



Got Food?

YOU may qualify for Food Assistance!

To find out if you are eligible, call the Food and Nutrition Program Helpline for a free, confidential screening at:

1-800-481-4989

M-F 9am-5pm

Se habla español

The Food Assistance (“food stamp”) program provides you with a “debit card” that helps you buy nutritious foods for a better diet.

You may be eligible for Food Assistance even if:

- You don't live with any children
- You own a car
- You are working
- You receive WIC or other government benefits
- You or family members are not U.S. citizens
- You are a senior citizen, especially if you have high housing or medical bills

The Helpline also works with Michigan State University Extension (MSUE) to provide help with things like:

- Information to help you stretch your food dollars and buy more for less
- Find out about food recipes and ways to prepare nutritious meals
- How to cook and store food safely

Some Food Assistance rules have changed over the past few years. You may qualify for more Food Assistance if you are having a hard time paying your rent, utility, child-care or child-support bills. Don't assume you are not eligible! The Food and Nutrition Helpline is operated by the Center for Civil Justice. We can't give you Food Assistance benefits, but we can estimate how much help you may receive each month based on your household situation. You must apply through the Michigan Department of Human Services.

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