
4	\$93,600	\$7,800	\$1,800
5	\$109,740	\$9,145	\$2,110
6	\$125,880	\$10,490	\$2,420
Additional Individuals	\$16,140	\$1,345	\$310

### Current Designated Home Food Delivery Hubs:

- **Greater Lansing Food Bank**  
5600 Food Court  
Bath, MI 48808
- **LMTS Outreach**  
1122 W Holmes Rd. Suite 3  
Lansing, MI 48910
- **Shiawassee Catholic Charities – Owosso**  
1480 M-52  
Owosso, MI 48867

To find out if you qualify for GLFB's home Food Connect program, please visit their website at <https://greaterlansingfoodbank.org/get-help/home-delivery>. Fill out the application to sign up if you meet eligibility.

## Tiny Food Pantries

Tiny food pantries are filled with food from community members, there is no guarantee what food will be available at each site. This is a quick reference by zip code, this list may not be inclusive of all tiny food pantries.

Link to see locations on Google Maps:

[https://www.google.com/maps/d/u/0/viewer?mid=1zkc\\_WTqYTRzph0WMq7MJLi\\_NIfyopBsR&fbclid=IwAR3MgFtquPtoDnenGMoe78iYI9ISwrxob\\_ITJ200-JtH2HfTfzw3cxS1LDA&ll=43.04616245024078%2C-84.29283555&z=7](https://www.google.com/maps/d/u/0/viewer?mid=1zkc_WTqYTRzph0WMq7MJLi_NIfyopBsR&fbclid=IwAR3MgFtquPtoDnenGMoe78iYI9ISwrxob_ITJ200-JtH2HfTfzw3cxS1LDA&ll=43.04616245024078%2C-84.29283555&z=7)

### **Tiny Food Pantries by Zip Code:**

48808

- 14283 Webster Rd, Bath Twp MI (Across from Pleasant Hill Cemetery)

48813

- 634 W Lawrence Ave, Charlotte MI (Located at A Clean Cigarette store)
- 530 Beech St, Charlotte MI (Blue Cross Complete of Michigan Community pantry project)
- 4012 Marshall Rd, Charlotte MI (Located at Five Corners Church)
- 201 W Shepherd, Charlotte MI (Located at St. John's Episcopal Church)

48823

- 950 Abbot Rd, East Lansing MI (Located at the East Lansing Public Library)

48827

- 201 Grand St, Eaton Rapids MI (Located at the Eaton Rapids Senior Center)
- 635 State St, Eaton Rapids MI (Located at the historic Miller Farms)
- 131 S Main St, Eaton Rapids MI (Located in front of Laura Delong Realty)

48837

- 227 W Jefferson St, Grand Ledge MI (Located on the Corner of Adams and Jefferson)

48840

- 1473 Haslett Rd, Haslett MI (Located at the petite boutique)

48842

- 4025 Holt Rd, Holt MI (Located at the hometown team of Laura Delong Realty)

48854

- 201 E Ash St, Mason MI (Located in front of Mason First United Methodist Church)

48876

- 319 N Nelson St, Potterville MI (Located outside of Potterville city hall)

48906

- 3827 Delta River Dr, Lansing MI (Located at the First Methodist Church)
- 16937 Old U.S. 27, Lansing MI 48906

48910

- 3222 S Martin Luther King Jr Blvd, Lansing MI (Located at "All Washed Up" laundromat)
- 4303 S Martin Luther King Jr Blvd, Lansing MI (Located at Kingdom Life Church)
- 800 W Barnes Ave, Lansing MI (Located at St Casimir School)
- 4020 S Cedar St, Lansing MI (Located at State Farm Insurance)
- 1107 S Washington Ave, Lansing MI (Good Truckin' Diner)

48911

- 5509 S Pennsylvania Ave, Lansing MI (Located at the Unitarian Church)
- 5455 W Willoughby Rd, Lansing MI (Located at Olivet Baptist Church)
- 1500 Old Mill Lane, Lansing MI (Located in Mill Pond Village)
- 2227 W Miller Rd, Lansing MI (Located at the corner of Miller Rd and M99)

