

A user-friendly GUIDE TO

# Food

FOR FAMILIES in Macomb County



## About This Book

This *Small Book* is designed to assist families in locating free or low-cost community services in Macomb County and is designed to be user-friendly.

The book first lists a "SITUATION" followed by a short descriptive phrase about each of the known services listed for that situation, an explanation of the services and eligibility requirements (if applicable), and finally, the telephone number for the service.

This book lists services by a service category, not by agency. This helps to speed the finding of needed services. For the most part, only Macomb County resources are listed. Exceptions to this are out-of-county resources included if a Macomb County facility is filled or county or state services that may be accessed in Macomb County.

To aid you in your use of this book, you will notice the following format: Each "*Situation*" is enclosed in a black box to differentiate it from other situations.

The symbol (~) is placed in front of each new service under that category. All known services for a situation are grouped under it regardless of what agency offers those services.

As names of agencies and programs frequently change, please note that the former name is indicated in brackets { }.

Every effort has been made to assure that the information is up-to-date and accurate. Due to the dynamic nature of organizations, information changes often.

We hope that you enjoy this resource and that you are able to locate help more quickly. For your information, *Small Books* are available on the following topics:

Adoption	Literacy
Child Abuse	Mental Health
Child Care	Parenting
Dementia	Recreation/Leisure
Dental	Runaway Services
Domestic Violence	Senior Citizen Services
Employment & Training Services	Sexual Assault
Fetal Alcohol Spectrum Disorder	Special Needs
Financial Assistance	Substance Abuse
Food	Suicide Prevention
Gambling Addiction/Problems	Support Groups
Resources	Teen Pregnancy Service
Health	Transportation
Homeless Services	Utility Assistance
Housing	Vision and Hearing Services
Legal Issues	Glossary

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## FOOD

**SITUATION: A pregnant or post-partum female needs nutrition services or food supplements.**

- ❖ **Nutrition education and supplemental food coupons for low-income pregnant females, new mothers, and children under age 5 who have medical or nutritional needs.** Available from the Macomb County Health Department\* - WIC\* (Women, Infants and Children\*) Supplemental Food Program, Mt. Clemens, (586) 469-5471 or New Haven Community Services, (586) 749-5173.
- ❖ **Free nutritional education and consultation for Macomb County individuals and families.** There are no income guidelines. Available from the Macomb County Health Department\*, Mt. Clemens, (586) 412-3396.
- ❖ **Free in-home or small group instruction for limited resource families on basic nutrition, food buying and preparation skills, meal planning and budgeting.** Available from the MSU Extension\* - Expanded Food Nutrition Educational Program\* (EFNEP\*), (586) 469-6432.
- ❖ **Emergency Food** is available through various food pantries in Macomb County. Eligibility is determined by first calling the Macomb County Community Services Agency\*, (586) 469-6004 (Monday - Friday).
- ❖ **Free monthly food for pregnant and post-partum women and children up to age 6 who do not receive WIC\*. Income guidelines: 185% of poverty level.** Available from Focus Hope. Eligibility determined locally by calling the Macomb County Community Services Agency\*, (586) 469-6964.

**SITUATION: A person/family needs food.**

**To find out if you are eligible for food stamps and a free, confidential screening , call the Food and Nutrition Program Hotline Monday - Friday 9:00 A.M. - 5:00 P.M. at (800) 481-4989.**

- ❖ **Emergency food** is available through various food pantries in Macomb County. Eligibility is determined by first calling the Macomb County Community Services Agency - Macomb Food Program, (586) 469-6004 (Monday - Friday 9:00 A.M. - 5:00 P.M.).
- ❖ **Soup Kitchens** are available from 12 Noon -1:00 P.M., Monday - Friday at two Salvation Army\* locations in Macomb County: 4820 E. Nine Mile Road in Warren (586) 754-7400 and Mt. Clemens (586) 469-6712.

**SITUATION: An elderly person needs food or nutritional supports.**

- ❖ **Free in-home or small group instruction on basic nutrition, food buying and preparation skills, meal planning and budgeting.** Available from the MSU Extension\* - Expanded Food Nutrition Educational Program\* (EFNEP\*), (586) 469-6432.
- ❖ **Emergency Food** is available through various food pantries in Macomb County. Eligibility is determined by first calling the Macomb County Community Services Agency\*, (586) 469-6004 (Monday - Friday).
- ❖ **Congregate Meal sites** are available around Macomb County, for more information, call, (586) 469-5228.
- ❖ **Home-delivered meals** are available for seniors unable to leave their home. For more information, call (586) 469-5228.

**SITUATION: A person/family needs inexpensive food.**

- ❖ **A box of food for \$25.00 containing both fresh and frozen items (no seconds or out-of-date items)** is available for those in need. Groceries are sold in a quantity that can fit into a medium-sized box at \$25 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$50. Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one would purchase at a grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe.

Also offered are specialty boxes such as steaks, chicken and pork. Additionally, there is no limit to the number of units or foods an individual can purchase, and there are no applications to complete or qualifications to which participants must adhere. Angel Food Ministries also accepts Food Stamp Vouchers. Food sales and distribution are handled by church host sites. Orders and payments are collected by the host sites during the middle part of each month. The person must bring a large box to pick up their food. Macomb County locations:

Chesterfield	The Well A/G 46000 N. Gratiot Chesterfield, MI 48051	(586) 949-7398	<a href="http://www.thewellag.org">www.thewellag.org</a>
Romeo	Cross Community Church 77333 S Van Dyke Romeo, MI 48065	(586) 752-3850	
Warren	Bethel Christian Church1 4300 E 13 Mile Rd. Warren, MI 48088	(586) 754-5525	
Warren	Warren Woods Community Connections 14300 E 13 Mile Rd Warren, MI 48088	(586) 771-4718	<a href="http://www.wwconnections.org/index_files/Page304.htm">www.wwconnections.org/ index_files/Page304.htm</a>
Warren	Gospel Lighthouse 14010 Toepfer Rd Warren, MI 48089	(586) 773-8090 Ext. 2	<a href="http://www.gospellighthouse.com">www.gospellighthouse.com</a>

**For more information about Angel Ministries, go to  
[www.angelfoodministries.com](http://www.angelfoodministries.com)**









## ACKNOWLEDGEMENTS

This booklet has been developed from *"Making the Right Connection"*, a project of the Macomb County Inter Agency Council and its Youth Council Subcommittee.

For the complete Resource Directory, please go to [www.misd.net/connection](http://www.misd.net/connection)





GREAT PARENTS MACOMB\*  
Serving families with children birth to age 5

For information on other resources for families of children  
age birth to 5 years, please call:

1.866.4MACOMB

1.866.464.2662

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