

July Nutrition Resource and Education Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>Mass Food Delivery Christ Enrichment Center 8:30 AM</p> <p>Mobile Food Distribution My Brother's Keeper 12:00 pm</p>	<p>2</p>
<p>4</p>	<p>5</p> <p>Mass Food Delivery Salvation Army 10:00 am</p> <p>Mass Food Delivery Foss Ave. Baptist Church 10-12:00 pm</p> <p>Grow it, Try It, Like It! & Botany on Your Plate 11:00-12:00pm McKinley Park, Vista Center</p> <p>Mobile Food Distribution Greater Holy Temple 11:00 am</p>	<p>6</p> <p>Mass Food Delivery Greater Flint Outreach 10:00 am</p> <p>Grow it, Try It, Like It! & Botany on Your Plate 11:00-12:00pm Bluebell Beach, Pavilion 2</p> <p>Commit to Fit! Cooking with Kids* 11:30-1:00pm Flint Children's Museum</p> <p>Mobile Food Distribution Faith Gospel 12:00 am</p> <p>Parent's Guide to Raising a Healthy Eater 6:00-7:00 p.m. Davison Roadside Park</p>	<p>7</p> <p>Nutrition in the Parks McKinley Park, Vista Center Area 11:00-12:00pm</p> <p>Partner Cooking Demo 12:30 pm Flint Farmers' Market</p> <p>Cooking Matters Shopping Tour * Meijer on Center Rd 3:00pm</p> <p>Mobile Food Distribution West Court St. COG 4:00 pm</p>	<p>8</p> <p>Summer Playground Program Monday-Friday! Bluebell Beach Davison Roadside Park Flushing County Park Max Brandon Park McKinley Park 11am-3:30pm</p> <p>Mass Food Delivery Christ Enrichment Center 8:30 AM</p> <p>Mobile Food Distribution Flint Islamic Center 11:00 am</p>	<p>9</p>
<p>11</p> <p>Summer Playground Program Monday-Friday! Bluebell Beach Davison Roadside Park Flushing County Park Max Brandon Park McKinley Park 11am-3:30pm</p> <p>Grow it, Try It, Like It! & Botany on Your Plate 11:00-12:00pm McKinley Park, Vista Center</p>	<p>12</p> <p>Mass Food Delivery Salvation Army 10:00 am</p> <p>Mass Food Delivery Foss Ave. Baptist Church 10-12:00 pm</p> <p>Nutrition in the Parks Davison Roadside Park 11:00-12:00pm</p> <p>Mobile Food Distribution North Central COC 12:00 pm</p> <p>Partner Cooking Demo 12:30 pm Flint Farmers' Market</p>	<p>13</p> <p>Mass Food Delivery Greater Flint Outreach 10:00 am</p> <p>Mobile Food Distribution Flint First Wesleyan 10:00 am</p> <p>Commit to Fit! Cooking with Kids* 11:30-1:00pm Flint Children's Museum</p> <p>Parent's Guide to Raising a Healthy Eater 6:00-7:00 p.m. Davison Roadside Park</p>	<p>14</p> <p>Nutrition in the Parks McKinley Park, Vista Center Area 11:00-12:00pm</p> <p>Grow it, Try It, Like It! & Botany on Your Plate 1:30-2:30pm Max Brandon, Pavilion 2</p> <p>Mobile Food Distribution Vermont Christian 2:00 pm</p>	<p>15</p> <p>Summer Playground Program Monday-Friday! 11am-3:30pm Bluebell Beach Davison Roadside Park Flushing County Park Max Brandon Park McKinley Park</p> <p>Mass Food Delivery Christ Enrichment Center 8:30 AM</p> <p>Mobile Food Distribution St. Luke's 12:00</p>	<p>16</p> <p>Partner Cooking Demo 12:30 pm Flint Farmers' Market</p>