48912

- 2200 Lake Lansing Rd, Lansing MI (Located at Asbury United Methodist Church)
- 1210 W Michigan Ave, Lansing MI (Elnora's Blessing Box)
- 601 N. Larch St. Lansing MI (Near City Rescue Outreach)
- 1918 E Michigan Ave, Lansing MI (LaFave Smiths Law Office)

48915

- 1210 W Michigan Ave, Lansing MI (Near Sexton High School)



## Meal Sites

### **Advent House Ministries**

743 N MLK Blvd, Lansing MI 48915

(517) 485-4722

**Meal(s) Served:** Monday-Friday 9 AM-5 PM brown bag lunch; Saturday & Sunday Breakfast served 7 AM, Lunch served 11 AM, and Dinner served 3 PM.

**Additional Information:** This site is a Day Center, individuals can spend the whole day at the center on the weekend.

### **Christ Temple Church**

1033 Lenore St, Lansing MI 48910

[www.ctclansing.org](http://www.ctclansing.org)

(517) 484-0578

**Meal(s) Served:** 1<sup>st</sup> Friday of the month from 12 PM-2 PM

### **City Rescue Mission**

**415 W. Kalamazoo, Lansing MI 48933**

<https://bearescuer.org>

(517) 485-0145

**Meal(s) Served:** Dinner sign-in happens before 6:00pm

**Additional Information:** ID is required, meal is served after chapel

### **Cristo Rey Community Center**

1717 N High St, Lansing MI 48906

<https://catholiccharitiesiec.org/food-access-programs/>

(517) 372-4700 Ext 249

**Meal(s) Served:** Monday – Friday Breakfast served from 9 AM-10:30 AM, Lunch served from 11:30 AM-1 PM

### **Immaculate Heart of Mary**

3815 S Cedar St, Lansing MI 48910

<https://www.ihmlansing.org/parish-life-ministries>

(517) 393-3030 Ext 208

**Meal(s) Served:** 3<sup>rd</sup> Sunday of the month in the Parish Family Center. The entrance is on the south side of the building and marked Parish Family Center. No meals are served if the 3<sup>rd</sup> Sunday falls on a holiday.

### **LMTS Community Outreach**

(Tabernacle of David Church)

2645 W Holmes Rd, Lansing MI 48911

<https://www.lmtsoutreach.org/services>

(517) 882-6866

**Meal(s) Served:** 4<sup>th</sup> Saturday of the month from 12 PM-2 PM. Lunch served in Tabernacle of David gym.

**New Hope Community Center**

430 N Larch St, Lansing MI 48912

[Homeless Services Lansing | Michigan Shelter and Community Care](#)

**Meal(s) Served:** Monday-Friday, Breakfast served from 8:30AM-9 AM, Dinner served from 4:30 PM-5:30 PM.

**Additional Information:** This site is also a Day Center Monday-Friday, 8 AM-5 PM

**St. Luke Lutheran Church**

122 S Pennsylvania Ave, Lansing, MI 48912

[St. Luke Lutheran Church - MI - Serve](#)

**Meal(s) Served:** Saturdays from 10:00AM-1:30PM

**Additional Information:** Meals are served inside, and take-out is available.

**Salvation Army North**

525 N Pennsylvania Ave, Lansing MI 48912

<https://centralusa.salvationarmy.org/Lansing/cure-hunger/>

(517) 482-9715

**Meal(s) Served:** Tuesday, Wednesday, Friday, and Saturday at 12 PM

**Additional Information:** Meals are served while supplies last. Saturday sack lunches are distributed at noon.

**Southside Community Kitchen at Galilee Baptist Church**

2511 Reo Rd, Lansing MI 48911

<http://www.southsidecommunitykitchen.org/meals.html>

(517) 944-1805

**Meal(s) Served:** Tuesday & Thursday from 11:30AM–12:15 PM

**Additional Information:** No meals served that day if Lansing School District is closed

**Southside Community Kitchen at Unitarian Universalist Church of Greater Lansing**

5509 S Pennsylvania Ave, Lansing MI 48911

<http://www.southsidecommunitykitchen.org/meals.html>

(517) 944-1805

**Meal(s) Served:** Monday & Wednesday from 11:30AM-12:15 PM

**Additional Information:** No meals served that day if Lansing School District is closed

## WIC Program

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federal assistance program of the Food and Nutrition Services of the United States Department of Agriculture and is administered by the Michigan Department of Health and Human Services. The Michigan WIC program operates through the local health departments and non-profit organizations in all 83 Michigan counties, to serve low- and moderate-income women, infants, and children at nutritional risk. WIC also provides nutrition education, breastfeeding support, and referrals for additional resources. To find out more information please visit Michigan WIC at [www.Michigan.gov/WIC](http://www.Michigan.gov/WIC)

