



## MSU EXTENSION'S MICHIGAN FRESH PROGRAM

**Michigan Fresh** is a project of Michigan State University (MSU) Extension that works to support consumption of Michigan produced fruits and vegetables through sharing tips on growing, handling, preserving and preparing Michigan grown foods.

**Discover MI Fresh online and check out what's in season, fact sheets, recipe cards and more!**

[www.canr.msu.edu/mi\\_fresh](http://www.canr.msu.edu/mi_fresh)

## MSU EXTENSION'S VETERAN OUTREACH PROGRAMS

MSU Extension provides veterans with programs and services that **support personal and financial wellness**. Whether you're currently serving, were recently discharged or served decades ago, MSU Extension wants to **support the success of you, your family and your business**.



### Learn about MSU Extension's Veteran Outreach Programs online:

[www.canr.msu.edu/veterans](http://www.canr.msu.edu/veterans)



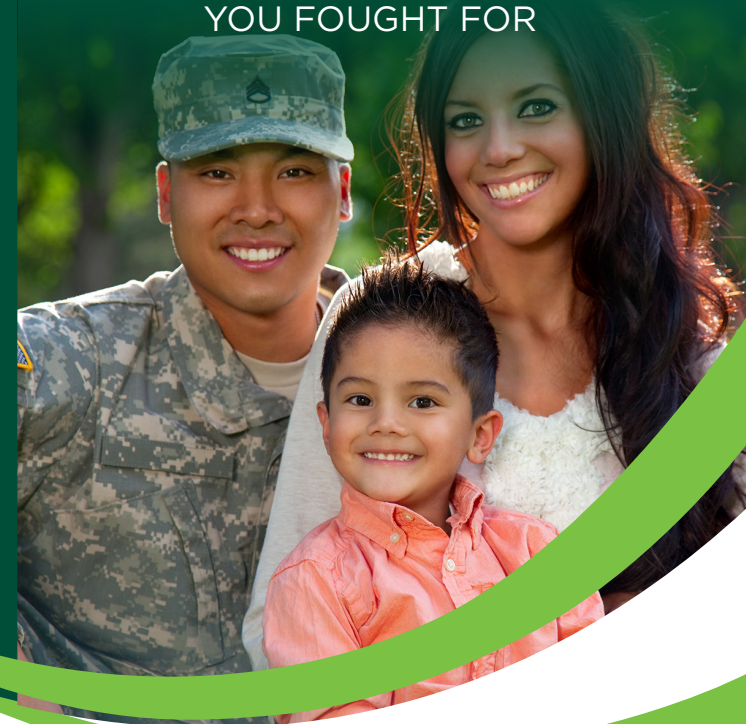
**Heroes to Hives:** Professional training and community development centered around beekeeping.



**SNAP Outreach for Vets:** Explains the SNAP food assistance program and offers enrollment assistance to veterans.

**To request free SNAP Outreach materials, order online at:** <https://bit.ly/SNAPOutreachForVets>

ACCESS THE FREE  
**BENEFITS**  
YOU FOUGHT FOR



## SECURE HEALTHY FOOD FOR YOUR FAMILY THROUGH THE:



Supplemental Nutrition Assistance Program (SNAP)



Double Up Food Bucks (DUFBS)



MSU Extension's Michigan Fresh program

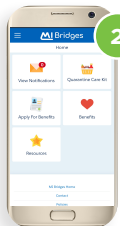
## APPLYING FOR BENEFITS IS AS EASY AS 1-2-3



1

### Visit [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)

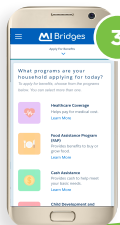
- Enter your information to create your free account
- Answer a few optional questions to verify your identity



2

### Sign up for notifications updates

- Click on 'Apply for Benefits'



3

### Select the program(s) you and your household would like to apply for

- You can select more than one
- Complete the questions and you will be contacted after your application is reviewed

## Need help applying for SNAP benefits?

For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources call:

## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) BENEFITS

### With a Bridge Card



Your children automatically qualify for free school meals



You can receive free nutrition and physical activity education



You can purchase seeds/plants to grow your own food



You can buy food online from ALDI, Amazon and Walmart



You can purchase prepared food from participating restaurants (if disabled, homeless or aged 60+)



You can use Double Up Food Bucks to get free produce



## Who can receive SNAP benefits?

- Eligible low-income families, individuals and college students
- Note: The SNAP benefit is now available to individuals with a drug-related felony conviction

For more information, explore 'Assistance Programs' within the Michigan Department of Health and Human Services page:  
[www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

## MORE ABOUT DOUBLE UP FOOD BUCKS (DUFEB)

If you have a Bridge Card, DUFEB matches your fruit and veggie purchases, **up to \$20 a day!**

**To find locations near you, visit:**  
[www.DoubleUpFoodBucks.org/locations](http://www.DoubleUpFoodBucks.org/locations)

### At Farmers Markets

Go to the info booth and ask about Double Up Food Bucks. Many markets use tokens for both your Bridge Card and DUFEB, which you can use to buy Michigan grown produce.



### At Grocery Stores

Before you shop, ask how DUFEB works at your nearest participating location. Stores may load DUFEBs onto their loyalty card, use a DUFEB card and app, or use coupons.



**Double Up Food Bucks is at 250+ MI grocery stores & farmers markets.** Contact DUFEB at (866) 586-2796 or [info@doubleupfoodbucks.org](mailto:info@doubleupfoodbucks.org)

*DUFEB is a Fair Food Network program*



**food  
BANK**  
COUNCIL OF MICHIGAN

**F.O.R. HELPLINE**  
FOOD AND OTHER RESOURCES  
**(888) 544-8773**