

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Food Distribution Linden-Argentine Church of the Nazarene 9:00am – 11:00am Food Distribution Flint City Church 10:00am – 12:00pm Food Distribution Flint Public Library 2:00pm - 4:00pm
Food Distribution Bethel UMC 9:00am – 11:00am Food Distribution Clio Community Church 1:00pm – 2:30pm	Food Distribution Every Nation AOG 9:00am – 11:00am Food Distribution Asbury UMC 9:30am – 11:30am Food Distribution Our Lady of Guadalupe 10:00am – 12:00pm Food Distribution Helping Individuals Succeed 11:00 am – 1:00 pm	Food Distribution St. Mark Baptist Church 9:00 - 11:00am Food Distribution 1st United/Hillside Church 10:00am – 12:00pm Food Distribution Greater Flint Outreach Ctr. 11:00am – 12:30pm Food Distribution Free Food N Stuff 2:00pm – 4:00pm	Food Distribution Greater Holy Temple 10:00am – 12:00pm Food Distribution R.L. Jones COC 10:00am – 12:30pm	Food Distribution Trinity Assembly of God 9:00am – 11:00am Food Distribution St. Luke's NEW Life Center 10:00am	Food Distribution American Muslim Community Services 10:15am – 11:30am Food Distribution Hallwood Plaza 1:00pm - 4:00pm Food Distribution Flint Public Library 2:00pm - 4:00pm
Food Distribution Bethel UMC 9:00am – 11:00am	Food Distribution Every Nation AOG 9:00am – 12:00pm Food Distribution Asbury UMC 9:30am – 11:30am Food Distribution Our Lady of Guadalupe 10:00am – 12:00pm	Food Distribution St. Mark Baptist Church 9:00 - 11:00am Food Distribution Greater Flint Outreach Ctr. 11:00am – 12:30pm Food Distribution Free Food N Stuff 2:00pm – 4:00pm	Food Distribution Martus Luna 9:00am – 1:00pm Food Distribution Greater Holy Temple 10:00am – 12:00pm Food Distribution R.L. Jones COC 10:00am – 12:30pm	Food Distribution Trinity Assembly of God 9:00am – 11:00am Food Distribution St. Luke's NEW Life Center 10:00am	Food Distribution Flint Public Library 2:00pm - 4:00pm Turkey Giveaway 1:00 - 4:00pm Delorys Autobody Shop 1309 N. Saginaw St. Flint, MI 48503

17 Food Distribution Bethel UMC 9:00am – 11:00am Food Distribution Flushing New Life Assembly of God 4:30pm – 5:30pm	18 Food Distribution Every Nation AOG 9:00am – 11:00am Food Distribution Asbury UMC 9:30am – 11:30am Food Distribution Our Lady of Guadalupe 10:00am – 12:00pm Food Distribution Helping Individuals Succeed 11:00 am – 1:00 pm	19 Food Distribution 1st United/Hillside Church 10:00am – 12:00pm Food Distribution St. Luke's NEW Life Center 10:00am - 11:30am Food Distribution Greater Flint Outreach Ctr. 11:00am – 12:30pm Food Distribution Free Food N Stuff 2:00pm – 4:00pm	20 Food Distribution Greater Holy Temple 10:00am – 12:00pm Food Distribution R.L. Jones COC 10:00am – 12:30pm	21 Food Distribution Trinity Assembly of God 9:00am – 11:00am Food Distribution St. Luke's NEW Life Center 10:00am	22 Turkey Giveaway 10:00am -1:00pm Kingdom Living Church 1013 Hughes Ave. Flint, MI 48503 Food Distribution Flint Public Library 2:00pm - 4:00pm
24 Food Distribution Bethel UMC 9:00am – 11:00am	25 Food Distribution Every Nation AOG 9:00am – 12:00pm Food Distribution Martus Luna 9:00am – 1:00pm Food Distribution Asbury UMC 9:30am – 11:30am Food Distribution Our Lady of Guadalupe 10:00am – 12:00pm Turkey Giveaway Insight Health & Fitness Center 4:00pm	26 Food Distribution Greater Flint Outreach Ctr. 11:00am – 12:30pm Food Distribution Free Food N Stuff 2:00pm – 4:00pm Thanksgiving Dinner 4:00 - 6:00pm Well of Hope 812 Flint St. Flint, MI 49503 Thanksgiving Dinner 4:30pm - 6:30pm Salvation Army LIFE Center 1475 W. Coldwater Rd.	27 Thanksgiving Dinner 11:30am - 12:30pm North End Soup Kitchen	28 Closed for Thanksgiving Holiday	29 Closed for Thanksgiving Holiday

