

A GUIDE TO PEACE OF MIND

# Kalamazoo Hope

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Food and Fitness Booklet

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## **About the Food and Health Booklet**

One's overall physical well-being can greatly impact their psychological health; the information present in this document discusses foods, data related to caring for one's body, and addition information to help one improve both.

Kalamazoo Hope is meant to act as a directory, and is not intended to be used as a substitute for working with a trained and certified/licensed professional. In addition, payment methods and accepted insurance can change; please contact the provider in question for the most accurate data.

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## **About Kalamazoo Hope**

Kalamazoo Hope's purpose is to provide support to individuals in the area of psychological health. It seeks to do this by acting as an online guide, and showing ways for individuals to better understand mental health, so that individuals can better care for themselves, be there for those close to them, and improve the lives of those in the Kalamazoo County, Michigan area.

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## **Disclaimer**

Kalamazoo Hope is an online mental health service intended to help individuals begin to understand psychological health and connect with related resources; however, as a disclaimer, it is not meant to be used as a substitute for working with a trained and licensed psychological health professional.

Furthermore, Kalamazoo Hope is not a part of any government body in Kalamazoo County or elsewhere; in addition, the presence of any business, organization, or other party on this website does not mean that it endorses Kalamazoo Hope, or vice-versa, merely that Kalamazoo Hope sees it as providing a service that could assist certain individuals.

Finally, Kalamazoo Hope disavows responsibility for the practices of any organization or individual listed on this website, as well as any outcome which may arise from the use of this website or the services found on it.

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- 3) Cancer
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19) Vegan and Vegetarian

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## 1) Allergies

[2017 Patient Assistance Resources for Epinephrine Auto-Injectors \(Food Allergy Research & Education\)](#)

[Allergy Friendly Restaurants \(KZOOKIDS\)](#)

[Asthma Allergy Centers](#) - with locations in Portage and Kalamazoo.

[Asthma and Allergy Foundation of America \(AAFA\)](#)

[Epinephrine Auto-Injector \(American College of Allergy, Asthma, and Immunology\)](#)

[Food Allergy – Overview \(American College of Allergy, Asthma, and Immunology\)](#)

[Food Allergy and Research & Education \(FARE\)](#)

[Kids With Food Allergies](#)

[Parchments Family Practice, P.C. \(accepts Medicare\)](#)

[Park Allergy Center](#)

[West Michigan Ears Nose & Throat, PLC](#)

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## **2) Bicycling, Jogging, and Skating Outdoors**

[The Kal-Haven Trail State Park](#)

[Kalamazoo Area Runners](#)

[Kalamazoo Bicycle Club](#)

[Kalamazoo County Parks & Expo Center](#)

[Kalamazoo Nature Center](#)

[Parks Foundation of Kalamazoo County](#)

[Portage Bikeway](#)

[Portage Creek Bicentennial Park](#)

[W.K. Kellogg Bird Sanctuary](#)



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## **3) Cancer**

[American Cancer Society](#)

[American Melanoma Foundation](#)

[National Breast Cancer Foundation, Inc.](#)

[Prostate Cancer Foundation](#)

[Skin Cancer Foundation](#)

[Susan G. Komen](#)

## **4) Cardiovascular**

[American Heart Association](#)

[Cardiovascular Health \(CDC\)](#)

[Heart Health \(Harvard Medical School\)](#)

[Heart Health Matters! \(hiv.gov\)](#)

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## 5) Food Benefit Locations

Finding if a store accepts benefits (“food stamps,” SNAP, WIC) can be difficult for some. If one is not comfortable asking in person or by phone, such businesses tend to have signs (usually at the entrance) that say food benefits are accepted, or possibly state such on their website.

Below is a list of various stores and retailers in Kalamazoo County which accept food benefits which one may not expect to do so. However, cashiers may not be aware of this and/or know how to; a manager may be needed.

[Costco](#) – a store which focuses on bulk sales, allowing for a chance to save money; the Payment section of [Member Privileges & Conditions](#) has more information.

[CVS](#) – some stores accepts [SNAP](#).

[HoneyBaked](#) - accepts SNAP food benefits for certain items at their location in Portage.

[Kalamazoo Farmer’s Markets](#) – accept [SNAP, WIC, and additional programs](#); it also participates in [Double Up Food Bucks](#), which doubles the value of one’s food benefits when spent on fresh fruits and vegetables.

