



MICHIGAN WIC

FOOD GUIDE



Healthy Habits
Healthy Families



Effective July 11, 2016

Online Nutrition Education

Do it anytime, anywhere from your computer, tablet or smart phone!



Over 20 lessons available in English and Spanish

How to get started:

1. Go to **wichealth.org**
2. Create an account and set up your profile
3. Choose a lesson from one of the 5 categories
4. Complete the lesson
5. Fill out the survey
6. Remember your login & PIN for next time

Examples of lessons available:

- Eat Well – Spend Less!
- Preparing for a Healthy Pregnancy
- Starting Your Infant on Solid Foods
- Make Meals & Snacks Simple
- Secrets For Feeding Picky Eaters



wichealth problems?

Try clicking the blue “Help” tab on the top left of any page to submit a message. All questions are answered within 24 hours.

This counts as your nutrition education!

Fresh Fruits & Vegetables

* Choose lower priced foods

Organic allowed

- Your WIC Shopping List shows your cash value benefit amount (\$\$\$)
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference

ALLOWED

- Any variety fresh fruit or vegetable without added sweetener or fat
- May be whole, cut, bagged or packaged

* NOT ALLOWED

- Pre-cut fruits and vegetables with added preservatives (for example: sliced apples with ascorbic acid)
- Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds or painted pumpkins
- Salad kits with dressing or other added food items
- Herbs, spices, edible blossoms or flowers
- Fruit or vegetable party trays/platters
- Fruits or vegetables from salad bars
- Fruit and nut mixtures
- Fruit baskets



Eat fruits and vegetables and your kids will too. They learn from watching you.


- **Share the adventure.** Shop together and let your child choose.
- **Fix them together.** Teach your child to tear lettuce or add vegetable toppings to pizza.
- **Eat together.** Enjoy new fruits and vegetables at meals and snacks.
- **Take it with you.** Show your child how fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges or bananas in your bag for quick snacks.

Whole Grains

Your choices for whole grains are: brown rice, oatmeal, whole wheat or corn tortillas, pasta, whole wheat or whole grain breads and buns.

For every 1 LB of whole grain listed on your Shopping List, you can buy...

- 1 loaf bread, **or**
- 1 package buns, **or**
- 1 package tortillas, **or**
- 1 package pasta, **or**
- 1 container oatmeal, **or**
- 1 bag/box brown rice (14-16 oz)

 Whole grain options with this symbol are gluten free.



Whole Wheat Pasta

* Choose lower priced foods

Organic allowed

16 oz package = 1 LB

ALLOWED

- Whole Wheat/Whole Grain ONLY
- Any shape such as elbows, penne, rotini, spaghetti and spirals



* NOT ALLOWED

- Pasta with added sugar, fats, oils or salts
- Pasta made from rice, quinoa, flax, corn or vegetables

• These brands and types **ONLY**

Oatmeal

* Choose lower priced foods

No organic allowed

16 oz container = 1 LB



Kroger Simple Truth
Old Fashioned Oats



Malt-O-Meal
Mom's Best Naturals
Old Fashioned Oats



Malt-O-Meal
Mom's Best Naturals
Quick Oats



Our Family
Old Fashioned
Oats



Our Family
Quick Oats

These oatmeals are a whole grain choice, **NOT** a cereal choice.

Brown Rice

* Choose lower priced foods

No organic allowed

16 oz bag = 1 LB

- 14-16 oz bag/box = 1 LB
- 28-32 oz bag/box = 2 LB



ALLOWED

- Plain, dry brown rice without added herbs, seasonings or beans
- Regular, instant and boil-in-bag type
- Any brand

* NOT ALLOWED

- White rice, frozen brown rice
- Flavored rice, wild rice, rice mixes
- Bulk, tubs, microwavable pouches
- Specialty brands, like Lundberg