*Requires pre-registration



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Summer Playground Program Monday-Friday! Bluebell Beach Davison Roadside Park Flushing County Park Max Brandon Park McKinley Park 11am-3:30pm Cooking Matters Shopping Tour* Meijer on Center Rd 4:30pm	19 Mass Food Delivery Salvation Army 10:00 am Mass Food Delivery Foss Ave. Baptist Church 10-12:00 pm Nutrition in the Parks Davison Roadside Park Pavilion 11:00-12:00pm Mobile Food Distribution Mid-Michigan Community Outreach 12:00 pm Grow it, Try It, Like It! & Botany on Your Plate 11:00-12:00pm McKinley Park, Vista Center Partner Cooking Demo 12:30 pm Flint Farmers' Market	20 Mass Food Delivery Greater Flint Outreach 10:00 am Commit to Fit! Cooking with Kids* 11:30-1:00pm Flint Children's Museum Mobile Food Distribution Reaching the World 12:00 pm Cooking Matters Shopping Tour* Meijer on Center Rd 4:30pm Parent's Guide to Raising a Healthy Eater 6:00-7:00 p.m. Davison Roadside Park	21 Grow it, Try It, Like It! & Botany on Your Plate 10:00-11:00pm For-Mar Nature Preserve Nutrition in the Parks McKinley Park, Vista Center 11:00-12:00pm Mobile Food Distribution Foss Avenue Baptist 11:00 am Grow it, Try It, Like It! & Botany on Your Plate 1:30-2:30pm Max Brandon	22 Summer Playground Program Monday-Friday! Bluebell Beach Davison Roadside Park Flushing County Park Max Brandon Park McKinley Park 11am-3:30pm Mass Food Delivery Christ Enrichment Center 8:30 AM Mobile Food Distribution Bethel UMC 11:00 am	23 Partner Cooking Demo 12:30 pm Flint Farmers' Market
25 Summer Playground Program Monday-Friday! Bluebell Beach Davison Roadside Park Flushing County Park Max Brandon Park McKinley Park 11am-3:30pm	26 Mass Food Delivery Salvation Army 10:00 am Mass Food Delivery Foss Ave. Baptist Church 10-12:00 pm Nutrition in the Parks Davison Roadside Park Pavilion 11:00-12:00pm Grow it, Try It, Like It! & Botany on Your Plate 11:00-12:00pm McKinley Park, Vista Center Mobile Food Distribution Prince of Peace 12:00 pm Partner Cooking Demo 12:30 pm Flint Farmers' Market	27 Mass Food Delivery Greater Flint Outreach 10:00 am Mobile Food Distribution Hispanic Tech Center 10:00 am Grow it, Try It, Like It! & Botany on Your Plate 11:00-12:00pm Bluebell Beach Commit to Fit! Cooking with Kids* 11:30-1:00pm Flint Children's Museum Grow it, Try It, Like It! & Botany on Your Plate 1:30-2:30pm Davison Roadside Park Edible Flint: 8th Annual Food Garden Tour 4:30-8:30 p.m. Flint Farmers' Market	28 Nutrition in the Parks McKinley Park 11:00-12:00pm Grow it, Try It, Like It! & Botany on Your Plate 10:00-11:00pm For-Mar Nature Preserve Mobile Food Distribution Salem Lutheran Church 1:00 pm Grow it, Try It, Like It! & Botany on Your Plate 1:30-2:30pm Max Brandon	29 Summer Playground Program Monday-Friday! Bluebell Beach Davison Roadside Park Flushing County Park Max Brandon Park McKinley Park 11am-3:30pm Mass Food Delivery Christ Enrichment Center 8:30 AM Mobile Food Distribution North End Soup Kitchen 12:00 pm	30

*Requires pre-registration



Nutrition in the Parks

FREE: Nutrition in the Parks is a fun interactive way to teach kids about healthy eating. Kids will learn the best way to fill their plates with healthy, nutrient dense foods every time they eat. After each nutrition lesson, kids will take part in different physical activity games and challenges.

Botany on Your Plate for ages 7-13

FREE: Youth ages 7-12 will have an opportunity to join the Genesee Intermediate School Districts Healthy Schools Healthy Families Program to participate in a life science program called Botany on Your Plate. Each class will also provide them with an opportunity to taste all the parts of the plant in a delicious new way.

Grow it, Try It, Like It! Fun with Fruits and Veggies for ages 3-7

FREE: Children ages 3-6 are invited to join staff from the Genesee Intermediate School Districts Healthy Schools Healthy Families Program for hands on activities designed to encourage children to learn more about the fruits and vegetables we eat. Children will also have the opportunity to experiment with tasting different fruits and vegetables.