### Who Can Get WIC?

- Women:
  - Pregnant (and up to six weeks after infant's birth or end of pregnancy)
  - Breastfeeding (up to the infant's first birthday)
  - Post-partum (up to six months after infant's birth or end of pregnancy)
- Infants:
  - Birth to their first birthday
- Children:
  - One year of age to their fifth birthday

### WIC Income Guidelines 2024-2025

<b>Household Size</b>	<b>Weekly</b>	<b>Bi-Weekly</b>	<b>Monthly</b>	<b>Annual</b>
1	\$536	\$1,072	\$2,322	\$27,861
2	\$728	\$1,455	\$3,152	\$37,814
3	\$919	\$1,838	\$3,981	\$47,767
4	\$1,110	\$2,220	\$4,810	\$57,720
5	\$1,302	\$2,603	\$5,640	\$67,673
6	\$1,493	\$2,986	\$6,469	\$77,626
7	\$1,685	\$3,369	\$7,299	\$87,579
8	\$1,876	\$3,752	\$8,128	\$97,532
Each Add'l member	+ \$192	+ \$383	+ \$830	+ \$9,953

### WIC foods may be purchased using electronic benefits at many stores.

- Women and children may receive milk, cheese, yogurt, eggs, soy beverages, juices, hot and cold cereals, peanut butter, fresh fruits and vegetables, brown rice, whole wheat/whole grain bread, buns, pasta, soft corn and whole wheat tortillas, canned or dry beans, peas and lentils. Breastfeeding women may also receive canned fish.
- Infants partially breastfed or non-breastfed may receive infant formula.
- Infants 6 months old may receive cereals, fruits, vegetables, and meats.
- Women, infants, and children with qualifying medical conditions may receive special formulas.

## **Benefits of WIC**

- Reduces fetal deaths and infant mortality
- Reduces low birthweight rates and increases the duration of pregnancy.
- Improves growth of nutritionally at-risk infants and children and intellectual development of children.
- Decreases incidence of iron deficiency anemia in children.
- Improves dietary intake in pregnant and post-partum women and appropriate weight gain in pregnant women.
- Helps pregnant women receive prenatal care earlier.
- Helps children have more up to date immunizations.

## **WIC Produce Connection (previously WIC Project Fresh)**

This program is a summer program to promote locally grown fruits and vegetables from farmers, farmer markets, and authorized roadside stands in Michigan. Foods that can be purchased are unprepared fruits and vegetables grown in Michigan.

New changes to the program for 2024

- Instead of paper coupons, participants will have their benefits loaded directly onto their WIC Electronic Benefit Transfer(EBT) cards.
- Authorized growers, or framers, rather than farmers markets, will be te primary providers of fresh produce to allow for more direct interaction between participants and growers.
- The expiration date for WIC produce connection benefits has been extended from October 31<sup>st</sup> to November 30<sup>th</sup>.

## Double Up Food Bucks

### Summer Program

When you use your EBT/Bridge Card, Double Up matches your fruit and vegetable purchases dollar for dollar, up to \$20 a day. To be eligible, individuals must shop at an approved Double Up Food Bucks vendor.