• Whole Grain



• Whole Wheat



• Whole Wheat



• Whole Wheat



• Whole Wheat
• Whole Wheat
• Whole Grain



• Whole Grain



• Whole Wheat



• Whole Wheat



• Whole Grain



• Whole Wheat



• Whole Wheat



• Whole Wheat

Breads

* Choose lower priced foods

No organic allowed

16 oz loaf = 1 LB

• These brands and types ONLY



Aunt Millie's
Healthy Goodness
Whole Grain White



Aunt Millie's
Swirl Whole Grain
Raisin with Cinnamon



Aunt Millie's
Swirl Whole Grain
Cinnamon, No Raisins



Aunt Millie's
Healthy Goodness
100% Whole Wheat



Bimbo
100% Whole Wheat



Bunny
100% Whole Wheat



Family Choice
100% Whole Wheat



Hearth Oven Bakers
100% Whole Wheat



Kroger
100% Whole Wheat



Meijer
Whole Grain White



Meijer
100% Whole Wheat



Nickles
Country Style
100% Whole Wheat



Our Family
100% Whole Wheat



Pepperidge Farm
Jewish Rye
Whole Grain Rye
Seeded



Pepperidge Farm
Light Style Soft Wheat



Pepperidge Farm
Stone Ground
100% Whole Wheat



Pepperidge Farm
Swirl 100% Whole
Wheat
Cinnamon with Raisins



Pepperidge Farm
Very Thin Sliced
Soft 100% Whole
Wheat



Roman Meal Sungrain
100% Whole Wheat



Sara Lee
100% Whole Wheat



Shurfresh
100% Whole Wheat



Soft and Good
100% Whole Wheat



Spartan
100% Whole Wheat



Spartan
Whole Grain White



Sterns Kosher
100% Whole Wheat



Sunbeam
100% Whole Wheat



Village Hearth
100% Whole Wheat

Buns

* Choose lower priced foods

No organic allowed

16 oz package = 1 LB

• These brands and types ONLY



Brownberry
100% Whole Wheat
Hamburger Rolls



Brownberry
100% Whole Wheat
Hot Dog Rolls



Healthy Life
100% Whole Wheat
Sandwich Buns



Healthy Life
100% Whole Wheat
Hot Dog Buns



Hearth Oven Bakers
100% Whole Wheat
Hamburger Buns



Hearth Oven Bakers
100% Whole Wheat
Hot Dog Buns

Tortillas

* Choose lower priced foods

16 oz package = 1 LB

• These brands and types ONLY

No organic allowed



Chi Chi's
Whole Wheat Fajita Style
8 count



Don Marcos
White Corn
18 count



Great Value
Whole Wheat Flour
10 count



Mission
Whole Wheat
10 count



Mission
Whole Wheat Fajita Style
16 count



Ortega
Whole Wheat
10 count



Hacienda
Corn Maiz
18 count



Hacienda
Whole Wheat Flour
12 count



Kroger
Whole Wheat Soft Taco Size
10 count



ShurFine
White Corn
18 count



ShurFine
Whole Wheat Fajita Style
8 count



Spartan
Whole Wheat
Fajita Style
8 count



La Banderita
Whole Wheat Fajita
16 count



La Banderita
Whole Wheat Soft Taco
10 count



La Banderita
Corn
18 count



Tio Santi
Whole Wheat
10 count



Tortillas Tita
Corn
18 count



Tortillas Tita
Enchillada Style
Corn
18 count



La Banderita
Corn
14 count



Meijer
Soft Taco Whole Wheat
8 count



Mission
Yellow Corn Extra Thin
24 count



Give yourself and those you love the goodness of whole grains.


Make at least half of the grains you eat whole grains. WIC whole grains, such as bread, tortillas and pasta can help you maintain a healthy weight and are good for your overall health.