Cooking Matters Shopping Tours (One Hour) This free program teaches participants how to shop for fresh/frozen/canned produce; best time to buy fruits/vegetables; reading nutrition labels; and discuss other produce/nutrition related topics. Questions? Contact Jessica Robinson (810) 285-2210 **Meet in the produce section **Meijer Center Road** 2333 Center Rd, Burton, MI 48519

Parent's Guide to Raising a Healthy Eater

FREE: Learn more about feeding your child, because we all know that they are watching! This class will act as a parent's guide to raising healthy eaters and will focus on how to keep healthy foods in the home, role modeling with healthy food and drinks, making positive family mealtimes and ways to reduce food struggles. For parents, all ages and abilities

Commit to Fit! Cooking with Kids (1.5 hours) FREE: Learn how to cook diverse healthy dishes as a family! Registration is required-contact (810) 232-2228 **Flint Children's Museum** 1602 University Ave, Flint, MI 48504

Healthy Cooking Demonstration (30 minutes) FREE: Learn how to cook a simple, healthy dish by a vendor at the Market and try a sample after!
FOCUS: NUTRITION & LEAD – First Fifteen participants at each demo will receive a bag of healthy food to take home.

Flint Farmers' Market 300 E 1st St, Flint, MI 48502

Mass Food Delivery Schedule

These agency partners receive a truckload full of supplemental food for distribution on the same day.

Salvation Army- 1475 W. Coldwater Rd. Flint Tuesday 10 AM

Foss Ave. Baptist Church - 1159 E. Foss Ave. Tuesday 10 AM-12 PM Greater Flint Outreach -1114 University Ave. Wednesday 12 PM

Christ Enrichment Center – 322 E. Hamilton Ave. Friday 8:30 AM

Mobile Food Distribution Sites:

For locations of each site visit:

<https://www.fbem.org/programs/mobile-food-pantry/mobile-food-pantry-delivery-schedule/>

Summer Playground Program Sites:

Monday-Friday, 11am-3:30 from June 20-August 25. Staff will be onsite daily providing physical activity, nutrition, nature, gardening, and crafts. They will also serve lunch and a snack every day. This program is **free** and is for kids ages 4-18.

Park Locations are:

Bluebell Beach
Davison Roadside Park
Flushing County Park
Max Brandon Park
McKinley Park

Mobile Lunch Park Program:

The Food Bank of Eastern Michigan is operating a mobile lunch program, and will have staff who will come to five other City of Flint parks Monday-Friday all summer. This program is free.

The park locations are:

Broome
Farnumwood- 4201 Shawnee Ave, Flint, MI 48507
Kearsley- 1409 Kearsley Park Blvd Flint, MI 48506
Riverside West
Rollingwood

Mobile Food Sites

Agency	Address	City	Zip
Hispanic Tech Center	2101 Lewis St.	Flint	48503
My Brother's Keeper	101 N. Grand Traverse	Flint	48503
St. Luke's	3115 Lawndale	Flint	48504
Bethel UMC	1309 Ballenger Hwy.	Flint	48504
Salem Lutheran Church	2610 Martin Luther King Ave.	Flint	48505
Prince of Peace	1417 N. Stevenson St.	Flint	48504
Flint Islamic Center	4400 S. Saginaw St.	Flint	48507
Greater Holy Temple	6702 N. Dort Hwy.	Flint	48505
North End Soup Kitchen	735 E. Stewart Ave.	Flint	48505
Faith Gospel Temple	1525 Kent Street	Flint	48503
North Central Church	2001 N. Saginaw St.	Flint	48505
Flint First Wesleyan	3825 Davison Road	Flint	48506
Vermont Christian Church	1201 Lippincott Blvd.	Flint	48503
West Court St. COG	2920 W. Court St.	Flint	48503
Mid-Michigan Comm. Outreach	901 Chippewa	Flint	48504
Foss Ave. Baptist Church	1159 E. Foss Ave.	Flint	48505
Reaching the World	6815 Verdon St.	Flint	48505

Summer Playground Lunch Sites:

Monday-Friday, June 20-August 19, from 12-1pm. Genesee County Parks partnered with Keep Genesee County Beautiful and the Food Bank of Eastern Michigan at seven City of Flint Parks that will be summer lunch sites. Adopt-a-Park groups have agreed to be on site to serve lunch for kids ages 4-18. This program is free.

The park locations are:

Bonner

Flint Park Lake - Stewart Ave. just west of Dupont St. Flint, MI 48505

Hardenbrook- 310 E Jackson Ave, Flint, MI 48505

Hasselbring- 1002 W Home Ave, Flint, MI 48505

Mott- 2402 Nolen Dr, Flint, MI 48504

Sarvis- 4000 Wisner St; Flint, Michigan 48504

Windiate- the corner of Pengelly RD & Milton Dr, Flint, MI



COMMIT TO FIT!

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GENESEE COUNTY PARKS
Get away. Right away.



Genesee Intermediate
School District