### Approved Farmers Markets

[Find A Double Food Bucks Location in MI | DUFB Michigan](#)

#### Clinton County Approved Vendors

- **Bath Farmers Market**  
13751 Main St, Bath MI 48808  
<https://www.shopbfm.org/location-2/>  
(517) 809-4433  
**Day(s) Open:** Thursday from 3 PM–7 PM  
**Additional Information:** Summer Market runs from the last Thursday in May through the last Thursday in October from 3:30 PM-6:30 PM
- **Downtown DeWitt Farmers Market**  
414 Main St, DeWitt MI 48820  
<https://dda.dewittmi.gov/farmers-market/>  
(517) 624-0285  
**Day(s) Open:** Tuesday from 4 PM-7 PM  
**Additional Information:** The market is open from June 3<sup>rd</sup> through October 7<sup>th</sup>

#### Eaton County Approved Vendors

- **Dimondale Farmers Market**  
136 N Bridge St, Dimondale MI 48821 (in Village Square)  
(517) 646-0230  
**Day(s) Open:** Thursday from 3 PM-7 PM, June through September

#### Ingham County Approved Vendors

- **Allen Farmers Market**  
1629 E Kalamazoo St, Lansing MI 48912  
<https://www.allenneighborhoodcenter.org/allen-farmers-market>  
(517) 999-3911  
**Day(s) Open:** Wednesdays from 3 PM-6:30 PM  
**Additional Information:** Open year-round
- **East Lansing Farmers Market**  
280 Valley Court, East Lansing MI 48823  
<https://www.cityofeastlansing.com/farmersmarket>  
(517) 319-6888  
**Day(s) Open:** Sundays from 10 AM-2 PM  
**Additional Information:** The market is open from the beginning of June 1<sup>st</sup> through October 26<sup>th</sup>

- **Eastern Ingham Farmers Market**  
228 N Putnam St, Williamston MI 48895  
<https://www.easterninghamfarmersmarket.org/>  
(517) 525-5293  
**Day(s) Open:** Sunday from 10 AM-2 PM  
**Additional Information:** The market is open from mid-May through mid-October
- **Farmers Market at the Capitol**  
Downtown Lansing at the corner of N Capitol Ave and W Michigan Ave  
<https://mifma.org/for-shoppers/farmers-markets-at-the-capitol/>  
(517) 432-3381  
**Day(s) Open:** Once a month on specified Tuesdays from 9 AM-2 PM  
**Additional Information:** July 22<sup>rd</sup>, August 26<sup>th</sup>, and September 23<sup>th</sup>
- **Holt Farmers Market**  
2150 Cedar Street, Holt MI 48842  
<https://holtfarmersmarket.org/>  
(517) 268-0024  
**Day(s) Open:** Saturdays from 9 AM-2 PM  
**Additional Information:** The market is open year-round.
- **Meridian Township Farmers Market**  
1995 Central Park Dr, Okemos MI 48840  
<https://www.meridian.mi.us/community/explore-meridian/meridian-farmers-market>  
(517) 712-2395  
**Day(s) Open:** Wednesday from 3 PM-7 PM June 4<sup>th</sup> through October and Saturday from 8 AM-2 PM May through October  
**Additional Information:** Outdoor pavilion just north of the Meridian Mall.
- **Northwest Initiative Mobile Farmers Market ( Lansing Mobile Farmers Market)**  
Various Locations  
(517) 999-2894  
**Days(s) Open:** Tuesday & Thursday please visit <https://www.facebook.com/nwlansing/>  
**Additional Information:** Mobile farmers market runs from July - October.
- **South Lansing Farmers Market**  
5016 S Martin Luther King Jr Blvd, Lansing MI 48910 (Feeder's Pet Supply parking lot)  
<http://www.southlansing.org/>  
(517) 374-5700  
**Day(s) Open:** Thursday from 3 PM-7 PM  
**Additional Information:** Market runs from May 15<sup>th</sup> – October 23<sup>rd</sup>



## **Approved Grocery Stores**

### **Eaton County Approved Vendors**

- **Town & Country Supermarket**

205 E Capital Ave, Bellevue MI 49194

(269) 763-9374

**Hours:** Monday - Saturday 7 AM-10 PM, and Sunday from 8 AM-10 PM

### **Ingham County Approved Vendors**

- **Great Giant – Lansing**

3222 S Martin Luther King Jr Blvd, Lansing MI 48910

(517) 657-7755

**Hours:** Monday - Saturday 8 AM–8 PM, and Sunday from 8 AM–7 PM

## School Meal Programs

### **Meet up and Eat Up Summer Food Service Program**

Visit [www.michigan.gov/MeetUpEatUp](http://www.michigan.gov/MeetUpEatUp) or text “Food” to 877-877 to find a site near you.

