



# WHERE TO GET HELP

## Food Assistance in Shiawassee County

### Commodities Food Program and TEFAP Food Program

This supplemental food program is designed to help low-income people aged 60 and up. Food is provided once a month. The Emergency Food Assistance Program (TEFAP) provides healthy food to qualified families and individuals once every three months at community distribution. Contact Capital Area Community Services Shiawassee Access Center, 1845 Corunna Ave, Owosso, MI 48867. Call CACS at 989-723-3115.

### Double Up Food Bucks (DUFEB)

The DUFEB 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: Downtown Owosso Farmer's Market, the market runs on Saturdays from 9 am to 1:00 p.m. May 16 - October 31st with Covid-19 Safety precautions in place. Rain or shine. The Downtown Owosso Farmer's Market is in the heart of our historic downtown on Exchange Street in front of the Armory Building.

### 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](http://www.mibridges.michigan.gov) or the Shiawassee County Department of Health and Human Services (SDHHS) at 989-723-3200. The SDHHS office is located at 1720 E. Main Street Ste. 1 Owosso, MI 488672.

### 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 call 800-859-4229 (toll-free) or 989-743-2383.

### 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 Shiawassee County WIC at 989-743-2383 or MSU Extension at 989-743-2251.

## Additional Shiawassee County Resources

211 Service connects Shiawassee County residents to community resources including food, transportation, education, health care, water filters and replacement cartridges. Locally funded by United Way. Contact them by phone at 211 or online at [www.211.org](http://www.211.org).

### City of Owosso Safe Water Information

If you are a city of Owosso customer and you think you may have a lead water service line, please contact the City Of Owosso via e-mail, at [safewater@ci.owosso.mi.us](mailto:safewater@ci.owosso.mi.us) or regular mail, to Lead Service Lines 301 W. Main St. Owosso, MI 48867. Please include best time to reach you, and your contact information.

### Michigan State University Extension

The Shiawassee MSU Extension offers programs for families, individuals and youth in Nutrition Education and Physical Activity. For more information on programs we might offer contact the MSU Extension Office. 149 E Corunna Ave, Suite 1. Corunna, MI 48817 or by calling 989-743-2251. Please leave a message with your contact information.

## Sources

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