[People's Food Co-op of Kalamazoo \(PFC\)](#) - this food source accepts SNAP (please see the bottom of the [FAQ](#) page) and participates in [Double Up Food Bucks](#), which allows one to double the value of food benefits that are spent on fresh vegetables and fruits.

[Papa Murphy's](#) - a pizzeria that accepts EBT (please see the [Frequently Asked Questions](#) page) at some locations (at the time this document was updated, locations in Portage, Kalamazoo, and Plainwell were contacted, and confirmed as accepting EBT).

[Sam's Club](#) - one can purchase items in bulk at these stores ([with SNAP](#)), which can result in notable savings. One can try the store with a one-day pass, or purchase a membership (one can still shop at a location without either, but there is an additional fee).

[Target](#) – some stores accept food benefits ([Accepted payment methods](#)).

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[Walgreens](#) - some Walgreens accept SNAP (Payment Information).

## **6) Food Kitchens, Pantries, and Markets**

[El Concilio Kalamazoo](#) - can assist individuals in connecting with food sources.

[Kalamazoo Loaves and Fishes](#)

[Kalamazoo Farmer's Market](#)

[Kalamazoo Gospel Mission](#)

[Ministry with Community](#)

[Portage Community Center \(PCC\)](#)

[South County Community Services](#)

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## 7) Food Preparation

[Allrecipes](#)

[Cooking Light](#)

[EatingWell](#)

[Healthy Recipes \(allrecipies.com\)](#)

## 8) Government Food Programs

There is nothing wrong with using food benefits to survive, although there is notable stigma associated with such; however one should not feel shame or embarrassment accepting such assistance, or for simply trying to live.

[Kalamazoo County Michigan Department of Health and Human Services \(MDHHS\)](#)

[Meet up and Eat Up \(Michigan Department of Education - MDE\)](#) – also known as the Summer Food Service Program (SFSP).

[Michigan Food Assistance Programs \(MDHHS\)](#)

[National School Lunch Program \(NSLP\) – U.S. Department of Agriculture](#)

[School Breakfast Program \(SBP\) – U.S. Department of Agriculture](#)

[The WIC \(Women, Infants, and Children\) Program \(MDHHS\)](#)

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## 9) Health Information

[Cedar Sinai](#)

[Centers for Disease Control and Prevention \(CDC\)](#)

[Drugs.com](#)

[Harvard Health Publications \(Harvard Medical School\)](#)

[health.gov](#)

[healthfinder.gov \(Office of Disease Prevention and Health Promotion - ODPHP\)](#)

[Mayo Clinic](#)

[U.S. National Library of Medicine \(NIH\)](#)

[WebMD](#)

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## 10) Healthy Diet

[Foodsafety.gov](https://www.foodsafety.gov) (U.S. Department of Health and Human Services - MDHHS)

[Food Safety](https://www.cdc.gov/foodsafety/) (Center for Disease Control - CDC)

[The Nutrition Source](https://www.eatingwell.com/resources/nutrition-source/) (Harvard T.H. Chan School of Public Health)

[Solid foods: How to get your baby started](https://www.mayoclinic.org/healthy-lifestyle/infant-toddler-care/expert-answers/solid-foods/faq-20008001) (Mayo Clinic)

[What is a Serving](https://www.heart.org/en/healthy-living/healthy-eating/eating-smart/100/what-is-a-serving) (American Heart Association)

## 11) Home Delivery

While these services may be difficult to fit into one's budget, they can be exceptionally helpful for those lacking the ability to easily leave their home and/or prepare meals.

[The Ample Pantry](https://www.theamplepantry.com/) - delivers meals to one's home.

[Erbert & Gerbert's Sandwich Shop](https://www.erbertgerbert.com/)

[Food for All](https://www.foodforall.org/) (Senior Services of Southwest Michigan)

[instacart](https://www.instacart.com/) – allows one to order and have groceries delivered to their home.

[Jimmy John's Gourmet Sandwiches](https://www.jimmyjohns.com/)

[Meals on Wheels](https://www.mealsonwheels.org/) (Senior Services of Southwest Michigan)

[Prime Pantry](https://www.amazon.com/prime-pantry/) (Amazon.com)

[Shipt](https://www.shipt.com/) – provides grocery delivery services.