This program was created to ensure that children in lower-income areas could continue to receive nutritious meals during long school vacations when they do not have access to the National School Lunch or School Breakfast Programs.

### **No Kid Hungry Program**

Visit [www.nokidhungry.org](http://www.nokidhungry.org) or text “FOOD” to 304-304 to find a site near you.

This program offers a free meal finder, school meals, and family meals so that no child goes hungry.

### **Weekend Survival Kits**

This program provides weekend food kits to children so that the nutritional needs of children during non-school hours in the evening and on weekends. This helps to ensure children remain nourished without a parent or guardian being faced with the choice between feeding the family or paying bills. This program is now handled by the Greater Lansing Food Bank. You can view more information at the following link <https://greaterlansingfoodbank.org/get-help/weekend-kits>. To sign up for the Weekend Survival Kits, please reach out to your school administration. If the school does not participate you can call 517-908-3693 and speak with someone. You can also visit the Capital Area District Libraries downtown branch, foster branch, and south Lansing branch for kits. Delivery dates are every other Thursday, with minor exceptions during winter break when kits are delivered earlier.

## Senior (60+ years) Food Resources

### **Commodity Supplemental Food Program (CSFP) Monthly**

Greater Lansing Food Bank

<https://greaterlansingfoodbank.org/get-help/senior-programs>

(517) 853-7816 or email [CSFP@GLFoodbank.org](mailto:CSFP@GLFoodbank.org)

**Who:** Adults who are income-eligible and at least 60 years of age.

**What:** The program provides food packages that are distributed monthly to supplement their nutritional needs. Food packages include a combination of fruits, juice, vegetables, cheese, milk, meat, poultry, fish, cereals, pasta, rice, and plant-based proteins. To pick up your box you will need some form of identification.

### **Meals on Wheels/Tri-County Office on Aging**

<https://www.tcoa.org/nutrition/meals-on-wheels/>

5303 S Cedar St Building 1, Lansing MI 48911

(888) 224-3030

**Who:** Adults 60 years or older and their spouse or partner regardless of age

**What:** Provides a hot, well-balanced meal delivered daily by friendly volunteers. Individuals have the choice to receive meals daily or once-a-week delivery of frozen meals. Frozen meals are available on weekends. Some special dietary needs may be accommodated upon request. **Fees:** Payment is not required, but donations are welcome.

### **Senior Dine Card/Tri-County Office on Aging**

<https://www.tcoa.org/nutrition/senior-dine-card/>

(517) 887-1393 (Tasha Stetler)

**Who:** Adults over 60 years of age who meet income guidelines and may be at nutritional risk or are seldom with family or friends. Each person is assessed individually at a convenient location.

**What:** Diners receive vouchers that are accepted as payment for a meal from a specialized menu designed to meet the dietary needs of senior citizens.

**Additional Information:** Eaton County is the only county that has sites to use the Dine Card. Currently, there are no Clinton or Ingham County locations.

### **Senior Market Fresh Coupons/Tri-County Office on Aging**

5303 S Cedar St Building 1, Lansing MI 48911

(517) 887-1393

**Who:** Ingham County income-eligible adults over 60 years of age receive a specified dollar amount to utilize during the market season.

**Additional Information:** The season starts between May and June. The vouchers can be used for fresh food. Seniors who utilize this program and use their full voucher amount are welcome to call back and see if there are additional vouchers available for Ingham County. Adults over 60 years of age in surrounding counties can call the office number in their county.

### **Senior Proxy Project/Tri-County Office on Aging**

5303 S Cedar St Building 1, Lansing MI 48911

(517) 887-1425

**Who:** Income-eligible adults over 60 years of age who have difficulty leaving their homes to enroll in two different commodities programs (TEFAP and CSFP).

**What:** The programs have monthly boxes of food delivered to the individual's home. The program also offers participants the option of signing up to receive fresh produce delivered monthly along with their CSFP boxes.

