



Need help applying for SNAP?

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

F.O.R. HELPLINE

Food and Other Resources

(888) 544-8773

Interested in growing your own food using Supplemental Nutrition Assistance Program (SNAP) benefits?

SNAP benefits can be used to purchase seed and transplants to grow your own food. Michigan Food and Farming Systems' Veterans in Agriculture Network (VIA) offers opportunities for mentorship and education on farming from other veterans in your community.



Michigan Food and Farming Systems: **Veterans in Agriculture Network**

Phone: (517) 709-8271
Email: info@miffs.org
Web: www.miffs.org

Additional services: Education, Mentorship, Advocacy, Training



Michigan Food & Farming Systems - MIFFS
Supporting the Many Faces of Farming

ACCESS THE FREE
BENEFITS
YOU FOUGHT FOR



FREE RESOURCE GUIDE **FOR VETERANS**

Just ask us how we can help!

Hunger

Loneliness

Financial Issues

Family Support

Empowerment

Late on your bills or facing eviction?

The Michigan Veterans Affairs Agency (MVAA) offers emergency financial assistance for qualifying veterans to help with bills, home repairs, medical costs, and other debts.



Michigan Veterans Affairs Agency

Toll-Free: (800) 642-4338
(800) MICH-VET

Web: www.michiganveterans.com

Additional services: Employment, Education, Healthcare Benefits, DD-214 Re-Printing Services



Trouble buying groceries?

The Supplemental Nutrition Assistance Program (SNAP) offers monthly benefits to help you provide food for you and your family and is used by nearly 1.4 million veterans. Michigan State University Extension offers veteran led support to help individuals apply for SNAP benefits.



Michigan State Extension Veterans' Liaison Office (Dr. Adam Ingrao, Army Veteran)

Phone: (517) 355-3923
Email: ingraoad@msu.edu
Web: www.msue.msu.edu

Additional services: Education, Family Support, Business Support, Mental Health Services, Supporting Healthy Family Relationships, Kids Programming

Do you feel alone?

It is common for veterans to feel alone after leaving the supportive community of the military. The VA offers support through their Veterans Crisis Line. You can receive confidential support through a toll-free hotline, online chat, or text 24/7.



US Department of Veterans Affairs Veterans Crisis Line

Toll-Free: (800) 273-8255 (Press 1)
Text: 838255
Online Chat: www.veteranscrisisline.net

Additional services: Benefits, Healthcare, Education, Employment, Support Services

Do you need access to resources to support your family's personal and financial wellness?

The Michigan Department of Health and Human Services offers multiple ways to support the health and wellness of you and your family through their online referral and benefits service, MI Bridges.



Michigan Department of Health and Human Services (MI Bridges)

Toll-Free: (800) 275-6424
(800-ASK-MICH)
Web: www.michigan.gov/mibridges

Additional services: Healthcare, Cash Assistance, Emergency Relief, Medicaid, Child Care Assistance, Burial Assistance