LOCATIONS (may close early if all food is distributed)

1st United/Hillside Church
1116 W. Hill Road, Flint, MI 48507

Argentine Church of the Nazarene
16248 Seymour Road, Linden, MI 48451

2nd Chance Church @ Beecher Football Field
1020 Coldwater Road, Flint, MI 48505

Asbury United Methodist Church
1653 Davison Road, Flint, MI 48506

American Muslim Community Services
4800 S. Saginaw Street, Flint, MI 48507

Bethany United Methodist Church
353 E. Vienna Street, Clio, MI 48420

Bethel United Methodist Church
1309 Ballenger Hwy, Flint, MI 48504

Flint City Church
3230 Richfield Road, Flint, MI 48506

Flushing New Life Assembly of God
8240 Carpenter Road, Flushing, MI 48433

Helping Individuals Succeed
1315 W. Bristol Road, Flint, MI 48507

Martus/Luna Food Pantry
3901 Fenton Road, Flint, MI 48507

R.L. Jones Community Outreach Center
6800 N. Dort Highway, Flint, MI 48505

St. Timothy Lutheran Church
450 E Wilson Rd, Otisville, MI 48463

Community Church of God
1215 W. Vienna Street, Clio, MI 48420

Flint First Wesleyan
3825 Davison Road, Flint, MI 48506

Free Food N Stuff (@ North End Baptist Church)
7360 N. Clio Road, Mt. Morris, MI 48458

Holy Spirit Lutheran Church
7234 Fenton Road, Grand Blanc, MI 48439

Montrose Barber Park
11410 Seymour Road, Montrose, MI 48457

St. Luke's N.E.W. Life Center
3115 Lawndale Avenue, Flint, MI 48504

The Salvation Army @ Our Lady of Guadalupe
2316 Coldwater Road, Flint, MI 48505

Every Nation Assembly of God
429 NB Chavez Drive, Flint, MI 48503

Flushing Community Church of the Nazarene
9500 W. Pierson Road, Flushing MI 48433

Greater Flint Outreach Center
1114 University Avenue, Flint, MI 48504

International Academy of Flint
2820 Saginaw Street, Flint, MI 48503

Mt. Morris Christian Faith Church
2451 E. Mt. Morris Road, Mt Morris, MI 48458

St. Mark Community Outreach Center
615 W. McClellan Street, Flint, MI 48505

Trinity Assembly of God
4363 W. Mt. Morris Road, Mt. Morris, MI 48458

**Thank you to our dedicated
community partners!**



Flint Fresh Food Hub

Flint Fresh is dedicated to ensuring our community has access to fresh, healthy foods! Learn more at: <https://www.flintfresh.com>.

United Way of Genesee County 211

Receive free referrals for food, shelter, medical assistance and more. Dial 2-1-1, 1-844-875-9211 or visit www.unitedwaygenesee.org/2-1-1.

GRHC-November-Nutrition-Calendar.110125

WIC Services

WIC is a free supplemental nutrition program that provides nutrition and health education, healthy food and breastfeeding support to families. WIC is for all kinds of families: pregnant and breastfeeding women, women who just had a baby, parents and legal guardians of infants and children under the age of five. You are automatically eligible for WIC if you are enrolled in Medicaid, SNAP/Food Stamps and Healthy MI Plan. Foster parents with children ages 0-5, on Medicaid or income eligible can qualify for WIC as well. Questions? Call WIC at: 810-237-4537

Breastfeeding Support! WIC Breastfeeding Peer Counselors:

- Offer free classes and breastfeeding club meetings
- Help deal with breastfeeding issues such as painful latch, milk supply and engorgement
- Provide breast pump education for returning to work or school
- Provide Online support

For more breastfeeding support or information call 810-237-4550