### **Senior Dining Program/Tri-County Office on Aging**

<https://www.tcoa.org/nutrition/senior-dining-sites/>

5303 S Cedar St Building 1, Lansing MI 48911

(517) 887-1393

**Who:** Adults who are age 60 years and over along with their spouse or partners regardless of age.

**What:** The program typically provides hot, well-balanced meals at multiple locations. Participants enjoy good company and wholesome food as well as educational and entertaining activities.

**Additional Information:** Dining sites are located throughout Clinton, Eaton, and Ingham Counties.. Some locations may require participants to wear a mask when not seated. Meals can be ordered to-go at any location. **Make sure to call the site you wish to visit 1 day in advance to reserve a meal.**

### **Clinton County Dining Sites**

- **Senior Center**  
201 E Walker, St. Johns MI 48879  
(989) 224-4257  
**When:** Tuesday & Friday at 12 PM
- **United Church of Ovid**  
131 Front St, Ovid MI 48866  
(517) 887-1393  
**When:** Tuesday & Thursday at 12 PM

### **Eaton County Dining Sites**

- **Delta 39er's**  
4538 Elizabeth Rd., Lansing, MI 48917  
  
517-484-5600  
  
**When:** Mondays, Wednesdays, Fridays at 12:00 Noon

## **Ingham County Dining Sites**

- **Alfreda Schmidt South Side Community Center**  
5828 Wise Rd, Lansing MI 48911  
(517) 483-6688  
**When:** Monday – Friday at 12 PM
- **Colonial Woods Apartments**  
2001 W Mt Hope Ave, Lansing MI 48910  
(517) 887-1393  
**When:** Monday, Thursday, and Friday at 12 PM
- **East Glen Apartments**  
1801 N Hagadorn Rd, East Lansing MI 48823  
(517) 887-1393  
**When:** Monday – Friday at 12:30 PM
- **Friendship Manor Apartments**  
200 Friendship Circle, Lansing MI 48912  
(517) 887-1393  
**When:** Monday – Friday at 4:30 PM
- **Grange Acres**  
6101 Marsh Rd, Haslett MI 48840  
(517) 887-1393  
**When:** Monday, Wednesday, and Friday at 12 PM
- **Jefferson Square Apartments**  
500 S Jefferson St, Mason MI 48854  
(517) 887-1393  
**When:** Monday, Thursday, and Friday at 12 PM
- **Letts Community Center**  
1220 W Kalamazoo St, Lansing MI 48915  
(517) 887-1393  
**When:** Monday – Friday at 12 PM
- **Sam Corey Building**  
2108 Cedar St, Holt MI 48842  
(517) 268-0096  
**When:** Wednesday at 12 PM
- **South Brook Villa Apartments**  
457 E Edgewood Blvd, Lansing MI 48911  
(517) 882-1210  
**When:** Monday – Friday at 12 PM

- **Stockbridge Senior Center**  
219 E Elm St, Stockbridge MI 49285  
(517) 480-0353  
**When:** Tuesday – Thursday at 12 PM
  
- **Williamston**  
500 Williamston Center Rd, Williamston MI 48895  
(517) 655-5173  
**When:** Tuesday – Thursday at 12 PM



**\*\*To qualify for Carry-Out Meals a person must be:**

- At least 60 years old.
- The spouse or partner of an eligible individual.
- Unable or choose not to attend a Senior Dining Site.
- Willing to complete the registration form.

**Clinton County Carry Out Sites**

- **Clinton County Senior Center**  
201 East Walker St.  
St. Johns, MI 48879
- **United Church Of Ovid**  
131 W Front St, Ovid, MI 48866

**Eaton County Carry Out Sites**

- **Lawrence Avenue United Methodist Church**  
210 E Lawrence Ave, Charlotte, MI 48813
- **Grand Ledge City Hall**  
310 Greenwood St, Grand Ledge, MI 48837

**Ingham County Carry Out Sites**

- **TCOF Central Kitchen**  
5303 S. Cedar St, Lansing, MI 48911  
Building 1
- **Meridian Senior Center**  
4000 Okemos Rd, Okemos, MI 48864  
(Located in the Chippewa Middle School)