Cold Cereals


* **Choose lower priced foods**

No organic allowed

All WIC cereals provide a good source of iron

 Cereals with this symbol provide 100% of the Recommended Dietary Allowance for folic acid

 Cereals with this symbol are made with whole grains and are a good source of fiber

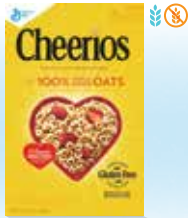
 Cereals with this symbol are gluten free

• These brands and flavors **ONLY**

General Mills



Cheerios
Multi Grain
16 oz or larger



Cheerios
Plain
16 oz or larger



Chex
Corn
12 oz or larger



Chex
Rice
12 oz or larger



Chex
Wheat
12 oz or larger



Dora the Explorer
16 oz or larger



Kix
Plain
16 oz or larger



Corn Flakes
Plain
16 oz or larger



Mini-Wheats
Frosted Original
16 oz or larger



Mini-Wheats
Unfrosted
16 oz or larger



Rice Krispies
16 oz or larger



Special K
Original
16 oz or larger

Malt-O-Meal



Crispy Rice
16 oz or larger



Mini Spooners
Blueberry
16 oz or larger



Mini Spooners
Frosted
16 oz or larger



Mini Spooners
Strawberry Cream
16 oz or larger



Oat Blenders
Honey
16 oz or larger



Oat Blenders
Honey & Almond
16 oz or larger

Post



Bran Flakes
16 oz or larger



Great Grains
Banana Nut Crunch
12 oz or larger



Honey Bunches of Oats
Almonds
16 oz or larger



Honey Bunches of Oats
Cinnamon Bunches
16 oz or larger



Honey Bunches of Oats
Honey Roasted
16 oz or larger



Honey Bunches of Oats
Whole Grain Honey Crunch
16 oz or larger



Honey Bunches of Oats
Whole Grain Vanilla Bunches
16 oz or larger



Life
Original
16 oz or larger

Continued on next page →

Cold Cereals

* Choose lower priced foods

No organic allowed

Quaker (continued)



Oatmeal Squares
Brown Sugar
12 oz or larger



Oatmeal Squares
Cinnamon
12 oz or larger



Oatmeal Squares
Golden Maple
12 oz or larger



Oatmeal Squares
Honey Nut
12 oz or larger

Store Brands:

- Centrella
- Essential Everyday
- Great Value
- Hy-Top
- IGA
- Kiggins
- Kroger
- Meijer
- Nature's Crunch
- Our Family
- Parade
- ShurFine
- Spartan



Bran Flakes



Corn Flakes



Corn Squares, Biscuits, Bitz (like Corn Chex)



Crispy Rice



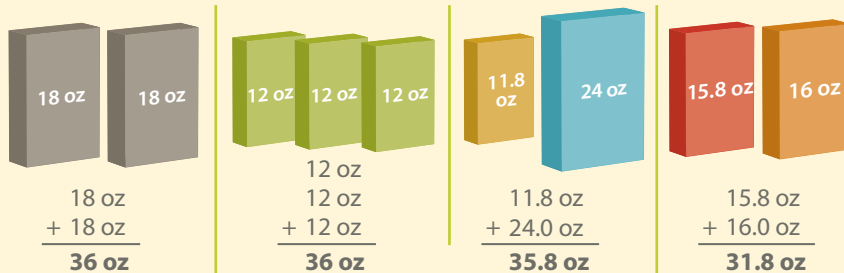
Frosted Shredded Wheat



Toasted Oats
Plain and Multigrain

Ways to buy up to 36 oz of hot and cold cereals

You may combine cereals up to a total of 36 ounces per month.



Hot Cereals

* Choose lower priced foods

No organic allowed

All WIC cereals provide a good source of iron

- Cereals with this symbol provide 100% of the Recommended Dietary Allowance for folic acid
- Cereals with this symbol are made with whole grains and are a good source of fiber
- Cereals with this symbol are gluten free

• These brands and flavors **ONLY**



COCO Wheats
11 oz or larger



Cream of Rice
Original
Instant Individual Packets
11 oz or larger



Cream of Wheat
Original & Whole Grain
Instant Individual Packets
Original & Whole Grain
11 oz or larger



Malt-O-Meal
Original & Chocolate
Flavor
11 oz or larger



Maypo
Instant Oatmeal **ONLY**
11 oz or larger



Quaker Instant Grits
Original & Butter
Flavor Individual
Packets **ONLY**
11 oz or larger



Quaker Instant Oatmeal
Original Flavor
Individual
Packets **ONLY**
11 oz or larger



Store Brand Instant Oatmeal
Regular Flavor
Individual Packets **ONLY**:
America's Choice, Essential
Everyday, Great Value, Hy-
Top, IGA, Kroger, Meijer, Our
Family, Parade, Roundy's,
ShurFine, Spartan
11 oz or larger



Breakfast Starts the Day Strong!

