

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p><b>Food Distribution</b> Trinity Assembly of God 9:00am – 11:00am</p> <p><b>Food Distribution</b> St. Luke's NEW Life Center 10:00am</p>	<p><b>Food Distribution</b> Flint City Church 10:00am – 12:00pm</p>
<p><b>Food Distribution</b> Bethel UMC 9:00am – 11:00am</p>	<p><b>Food Distribution</b> Every Nation AOG 9:00am – 11:00am</p> <p><b>Food Distribution</b> Asbury UMC 9:30am – 11:30am</p> <p><b>Food Distribution</b> Our Lady of Guadalupe 10:00am – 12:00pm</p> <p><b>Food Distribution</b> Helping Individuals Succeed 11:00 am – 1:00 pm</p>	<p><b>Food Distribution</b> 1st United/Hillside Church 10:00am – 12:00pm</p> <p><b>Food Distribution</b> Greater Flint Outreach Ctr. 11:00am – 12:30pm</p> <p><b>Food Distribution</b> Free Food N Stuff 2:00pm – 4:00pm</p>	<p><b>Food Distribution</b> Greater Holy Temple 10:00am – 12:00pm</p> <p><b>Food Distribution</b> R.L. Jones COC 10:00am – 12:30pm</p>	<p><b>Food Distribution</b> Trinity Assembly of God 9:00am – 11:00am</p> <p><b>Food Distribution</b> St. Luke's NEW Life Center 10:00am</p>	<p><b>Food Distribution</b> American Muslim Community Services 10:15am – 11:30am</p>
	<p><b>Food Distribution</b> Every Nation AOG 9:00am – 12:00pm</p> <p><b>Food Distribution</b> Martus Luna 9:00am – 1:00pm</p>	<p><b>Food Distribution</b> St. Mark Community Outreach Center 9:00am – 12:30pm</p> <p><b>Food Distribution</b> 1st United/Hillside Church 10:00am – 12:00pm</p>	<p><b>Food Distribution</b> Martus Luna 9:00am – 1:00pm</p> <p><b>Food Distribution</b> Greater Holy Temple 10:00am – 12:00pm</p>	<p><b>Food Distribution</b> Trinity Assembly of God 9:00am – 11:00am</p> <p><b>Food Distribution</b> St. Luke's NEW Life Center 10:00am</p>	

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18	19	20	21	22	23
<p><b>Food Distribution</b> Bethel UMC 9:00am – 11:00am</p>	<p><b>Food Distribution</b> Flushing Church of the Nazarene 10:00am – 11:00am</p> <p><b>Food Distribution</b> Every Nation AOG 9:00am – 11:00am</p> <p><b>Food Distribution</b> Asbury UMC 9:30am – 11:30am</p> <p><b>Food Distribution</b> Our Lady of Guadalupe 10:00am – 12:00pm</p> <p><b>Food Distribution</b> Helping Individuals Succeed 11:00 am – 1:00 pm</p>	<p><b>Food Distribution</b> 1st United/Hillside Church 10:00am – 12:00pm</p> <p><b>Food Distribution</b> Greater Flint Outreach Ctr. 11:00am – 12:30pm</p> <p><b>Food Distribution</b> Free Food N Stuff 2:00pm – 4:00pm</p>	<p><b>Food Distribution</b> New Creation Church of God 9:00am – 1:00pm</p> <p><b>Food Distribution</b> Greater Holy Temple 10:00am – 12:00pm</p> <p><b>Food Distribution</b> R.L. Jones COC 10:00am – 12:30pm</p>	<p><b>Food Distribution</b> Trinity Assembly of God 9:00am – 11:00am</p> <p><b>Food Distribution</b> St. Luke's NEW Life Center 10:00am</p>	
25	26	27	28	29	30
	<p><b>Food Distribution</b> Every Nation AOG 9:00am – 11:00am</p> <p><b>Food Distribution</b> Martus Luna 9:00am – 1:00pm</p> <p><b>Food Distribution</b> Asbury UMC 9:30am – 11:30am</p> <p><b>Food Distribution</b> Our Lady of Guadalupe 10:00am – 12:00pm</p>	<p><b>Food Distribution</b> St. Mark Community Outreach Center 9:00am – 12:30pm</p> <p><b>Food Distribution</b> 1st United/Hillside Church 10:00am – 12:00pm</p> <p><b>Food Distribution</b> Greater Flint Outreach Ctr. 11:00am – 12:30pm</p> <p><b>Food Distribution</b> Free Food N Stuff 2:00pm – 4:00pm</p>	<p><b>Food Distribution</b> Greater Holy Temple 10:00am – 12:00pm</p> <p><b>Food Distribution</b> Martus Luna 9:00am – 1:00pm</p> <p><b>Food Distribution</b> R.L. Jones COC 10:00am – 12:30pm</p>	<p><b>Food Distribution</b> Trinity Assembly of God 9:00am – 11:00am</p> <p><b>Food Distribution</b> St. Luke's NEW Life Center 10:00am</p>	<p><b>Food Distribution</b> Argentine Church of Nazarene 9:00am – 11:00am</p> <p><b>Food Distribution</b> Flint Public Library 2:00 – 4:00pm</p>

## **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

### **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

### **2<sup>nd</sup> Chance Church @ Beecher Football Field**

1020 Coldwater Road, Flint, MI 48505

### **Asbury United Methodist Church**

1653 Davison Road, Flint, MI 48506

### **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

### **American Muslim Community Services**

4800 S. Saginaw Street, Flint, MI 48507

### **Bethany United Methodist Church**

353 E. Vienna Street, Clio, MI 48420

### **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

## **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](http://www.unitedwaygenesee.org/2-1-1).

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



Genesee Intermediate School District



MICHIGAN STATE UNIVERSITY | Extension



GFHC.May.Nutrition.Calendar.050126.al

## **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