## Summer Community Gardens

Community Gardens are gardens around the city where individuals and families can grow healthy fresh food during warmer months. Some gardens are considered private as they are only for use in the apartment complexes or schools they are near. Listed below are the public gardens that you can grow your garden at. Registration for Community Gardens begins March 1 and you must be registered by April 1<sup>st</sup>. If you wish to see a complete list you can visit the Greater Lansing Food Bank website and click on Garden Project or click the link <https://greaterlansingfoodbank.org/get-help/garden-project/community-gardens>

- **123 Angel Garden**  
123 Garden St, Lansing MI 48910  
(517) 574-6515  
**Additional Information:** No plot or water fees. Pesticide-free zone
- **Airport Community Garden**  
2027 W State Rd, Lansing MI 48906  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Armory Community Garden**  
501 Marshall St, Lansing MI 48912  
(517) 853-7809  
**Additional Information:** There is a \$5.00 water fee per plot.
- **Briarwood Community Garden**  
2150 Fox Hollow Dr, Okemos MI 48864  
**Additional Information:** There is a plot fee of \$25.00 for a large 25'x30' or \$13.00 for a small 25'x15'. Please contact Jean Zwier at [jean.zwier@briarwoodhoa.org](mailto:jean.zwier@briarwoodhoa.org) or Michelle Szidik at [mszidik@icloud.com](mailto:mszidik@icloud.com).
- **Clifford Park Community Garden**  
550 E Mt Hope Ave, Lansing MI 48910  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org) Plots are first come, first serve. Plots are “rented” for a nominal fee.
- **Delta Community Garden**  
6100 W Michigan Ave, Lansing MI 48917  
(517) 321-3569  
**Additional Information:** Plots are 3ft x 8ft

- **Der Happy Hallow Garden**  
1084 S Hagadorn Rd, Mason MI 48854  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Eastminster Presbyterian Church Garden**  
1315 Abbott Rd, East Lansing MI 48823  
**Additional Information:** No plot or water fees. Please email [jeff.bev@sbcglobal.net](mailto:jeff.bev@sbcglobal.net) to register for a plot.
- **Eastside Community Action Center (ECAC) Community Garden**  
1001 Dakin St. Lansing, MI 48912  
**Additional Information:** Please email [ecacclansing@gmail.com](mailto:ecacclansing@gmail.com) if you are interested.
- **ELF Community Garden**  
804 Clyde St, Lansing MI 48915  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Endeavor House Community Garden**  
3830 S Waverly Rd, Lansing MI 48911  
**Additional Information:** Please email [mike4546@comcast.net](mailto:mike4546@comcast.net) if you are interested.
- **Feed My Sheep Garden at South Lansing Church of Nazarene**  
401 W Holmes Rd, Lansing MI 48910  
**Additional Information:** Please email [kbeneckem@gmail.com](mailto:kbeneckem@gmail.com) to register for a plot.
- **First Presbyterian Community Garden**  
510 W Ottawa St, Lansing MI 48933  
**Additional Information:** Please email Erin at [epaskus@lansingfirstpres.org](mailto:epaskus@lansingfirstpres.org) to register for a plot.
- **Foster Community Garden**  
2325 Marcus St, Lansing MI 48912  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Garden of Grace**  
1905 W Mt Hope Ave, Lansing MI 48910 – Next to Grace United Methodist Church  
(517) 927-6890  
**Additional Information:** Individuals can call or email Michelle at [taylormichelle1957@gmail.com](mailto:taylormichelle1957@gmail.com) or call Kelly at 517-927-6890 to register.

