



Register Now! Community Conversation on Cancer June 20, 2024 from 5- 7pm

Join the Genesee County Cancer Action Council for their "Navigating From Planet to Plate: Understanding the Connection Between Food, Environment and Cancer" event.

During this event, community members will learn about food, environmental exposures, and their impact on cancer. This talk will be held in a hybrid format (held both online and in-person) and is free and open to everyone.

You may register for the event using the link or QR code below:



<https://bit.ly/GeneseeEvent>

Making Good Choices Benefits Everyone



- Purchasing organically grown food reduces the amount of chemicals you're ingesting. You're also reducing the amount of chemicals in the air, our water supply, soil, and bodies.
- Local food has more nutrients! Since the food doesn't have to travel far, there is less time for the nutrient value to decrease. Buying locally grown produce boosts the local economy. Local farmers reinvest their earnings by spending money in the communities they live in.
- By purchasing local foods, you reduce the environmental impact of transporting food from longer geographic distances. Remember, the choices you make not only impact your individual health, but also help improve our environmental health.

Tips

How to stretch your dollar in the "D"!

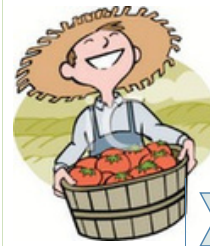


Spend SNAP dollars at local farmers markets that double the value of SNAP points.

See the next page for list.



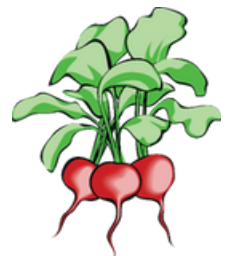
DOUBLE UP
FOOD BUCKS



Buy produce that's in season, it's cheaper. Plus you'll support local farmers! **See the next page.**

Grow your own food!

A garden is a great way to save money.



To learn more about CURES contact Rochelle Chapman at 313-577- 5045 or RochelleChapman@wayne.edu

Community Resource

Keep Growing Detroit offers soil testing kits and gardening guides to help grow your own garden. Visit: www.detroitagriculture.net