Eating breakfast gives you and your child energy. Without breakfast, you and your child may feel hungry, making it hard to focus and learn.

Let them help you plan breakfast and set the table!

Breastfeeding

Every Ounce Counts

Breastfeeding is convenient!

Always ready, no bottles or mixing required.

Exclusively breastfeeding mothers and their babies receive extra food benefits.

Moms have the right to breastfeed their children anytime, anywhere. **It is the law in Michigan.**

Miracle Park, Southfield



Tridge, Midland



Marquette Harbor Lighthouse, Marquette



Mackinac Bridge, St. Ignace

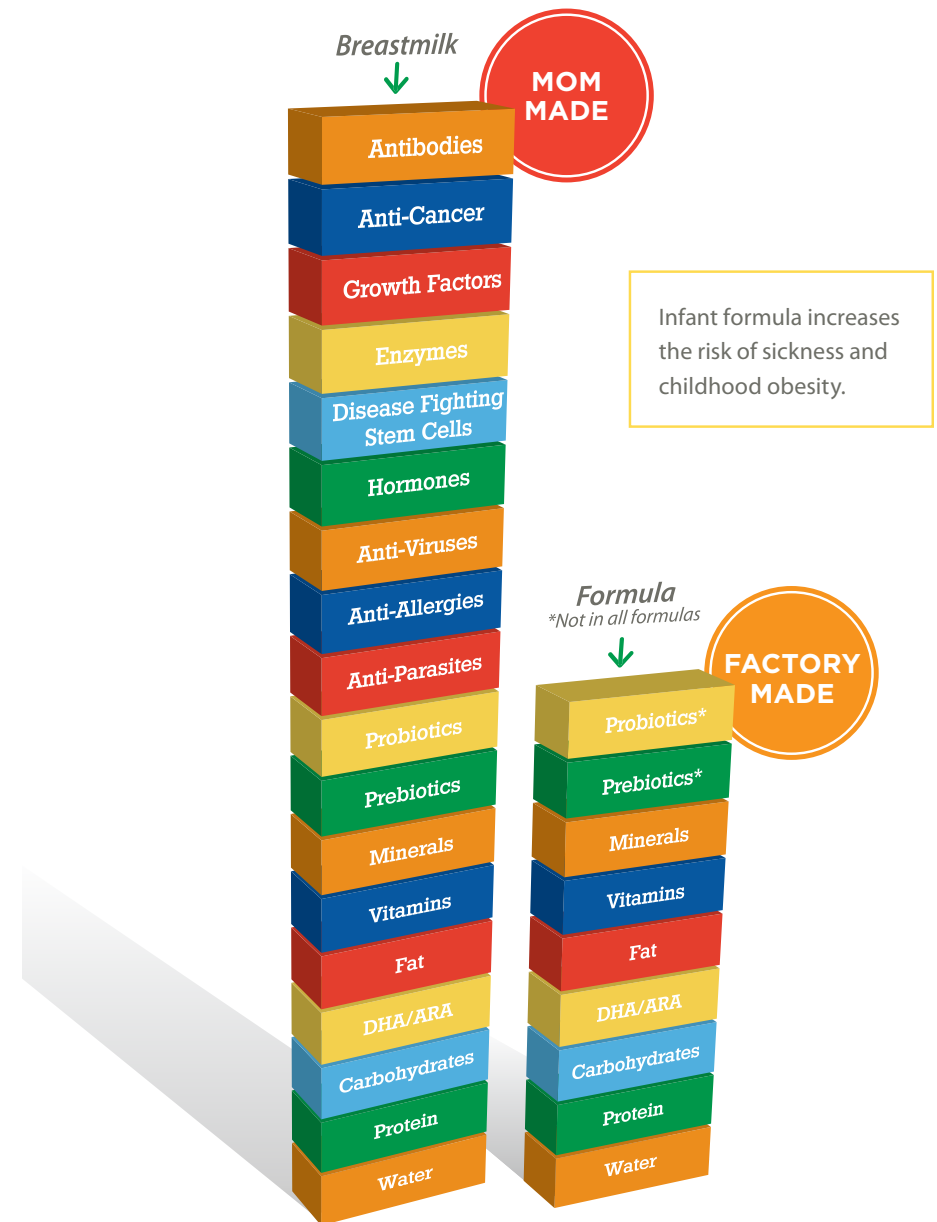
What WIC Clients Say About Breastfeeding...