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## 12) Natural and Organic Food

[ALDI](#)

[Earth Fare](#)

[People's Food Co-op of Kalamazoo](#)

[Natural Health Center](#)

[Sawall Heath Foods](#)

## 13) Oral Hygiene

[Dental Health \(MedlinePlus\)](#)

[Mouth Healthy \(American Dental Association - ADA\)](#)

[Oral health: A window to your overall health \(Mayo Clinic\)](#)

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## 14) Physical Fitness

Exercise provides an opportunity to improve overall health, help treat physical and psychological conditions, lose weight, plus provide a chance to socialize and make new friends.

[American Council on Exercise \(ACE\)](#)

[Anytime Fitness](#)

[Borgess Health and Fitness Center](#)

[Down Dog Yoga Center](#)

[Family Fitness of Portage](#)

[Intentional Yoga](#)

[Kalamazoo Athletic Club](#)

[Planet Fitness](#)

[West Hills Athletic Club](#)

[The YMCA of Greater Kalamazoo](#)



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## 15) Records and Standards

While it is healthiest to not push one's body beyond what it is ultimately capable of, having goals can help provide motivation to improve one's current state.

[Advance Through Training As A Coast Guard Member](#)

[Army Physical Fitness Guide](#)

[Federal Bureau of Investigation \(FBI\) Fitness Test \(PFT\) Protocol – Adobe Acrobat Reader DC](#) is needed to view.

[MCOLES Physical Fitness Test \(Michigan Commission on Law Enforcement Standards\)](#)

[Physical Activity - How much physical activity do you need? \(CDC\)](#)

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## 16) Sleep

[American Sleep Association](#)

[Bronson Sleep Health](#)

[Borgess Sleep Disorders Centers](#)

[Coping With Shift Work \(UCLA Sleep Disorders Center\)](#)

[Extended Unusual Work Shifts \(Occupations Safety & Health Administration - OSHA\)](#)

[How to Pick Your Perfect Mattress \(WebMD\)](#)

[Marpac](#)

[Shift Work Sleep Disorder \(WebMD\)](#)

[Sleep and Sleep Disorders \(CDC\)](#)

[Sleep disorders - Overview \(Mayo Clinic\)](#)

[Sleep Education \(American Academy of Sleep Medicine\)](#)

[Sleep tips: 7 steps to better sleep \(Mayo Clinic\)](#)

[Snuggle Up With the Perfect Pillow \(WebMD\)](#)

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## 17) Solar Exposure

[Coolibar](#) – specializes in clothing specifically designed to provide UV protection.

[How Do I Protect Myself from UV Rays? \(American Cancer Society\)](#)

[Skin Cancer Foundation](#)

[Sun Safety \(Centers for Disease Control – CDC\)](#)

## 18) Sports

[Adult Softball League \(Portage\)](#)

[American Youth Soccer Organization \(AYSO\)](#)

[Climb Kalamazoo](#)

[Echo Valley](#)

[Greater Kalamazoo Skating Association](#)

[Kalamazoo Curling Club](#)

[Kids Gym, Inc.](#)

[Lightning Kicks](#)

[Portage Bikeway](#)

[Portage Seasonal Recreation](#)

[South Portage Little League](#)

[Southside Dojo](#)

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[West Michigan Martial Arts & Holistic Health](#)

## **19) Vegan and Vegetarian**

Due to personal beliefs, health, or other reasons, one may prefer a vegan or vegetarian diet

[Becoming a Vegetarian \(Harvard Medical School\)](#)

[Becoming a Vegetarian \(WebMD\)](#)

[Vegan Diet – Topic Overview \(WebMD\)](#)

[Vegan Lifestyle On A Budget \(I Love Vegan\)](#)

[Vegan Recipes \(allrecipes.com\)](#)

[Vegetarian & Vegan \(Cooking Light\)](#)

[Vegetarian Diet – How to get the best nutrition \(Mayo Clinic\)](#)

[Vegetarian, Vegan and Meals without Meat \(American Heart Association\)](#)

[Vegetarian Recipes \(allrecipes.com\)](#)

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## **20) Weight**

[American Obesity Treatment Association](#)

[Healthy Eating for a Healthy Weight \(CDC\)](#)

[Healthy Weight \(CDC\)](#)

[Obesity \(Medline Plus\)](#)

[Overeaters Anonymous](#)

[Overweight and Obesity? \(National Heart, Lung, and Blood Institute\)](#)