

# Area Food and Nutrition Assistance Information



Double Up Food Bucks - doubles the money of SNAP Bridge Card users when they spend their benefits at participating farmers markets, helping them to buy more fresh fruits and vegetables. [doubleupfoodbucks.org](http://doubleupfoodbucks.org), 866-586-2796

Commodity Supplemental Food Program - through the Northern Michigan Community Action Agency. Targeting women, infants, children, and seniors to provide a nutritionally balanced diet. Wexford County, [www.nmcaa.net](http://www.nmcaa.net), 231-775-8330

Emergency Food Assistance Program - Wexford County - through the Northern Michigan Community Action Agency. Providing low-income households with food quarterly. Wexford County, [www.nmcaa.net](http://www.nmcaa.net), 231-775-8330

## FOOD PANTRIES:

- Acme Christian Thrift Store and Food Pantry Grand Traverse County, 231-938-2990
- Benzie Area Christian Neighbors (BACN) - Benzie County, [www.benziebacn.org](http://www.benziebacn.org), 231-882-9544
- Benzie Food Partners - Honor, Benzie County, 231-325-2936
- Bellaire Food Panty - Antrim County, 231-533-8600
- Empire Area Food Pantry - located at Glen Lake Community Church in Leelanau County, 231-334-4563
- Father Fred - The Father Fred Foundation provides food assistance to those within the five-county community. [www.fatherfred.org](http://www.fatherfred.org), 231-947-2055
- Fresh Wind Christian Community Church - Benzie County, 231-325-0344
- Good Samaritan Family Services Food Pantry - Antrim County, 231-588-2208
- KAIR Food Pantry - Kalkaska County, 231-258-7836
- Leelanau Christian Neighbors - Suttons Bay, 231-271-0091
- Love, INC. - Benzie County, [www.loveincmanistee.org](http://www.loveincmanistee.org)
- Torch Lake Assembly of God - Kalkaska County, 231-331-6246

Goodwill Industries of Northern Michigan - 231-922-4805 provides community emergency meals and Goodwill Inn Congregate Emergency Meals. [www.goodwillnmi.org/food](http://www.goodwillnmi.org/food)

Meals on Wheels - through Goodwill Industries of Northern Michigan. Offers a nutritional program serving homebound seniors. [www.goodwillnmi.org/food](http://www.goodwillnmi.org/food), 231-995-7723

Michigan Land Use Institute (MLUI) - MLUI food and farming group focuses on providing healthy and local food for all. [www.mlui.org/food-farming/](http://www.mlui.org/food-farming/), 231-941-6584

Michigan Farmers Market Association - allows online searches for all Michigan's farmers markets and provides location detail. <http://mifma.org/findafarmersmarket/>

Please notify Amanda Woods if information is missing ([awoods@mhc.net](mailto:awoods@mhc.net), or 231-935-9227). This list was updated as of 2/20/2017.

MEET UP AND EAT UP - A summer food service program to provide children and families in low income area with nutritious meals during the summer months when school is not in session. Meal availability is indicated by district:

- Central Lake Public Schools - lunch. 231-544-5221
- Elk Rapids Schools - breakfast, lunch and afternoon snack. 231-264-8692
- Frankfort-Elberta Area Schools - breakfast, lunch. 231-383-3290
- Fife Lake Elementary - breakfast, lunch and afternoon snack. 231-369-2884
- Kalkaska Public Schools - breakfast, lunch. 231-258-4630
- Kingsley Area Schools - lunch. 231-263-5262
- Traverse City Area Schools - breakfast, lunch and afternoon snack. 231-933-1732
- Suttons Bay Public Schools - breakfast, lunch and afternoon snack. 231-383-3290

MSU Extension Nutrition Education Program - provides group nutrition education programs for limited-resource adults and youth. Classes typically cover how to eat and cook healthy on a budget. [Msue.anr.msu.edu](http://Msue.anr.msu.edu)

Offices in these counties:

- Grand Traverse County 231-922-4620
- Kalkaska County 231-258-3320
- Leelanau County 231-256-9888
- Antrim County 231-533-8818

Project Fresh - provides coupons to purchase locally grown fresh fruits and vegetables at participating farmer's markets. Available for WIC program participants. Contact local WIC office (see contact numbers below).

WIC (Women, Infant & Children Program) - supplemental food & nutrition program for income-eligible pregnant / postpartum women, infants, and children up to age 5. Available through local health departments:

- Grand Traverse County Health Department - 800-946-4599
- Benzie/Leelanau Health Department - 231-256-0200
- District #10 Health Department - Kalkaska County, 231-258-8669
- Northwestern Michigan - Antrim County, 1-800-432-4121

Senior Fresh/Market Fresh - provides coupons to purchase locally grown fruits, vegetables, herbs, and seedlings at participating farmers markets and stores. Available for senior citizens over 60 or WISEWOMAN participants. Contact local senior center or health department.

Traverse City Senior Center - congregate meals. 231-947-3780