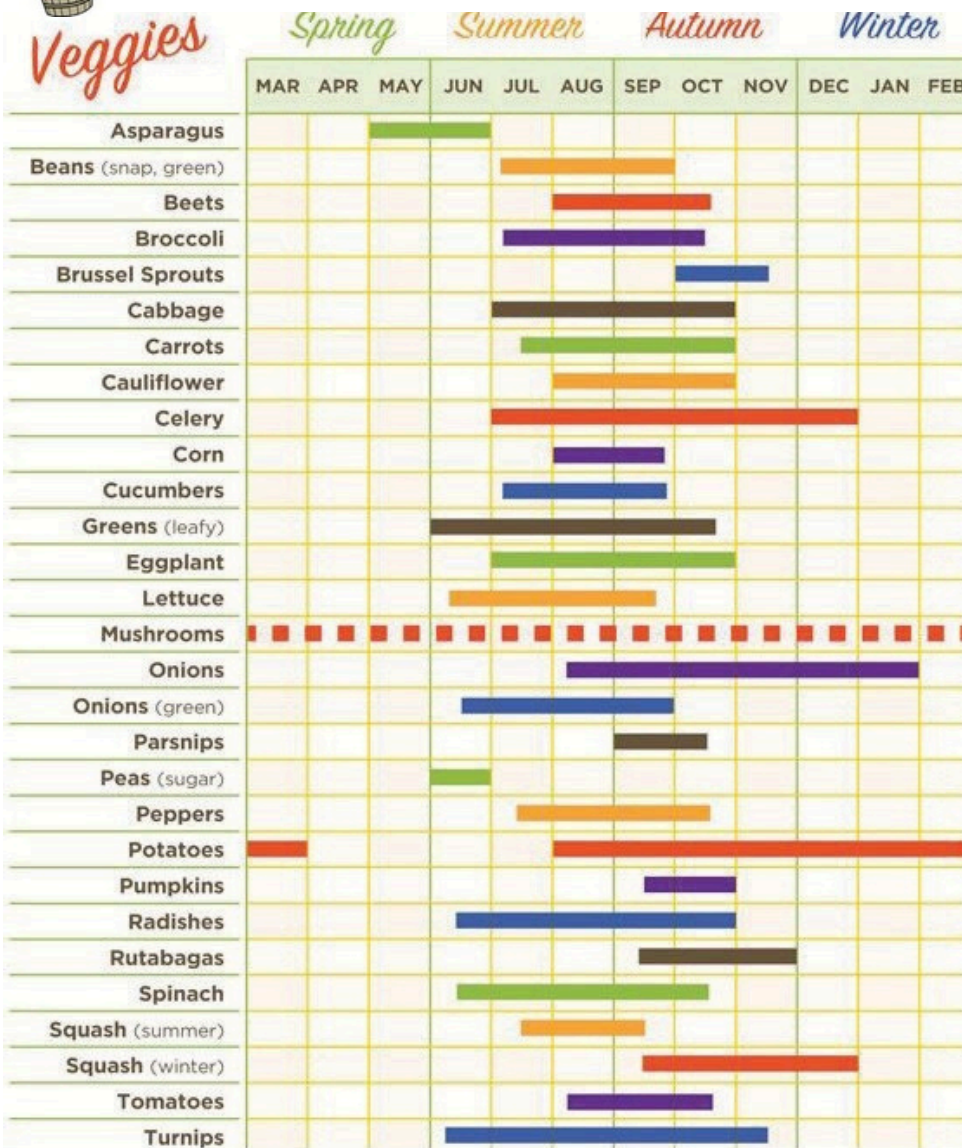




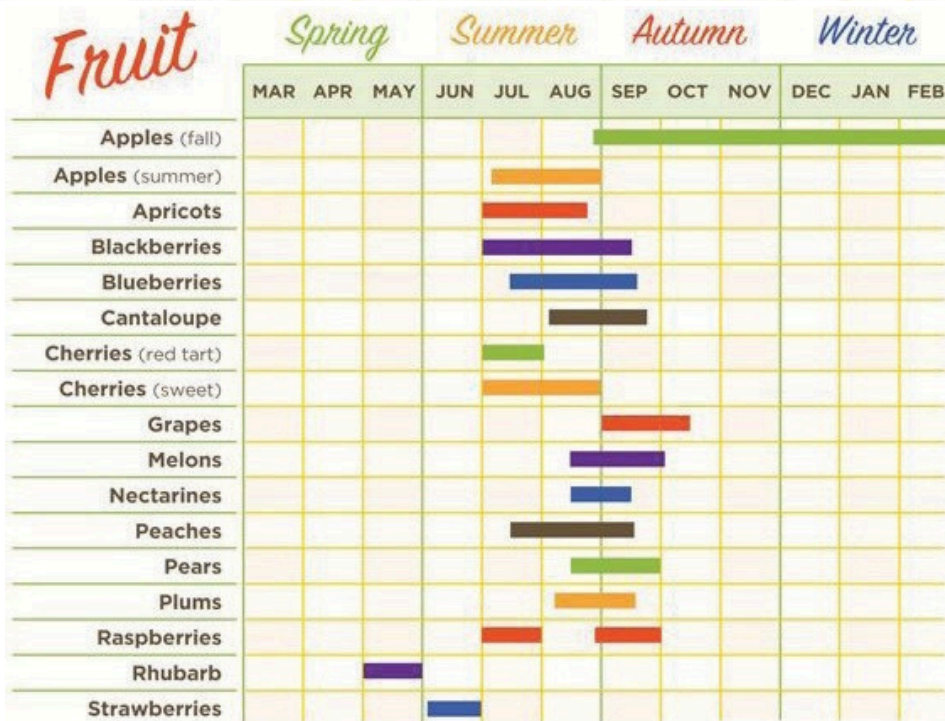
Michigan Crop Harvest Calendars



Veggies



Fruit



For every SNAP dollar you spend at these Detroit locations you can get \$20 per day matched for locally grown produce.

YEAR ROUND

Eastern Market

2934 Russell St., 48207 Sat 6am-4pm, Tues 9am-3pm Sun 10am-4pm
313-833-9300

Peaches & Greens

8838 Third St., 48202
Tues-Fri 10am-6pm & Sat 10am-2pm
313-870-9210

SEASONAL LOCATIONS

Islandview Farmers Market

7200 Mack Ave., 48214
June -Sept, Wed 4-7pm
313-571-0937

Oakland Avenue Farmers Market

9352 Oakland Ave., 48211
June-Oct, Sat 11am-3:30pm
313-903-0049

CHASS Mercado

5635 West Fort St., 48209
June - Oct, Thurs 9am-1pm
313-849-3920

Sowing Seeds Growing Futures Farmers Market

18900 Joy Rd., 48228 Jun -Oct,
Tues 3-7pm 248-719-0522

Northwest Detroit Farmers' Market

18445 Scarsdale St., 48223 Jun-Oct,
Thurs 4-8pm 313-387-4732
Ext. 103