"As a new mom, I was scared and had lots of questions, but talking to a peer counselor made me feel confident about breastfeeding."

"It was a way to be closer to my daughter when I went back to work."

"My partner supported me by getting the baby ready and making me comfortable."

Breastmilk has more of what baby needs



Michigan WIC has Breastfeeding Specialists and Peer Counselors to provide breastfeeding support at no cost. WIC can help with any of your questions or concerns.

Infant Cereals

* Choose lower priced foods

No organic allowed

- 8 oz or 16 oz box/container

ALLOWED

- Any brand
- Dry infant cereal WITHOUT fruit, formula or DHA/ARA
- CHOOSE ONLY: corn, mixed grain, multigrain, oatmeal, rice, whole wheat



Infant Meats

* Choose lower priced foods

No organic allowed

- ONLY for breastfeeding infants 6 thru 11 months who are NOT receiving formula from WIC



ALLOWED

- 2.5 oz containers ONLY
- Single meat varieties ONLY, with broth or gravy

* NOT ALLOWED

- Added sugar or salt
- Added fruit, vegetables, rice or pasta (for example: dinners, casseroles, soups or stews)
- Meat sticks

Infant Fruits & Vegetables

* Choose lower priced foods

No organic allowed

- For infants 6 thru 11 months ONLY

4 oz glass jar →



4 oz 2-pack plastic tubs →



ALLOWED

- Beech-Nut Classics, Beech-Nut Naturals, Gerber, Meijer Baby, Tippy Toes
- 4 oz glass jars or plastic tubs ONLY (multipacks allowed)
- Any variety single fruit or vegetable (example: apple sauce or sweet peas)
- Any variety mixed fruits and/or vegetables (example: apples and bananas, mixed vegetables, sweet potatoes and apples)

* NOT ALLOWED

- Added meat, sugar, salt or DHA
- Dinners
- Yogurt blends
- Added cereal, flour, starches
- Desserts (for example, juice & fruit blends, pudding or cobbler)
- Squeeze pouches



Be sure your infant is ready to eat foods.

To eat foods, your infant must be able to:

- Sit and hold her head steady
- Show he wants food by opening his mouth
- Show she doesn't want food by closing her mouth or turning her head

Bean & Peanut Butter Choices:



If your Shopping List shows:

1 JAR 16-18OZPNUTBTR, LB DRY, 15-16OZCN BEAN

you can buy...



16 oz package dry beans, lentils or peas

OR



16-18 oz jar peanut butter

OR



4 cans 15-16 oz beans or peas

Beans, Lentils & Peas

* Choose lower priced foods

No organic allowed

ALLOWED DRY

- 16 oz (1 LB) package
- Any type



* NOT ALLOWED DRY

- Barzi beans
- Dry beans with seasoning packets

ALLOWED CANNED

- 15-16 oz can
- Any type
- Brands – Bush's, Centrella, Essential Everyday, Goya, Great Value, Halstead Acres, Hy-Top, IGA, Joan of Arc, Kroger, La Preferida, Lucky, Meijer, Ortega, Our Family, Progresso, ShurFine, Spartan, ValuTime, Wylwood
- Low sodium of any allowed brand



* NOT ALLOWED CANNED

- Beans with added fat, oil, meat
- Baked beans
- Pork and beans
- Chili beans
- Refried beans
- Green beans
- Snap beans
- Wax beans
- Yellow beans
- Green peas
- Sweet peas

Peanut Butter

* Choose lower priced foods

No organic allowed

ALLOWED

- 16-18 oz jar
- Smooth, creamy, crunchy, extra crunchy



* NOT ALLOWED

- Specialty brands, like Arrow Head Mills, Fifty50
- Peanut butter mixed with jelly, marshmallow, honey, chocolate or other flavorings
- Reduced fat peanut butter
- Peanut spread
- Peanut butter with DHA or Omega 3



Your kids learn from watching you enjoy healthy foods.

