

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 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	2 Food Distribution R.L. Jones COC 10:00am – 12:30pm	3	4
6 Food Distribution Bethel UMC 9:00am – 11:00am	7 Food Distribution Every Nation AOG 9:00am – 11:00am 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	8 Food Distribution St. Mark Community Outreach Center 9:00am – 12:30pm 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	9 Food Distribution Martus Luna 9:00am – 1:00pm Food Distribution R.L. Jones COC 10:00am – 12:30pm	10 Food Distribution Trinity Assembly of God 9:00am – 11:00am Food Distribution St. Luke's NEW Life Center 10:00am	11 Food Distribution Flint City Church 10:00am – 12:00pm Food Distribution American Muslim Community Services 10:15am – 11:30am Food Distribution Restoration Bethel Ministries 11:00am – 1:00pm Food Distribution Argentine Church of Nazarene 9:00am – 11:00am
13	14 Food Distribution Every Nation AOG 9:00am – 12:00pm	15 Food Distribution St. Mark Community Outreach Center 9:00am – 12:30pm	16 Food Distribution R.L. Jones COC 10:00am – 12:30pm	17 Food Distribution Trinity Assembly of God 9:00am – 11:00am	18

	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 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 St. Luke's NEW Life Center 10:00am	
Food Distribution Bethel UMC 9:00am – 11:00am Food Distribution Flushing New Life Assembly of God 4:30pm – 6:00pm	Food Distribution Every Nation AOG 9:00am – 11:00am 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	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 Martus Luna 9:00am – 1:00pm Food Distribution New Creation Church of God 9:00am – 1:00pm Food Distribution Holy Rosary Catholic Church 10:00am – 12:00pm Food Distribution R.L. Jones COC 10:00am – 12:30pm Food Distribution Fairhaven Community Services 10:00am – 2:00pm Food Distribution Masonic Lodge United in Christ 10:00am – 2:00pm	Food Distribution Trinity Assembly of God 9:00am – 11:00am Food Distribution St. Luke's NEW Life Center 10:00am	
	Food Distribution Every Nation AOG 9:00am – 11:00am	Food Distribution 1st United/Hillside Church 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 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 Greater Flint Outreach Ctr. 11:00am – 12:30pm Food Distribution Free Food N Stuff 2:00pm – 4:00pm		Food Distribution St. Luke's NEW Life Center 10:00am	
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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

2nd 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.



This free, hands-on program teaches families to make healthy food choices, while learning to cook fresh, affordable recipes from diverse cultural traditions.

This program is free, however, seating is limited.

THIS CLASS INCLUDES:

Healthy Meals

Nutrition Education

Physical Activity

& More!

UPCOMING SESSION:

Tuesdays, July 14th – August 4th from
11:30am – 1:00pm

★ **REGISTRATION:** Select an option below to sign up.

1 Link: <https://www.surveymonkey.com/r/CWKR26>



2 Scan the QR Code

3 Call 810-232-2228

Classes will be held at the Flint Children's Museum where all families can come play for free before class!



Visit www.gfhc.org/programs/c2f/

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

Thank you to our dedicated community partners!



For the following months calendar visit:

www.gfhc.org/programs/c2f/

