Foods with calcium, iron and vitamin C can help limit the effects of lead. Eat some food from each group!

**Calcium**
- Milk and things made of milk, like cheese & yogurt
- Green leafy vegetables, like spinach, kale & collard greens
- Tofu
- Calcium fortified orange juice
- Canned salmon & sardines (with bones)

**Iron**
- Lean red meats, tuna, salmon, chicken & turkey
- Green leafy vegetables. They are high in calcium, too!
- Iron-fortified cereal, bread & pasta
- Dried fruit, like raisins or prunes
- Beans & lentils

**Vitamin C**
- Citrus fruits, like orange or grapefruit
- Tomatoes & tomato juice
- Peppers
- And lots of other fruits and vegetables like cauliflower, strawberries and kiwi

Brought to you by the Michigan Department of Health and Human Services and the Genesee County Health Department
How to get healthy food

The Emergency Food Assistance Program
- **Who can use this program?** Low-income people of all ages, including seniors, can get emergency food.
- **How does it work?** You can get this food from a food pantry.
- **How do I get started?** Call Genesee County Community Action Resource Department at 810-789-3746.

Supplemental Nutrition Assistance Program (SNAP). Also called Michigan Food Assistance Program
- **Who can use this program?** Eligible low-income adults and children.
- **How does it work?** SNAP gives low-income people money on an EBT card to buy food. It works a lot like a debit card. You can use SNAP at food stores that take SNAP.
- **How do I get started?** Apply at [www.mibridges.michigan.gov](http://www.mibridges.michigan.gov) or call the Genesee County DHHS at 810-760-2200.

Double Up Food Bucks (DUFB)
- **Who can use this program:** People who use SNAP EBT cards.
- **How does it work?** The DUFB program matches your SNAP benefits when you buy Michigan-grown fruits and vegetables. For example, if you buy $10 worth of Michigan produce with your SNAP EBT card, you’ll get an extra $10 to buy more fruits and vegetables – up to $20 every market day. DUFB runs year-round at the Flint Farmers Market. Visit the Friends of the Flint Farmers’ Market stall at the market to sign up for DUFB.
- **Where can I use DUFB?** Farmer’s Market at 300 East 1st Street, Flint.
- **Learn More about DUFB:** Call the Fair Food Network at 866-586-2796.

Women, Infants & Children (WIC)
- **Who can use this program?** Low-income pregnant or breastfeeding mothers, new mothers, and infants and children up to their fifth birthday can get healthy food.
- **How do I get started?** Call Genesee County Health Department (GCHD) WIC at 800-262-4784 (toll-free) or 810-237-4537.

WIC Project Fresh
- **Who can apply?** People who get WIC benefits.
- **How does it work?** WIC clients can get coupons to buy eligible, locally grown, fresh, unprepared fruits and vegetables.
- **How do I get started:** Call GCHD WIC at 810-237-4537.

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