- **God's Glory Community Garden St. Luke**  
5589 Van Atta Rd, Haslett MI 48840  
**Additional Information:** Individuals can email Jude at [judeabarry@gmail.com](mailto:judeabarry@gmail.com) to register.
- **Grace Lutheran Church Community Garden**  
528 N Martin Luther King Jr Blvd, Lansing MI 48915  
(517) 372-5830  
**Additional Information:** Individuals can contact Grace Lutheran Church directly to register.
- **Hill Community Garden**  
5815 Wise Road, Lansing MI 48911  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Holmes Street Community Garden**  
907 S Holmes St, Lansing MI 48912  
**Additional Information:** Individuals can email Mary Beth at [marybethvanhorn@att.net](mailto:marybethvanhorn@att.net) to register.
- **Let's Grow Together Community Garden**  
1227 Dakin St, Lansing MI 48912  
**Additional Information:** Individuals can email LaSandra at [jonesl499@yahoo.com](mailto:jonesl499@yahoo.com) to register.
- **Letts Community Garden**  
395 Huron St, Lansing MI 48915  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Lilac Community Garden**  
1260 Lilac Ave, East Lansing MI 48823  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Mason Community Garden**  
213 N Jefferson St, Mason MI 48854  
**Additional Information:** There is a fee for plots that include watering fees. Individuals can email Crystal or Nancy at [masoncommunitygarden@gmail.com](mailto:masoncommunitygarden@gmail.com) to register.

- **North School Community Garden**  
333 E Miller Rd, Lansing MI 48911  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Okemos International Community Garden**  
4394 Okemos Rd, Okemos MI 48864 – Cedar Creek Apartments  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Old Oakland Community Garden**  
1001 Stanley St, Lansing MI 48915  
**Additional Information:** Priority will be given to residents of the Old Oakland Neighborhood. Individuals can get more information by emailing the Garden Leader at [peterdbrannan@gmail.com](mailto:peterdbrannan@gmail.com).
- **Orchard Court Community Garden**  
5745 Orchard Ct, Lansing MI 48911  
(517) 853-7809  
**Additional Information:** There is a \$10 water fee per plot. Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Otto Community Garden**  
500 E Thomas St, Lansing MI 48906  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Paradise Community Garden**  
550 S Foster Ave, Lansing MI 48912  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Risdale Garden**  
2400 Reo Rd, Lansing MI 48911  
(517) 853-7809  
**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org)
- **Roots Community Garden**  
1084 S Hagadorn Rd, Mason MI 48854  
(517) 853-7809

**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org).

- **Slater Park Community Garden**

2701 Hopkins Ave, Lansing MI 48912  
(517) 853-7809

**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org). Township residents are given priority placement by registering before April 15<sup>th</sup>.

- **St. Casimir/Moores Park Community Garden**

723 W Barnes Ave, Lansing MI 48910  
(517) 374-0076

**Additional Information:** Call Ellen at 517-374-0076 or email Paul at [mpnogarden@gmail.com](mailto:mpnogarden@gmail.com) for more information.

- **St. Mike's Garden Project**

6500 Amwood Dr, Lansing MI 48911

**Additional Information:** Email Wendy and Barb at [st.mikes.garden@gmail.com](mailto:st.mikes.garden@gmail.com) for more information.

- **Towar Community Garden**

6383 Towar Ave, Lansing MI 48823  
(517) 853-7809

**Additional Information:** Individuals must register by calling or emailing [gardenproject@glfoodbank.org](mailto:gardenproject@glfoodbank.org).

- **Wardcliff Community Garden**

5150 Wardcliff Dr, East Lansing MI 48823

**Additional Information:** Email Marty at [chilvers@msu.edu](mailto:chilvers@msu.edu) for more information. There is a suggested \$10 donation per plot.

- **Webster Farm Community Garden**

5518 Hughes Rd, Lansing MI 48911

**Additional Information:** Individuals can email Jean at [gardens@southlansing.org](mailto:gardens@southlansing.org) for more information.



## Cooking Classes

### **Northwest Initiative – Food Smarts**

These are 6 week classes that will start October 17<sup>th</sup> . Classes will be held at the First Presbyterian Church at 510 W Ottawa, Lansing MI 48933. Classes begin at 5:30pm and will last for about an hour and half on the first and third Thursdays evenings of each month. The program includes information on how to maximize your money to make meals, making meals that can stretch to multiple meals, and emphasizing nutrition. They make recipes from the USDA library with a few twists to make them more delicious. Participants will be able to try the food but no take-home meals are available. To sign up anytime, contact Jacob at (517) 999-2894 or by email at [jacobnwlansing@gmail.com](mailto:jacobnwlansing@gmail.com). You may also drop in to a class.