

## SPECIAL POINTS OF INTEREST

- Consuming fresh fruits and vegetables is the cornerstone of any healthy diet and can help individuals maintain a healthy weight and prevent chronic disease
- Fresh, healthy foods - especially produce - can be difficult for residents with low income to obtain
- Partnerships with local organizations can expand access to those most in need in our community

## Healthy Foods at Public Health

### *Healthy Food Distribution - Partnership with Food Gatherers*

Washtenaw County Public Health and Food Gatherers have partnered to offer free food distribution to individuals and families with lower incomes. Healthy food distribution fights hunger, promotes healthy food choices and provides additional information and resources. This healthy food distribution began in June of this year and takes place on the 1st and 3rd Wednesdays of each month from 2-3:30 pm. The distribution is set up inside the atrium of the Washtenaw County Human Services building at 555 Towner in Ypsilanti.

Nutrition education is available to help individuals and families choose, prepare and consume healthful foods. Available foods include fresh produce, non-perishables such as boxed or canned goods and baked goods like bread, tortillas or flat bread. No proof of income is required, and individuals or families are simply asked to sign in at the distribution event. For other food distribution sites, visit [www.foodgatherers.org](http://www.foodgatherers.org).



### *Farm Stand Fridays - Partnership with Growing Hope*

Washtenaw County Public Health has also partnered with Growing Hope to put a farmers market on wheels! The Ypsilanti Mobile Farm Stand has three locations, one of which is in the courtyard between the Washtenaw County Human Services and DHHS buildings on Fridays from 10am-1pm. The Ypsilanti Mobile Farm Stand began in July of this year and will continue to offer fresh, local produce through October.

Food assistance programs, including SNAP, Double Up Food Bucks, Project Fresh, Market Fresh and Public Health's own Prescription for Health are accepted at the farm stand. Cash and credit are also accepted. Support for the partnership is provided through a Michigan Department of Health and Human Services, Building Healthy Communities grant. For more information, visit [www.growinghope.net](http://www.growinghope.net).



### **For more information:**

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