Teach how foods help them learn, grow and be strong.

- Fresh fruits and vegetables help them fight sickness and stay fit.
- Whole grains give them energy to grow and learn.
- Milk makes their bones and teeth strong.
- Beans and peanut butter give them healthy blood and strong muscles.

Canned Fish

* Choose lower priced foods

No organic allowed



Any Brand
Chunk light tuna
in water or oil
5 oz can



Bumble Bee
Pink Salmon
5 oz can



Chicken of the Sea
Pink Salmon
5 oz can

* NOT ALLOWED

- Albacore tuna
- Low sodium tuna or salmon
- Foil packages or pouches
- Lunch packs, lunch kits
- Chunk white tuna
- Tuna with seasoning
- Prime or smoked salmon fillets

Milk

* Choose lower priced foods

ALLOWED

- Fat free milk (skim)
- Low fat milk (½%, 1%)
- Buttermilk

ALLOWED

Only if on your WIC Shopping List

- Reduced fat milk (2%)
- Whole milk
- Powdered milk (nonfat dry) 25.6 oz, 32 oz, 64 oz
- Evaporated milk (skim, 2%, whole)
- Lactose free milk (skim, 1%, 2%, whole)

No organic allowed

* NOT ALLOWED

- Chocolate or flavored milk
- Evaporated filled
- Nut or grain milk (like almond or rice)
- Guernsey
- Value added (Kid's Milk, Fit Milk, Over the Moon)
- Vitamite
- Glass bottles
- Unhomogenized

If your Shopping List shows 'QT or Equiv,' use this guide.



1 quart = 32 oz



3 quarts = 96 oz



2 quarts = half gallon (64 oz)



4 quarts = 1 gallon (128 oz)



Did you know? Skim, 1% or 2% milk has the same amount of Vitamin D, calcium and protein as whole milk. Just less fat and fewer calories!

Yogurt

* Choose lower priced foods

No organic allowed

- 32 oz tubs
- 4 oz 4-pack (16 oz total)
- 4 oz 8-pack (32 oz total)



ALLOWED

- Nonfat or lowfat **ONLY**
- Plain or any flavor

* NOT ALLOWED

- Whole milk yogurt
- Yogurts with mix-in items such as candy, granola or nuts
- Greek yogurt
- Artificial sweeteners, often labeled "light" (for example: aspartame, sucralose or saccharine)
- Yogurt in bottles (drinkable), tubes or pouches
- Activia



Cheese

* Choose lower priced foods

No organic allowed

- See your WIC Shopping List for allowed maximum cheese price
- 16 oz (1 LB) **ONLY**
- U.S. made prepackaged cheese
- Low sodium and low fat cheese of any allowed type



ALLOWED

- Cheddar
- Colby
- Colby Jack (Cojack)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

Without individual wrapping:

- American
- String

* NOT ALLOWED

- Imported cheese
- Sliced cheese, except American
- Individually wrapped cheese slices (singles), sticks or strings
- Cheese foods (for example: Velveeta)
- Cheese products, whips or spreads
- Shredded, grated, cubed, crumbles, shapes or curds
- Smoked cheese or raw milk cheese
- Variety wheels or variety packs
- Cracker Backers or Stackers
- Cheese with pimento, peppers, seeds, meat, etc.
- Soy, farmer or goat cheese
- Fresh mozzarella

Eggs

* Choose lower priced foods

No organic allowed

1 dozen

ALLOWED

- Grade A or AA
- Medium or large
- White **ONLY**



* NOT ALLOWED

- Extra large or jumbo
- Free range, cage free, low cholesterol, Omega 3 or pasteurized
- Eggland's Best

