

RESOURCES MACOMB COUNTY

FOOD

WIC (586)469-5471

What Does WIC Provide?

Most people think WIC simply provides food, but we can help with a lot more. We can help you learn how to breastfeed and how to feed your children in healthy ways that will benefit them for a lifetime. We can help with your child's immunizations. We can help you find health insurance, a doctor or dentist, child care and preschool, housing, transportation, car seat safety information, and so much more. We try to keep up-to-date on just about every resource in the community.

What Types of Foods Does WIC Provide?

Foods for Infants (Birth-12 Months)

The WIC Program strongly encourages and provides support for breastfeeding. For babies who are not fully breastfed, iron-fortified infant formula is available for the first year of life. The Michigan WIC program contracts with one formula company to provide formula at a reduced price. Standard infant formulas available from the Michigan WIC program are: Similac Advance, Similac Sensitive, Similac Soy Isomil, Similac Spit-up, and Similac Total Comfort.

Foods for Women and Children

Pregnant and postpartum women and children (under 5 years of age) participating in WIC receive food benefits for milk, cheese, eggs, cereals, peanut butter or dried/canned beans or peas, fruit or vegetable juices, fresh fruits and vegetables, whole grains. Women who exclusively breastfeed their babies may also receive extra food, including canned tuna fish and canned salmon.

WWW.FOODPANTRIES.ORG

We not only provide listings of pantries, but we also provide information on: food closets, food banks,

soup kitchens, congregate meal locations, food boxes, vouchers, etc.

Our comprehensive list of food assistance programs provides full descriptions, pictures, hours, volunteer information, etc.

Food locations provided are faith based, government and non profit. We list them all.

HOUSING

Housing Agencies in Macomb County:

<https://www.affordablehousing.com/housing-authority-macomb-county-mi/>

Homeless Shelters in Macomb County

<https://www.shelterlistings.org/county/mi-macomb-county.html>

TRANSPORTATION

Contact your Health Plan for transportation to doctor appointments

Bus Service:

<https://www.smartbus.org/Services/SMART-Basics>

BABY ITEMS

Great Start Collaborative Macomb County

<https://www.greatstartmacomb.org/>

The Right Connection

<http://connection.misd.net/clothing.html>

Car Seat Class

<https://www.childrensdmc.org/parents/kohls-safe-4-kids>

Breast Pump:

<https://areoflowbreastpumps.com>

COUNSELING

<https://www.gracecounselingresources.com/about>

Postpartum Support International

<https://www.postpartum.net>