Soy Beverage

* Choose lower priced foods

Organic allowed

ALLOWED only if your WIC Shopping List message is: 'QT or Equiv Soy Beverage'

- 1 quart = 32 oz | 2 quarts = 64 oz
- These brands and flavors **ONLY**



8th Continent
Original
32 & 64 oz
(refrigerated)



8th Continent
Vanilla
32 & 64 oz
(refrigerated)



Silk
Original
32 & 64 oz
(refrigerated)



Pacific
Natural Foods
Ultra Soy Original
32 oz (shelf stable)



Pacific
Natural Foods
Ultra Soy Vanilla
32 oz (shelf stable)



Juices for Children

* Choose lower priced foods

No organic allowed

64 oz PLASTIC

100% Juice & 120% Vitamin C

- Added calcium allowed



Store Brand Juice
Any store brand fruit or vegetable juice



Campbell's Tomato Juice
Regular, Low Sodium, Healthy Request



Everfresh
Apple, Kiwi Strawberry, Orange



Indian Summer
Apple Juice only



Juicy Juice
Any flavor



Old Orchard
Any flavor



Welch's Grape Juice
Grape, White Grape, Red Grape ONLY (added calcium is **NOT ALLOWED** for Welch's)

Tips for choosing a WIC juice

Is it one of the fruit or vegetable juices listed on these pages?

Is it a **48 or 64 oz** container, or an **11.5 to 12 oz** concentrate?

Is it **100%** juice?

Does it have at least **120%** Vitamin C?

Nutrition Facts	
Contains 100% Juice	
Serving Size 8 fl oz (240mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Fat Cal. 0
% Daily Value *	
Total Fat 0g	0%
Cholesterol 0g	0%
Sodium 25mg	1%
Potassium 280mg	8%
Total Carb 29g	10%
Sugars 27g	
Protein 0	0%
Vitamin A	0%
Vitamin C	120%
Calcium	0%
Iron	2%

This 100% juice example has 120% Vitamin C; this item is allowed.

Juices for Women

* Choose lower priced foods

No organic allowed

48 oz PLASTIC

100% Juice & 120% Vitamin C

- Added calcium allowed



Store Brand Juice
Any store brand fruit or vegetable juice



Juicy Juice
Any flavor



Juice: good or bad?

Small amounts of WIC juice are a good source of Vitamin C.

Be sure to eat plenty of fresh fruits and vegetables to get more fiber in your diet.

Frozen - 11.5 oz and 12 oz



Orange Juice
Any brand



Grapefruit Juice
Any brand or variety



Dole
Any flavor



Old Orchard
Any flavor with green peel strip



Welch's
Any flavor with yellow peel strip

Non-Frozen - 11.5 oz



Welch's
Any flavor with yellow band



WIC Shopping Tips

- Take your MI-WIC Shopping List with you.
- If you have already used some food benefits, print a balance inquiry at the store to see what you can purchase today.
- Make sure the foods you buy with your WIC Bridge Card are WIC authorized.
- Make sure the foods you buy are on your MI-WIC Shopping List.
- Product availability can vary by store. Not all items can be found in all areas of the state.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.
- Coupons and store promotions may be used with your WIC Bridge Card.
- Choosing lower priced foods helps reduce costs and serve more WIC clients.

About your MI WIC Bridge Card

- See your Michigan WIC Cardholder Training Brochure for important information.
- For problems, questions, or balance inquiries, call **1-888-678-8914** or visit www.ebt.acs-inc.com.
- WIC foods cannot be purchased before the Starting Date or after midnight Eastern Standard Time on the Expiration Date of your WIC benefit period.



WIC Fraud is Serious

DON'T FALL FOR THE TRAP



**BUYING, SELLING, OR TRADING
WIC FOODS IS ILLEGAL!**

If you buy, sell, or trade WIC foods, it could result in prosecution and/or disqualification from participating in the WIC Program.

1-800-CALL-WIC

wicfraudinvestigations@michigan.gov





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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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