



WIBA ANUNG
Early Star

Food Resource Guides

INTRODUCTION

Welcome to version 1.0 of the indigenous food resource guides! These guides aim to support food sovereignty by collecting information in a single space to help increase seasonal and healthy food access for Indigenous communities, and to support Indigenous producers. We created 13 individual food resource guides, one for each of the 12 Federally Recognized Tribes in Michigan, and one for the Detroit area. To access the set of guides please visit: www.wiba-anung.org

In these pages, you will find information on accessing food from producers, independent vendors, pantries, and community meal programs. By bringing this information together we hope to promote connections between food, family, culture, language, medicine and Indigenous ways of living. We acknowledge that these guides do not offer a comprehensive list of every food resource available and look forward to the growth of these guides over time. If you are an Indigenous producer and would like to be included in future iterations of the guides, please visit <https://tinyurl.com/FRGAdd> to share your information. To view all the guides, visit: <https://wiba-anung.org/index.php/food-resources/>



Areas Covered in The Bay Mills Indian Community Guide

Brimley	Goetzville
De Tour	Sault Ste Marie
Drummond Island	Trout Lake

HOW TO USE THIS GUIDE

We encourage you to browse through this guide and the table of contents. Information shared here is intended to be a quick reference, so users do not need to read it cover to cover. The first portion of the guide provides information about food sovereignty, food as medicine, and Anishinaabe culture and language, which are all important to wellbeing. These sections provide information that is helpful to folks across Michigan and is the same in each guide.

The second portion provides lists of resources specific to a Tribal community. Each guide focuses on specific areas and regions within a Tribal community as recommended by community liaisons. The resources portion of the guide is divided into three sections: 1) Indigenous Food Producers, 2) Farmer's Markets, and 3) Pantries and Food Banks. As this is the first version of the guide, it is not comprehensive. We hope this project will grow in ways most helpful to community members, and as food sovereignty expands. Food resources are listed in alphabetical order by county or city. All the information is up-to-date at the time of publication, but hours and locations can change. Please call ahead or visit the producer's or pantry's website for the most updated information. This is a growing list, and we encourage folks to add themselves to the list if they are Indigenous producers by completing the following form: <https://tinyurl.com/FRGAdd>



Scan to be added to the
resource guide

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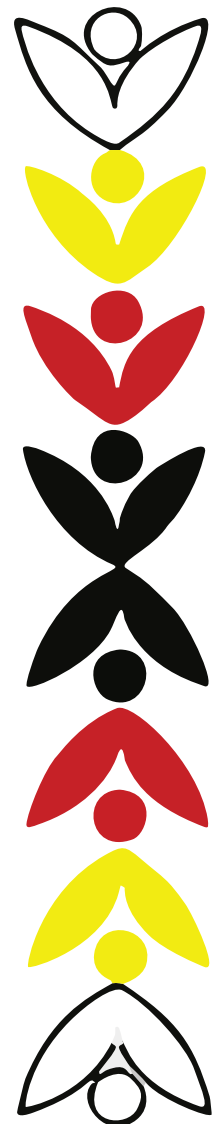
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FOOD IS MEDICINE

Food is medicine that fuels our mind, body, and spirit. Food comes from our land; eating food from our land reminds us of who we are and where we come from. Our first foods come from our bodies as we nourish infants with our milk. We also recognize the healing, medicinal properties of some foods. However, Anishinaabeg understand that food has broader healing implications. Connecting with the land through food and knowing who we are and where we come from keeps our spirit strong. Food links family, community, and Indigenous ways of living that promote wellbeing. All the parts of the food system including gathering, harvesting, hunting, preparing, preserving, and sharing and eating food connect us with culture, language, ancestors, and the land. Reclaiming Indigenous food practices facilitates efforts to reclaim wellbeing, cultural identity and food sovereignty. Together, this stronger connection to food as medicine reveals how important Indigenous foodways are to holistic health.

There are many different representations of the medicine wheel, and we have chosen one version to share here.



Ojibwe Medicine Wheel Image from: <https://pba.umich.edu/a-place-for-healing-and-gathering/>

INDIGENOUS FOOD SOVEREIGNTY

Food sovereignty exists when a community defines, for itself, what its food system looks like, and the ways people can participate in it. From an Indigenous perspective, this includes reclaiming cultural and traditional food ways. This can look like ricing or tapping maple trees as a family. Empowering families and individuals to engage in foodways helps us reconnect to land, water, and each other. Indigenous food sovereignty looks different in each community. Food sovereignty describes the ability to define how we participate in our food system.

Food sovereignty also supports community wellbeing and can be imagined through the figure below. Indigenous food producers support communities by continuing and reclaiming practices that promote the health and wellbeing of our human and non-human relatives. Wellbeing exists when our bodies, mind, spirit, families, environment, and communities can thrive. This image illustrates a healthy food system and reminds us that supporting Indigenous producers uplifts communities and families. Food sovereignty empowers us to build these foodways.

For more information visit: <https://www.indigenousfoodsystems.org/food-sovereignty>



WIBA ANUNG

Wiba Anung (Early Star) is a team of Indigenous community partners across Michigan, leaders at the Inter-Tribal Council of Michigan, and researchers at Michigan State University who work together to promote Indigenous wellbeing and child and family health. The Wiba Anung partnership started in 2005 and involves expertise and collaborative efforts between researchers, parents, early childhood programs and staff, and elders in Tribal communities. This collaborative relationship was formed to serve Michigan American Indian children and their families. Work from this partnership includes research, training, and information gathering that are essential for identifying strengths in tribal early childhood programs as well as areas of concern. This partnership is a strong advocate for effective data use and is a critical contribution to health equity efforts in the state. This relationship is rooted in regional Anishinaabe cultural contexts and is innovative in its contributions to scientific rigor by highlighting specific mechanisms by which cultural practices support children's development. This partnership has produced curricular materials, resources, and publications—to learn more visit our website: www.wiba-anung.org Wiba Anung has a strong commitment to Indigenous food sovereignty and works to enhance the health and wellness of Tribal communities by promoting local Indigenous food producers and vendors. For questions reach out to us at <https://tinyurl.com/wibaanungcontact>



WIBA ANUNG
Early Star



SCAN HERE
for the Wiba Anung
Website

CONNECT TO TRIBAL RESOURCES

The full set of resource guides is available via the wiba-anung website at: <https://wiba-anung.org/index.php/food-resources/> Most Tribal governments have representatives working on Tribal food sovereignty. The focus of these efforts varies by Tribe, with people working with Food Sovereignty Councils, Elder's Councils, Natural Resources Departments, Cultural Departments and more. We encourage you to reach out to Tribal representatives to learn more about efforts in each community. Links to each Tribe's website are provided below:

Bay Mills Indian Community: <https://www.baymills.org/>

Grand Traverse Band of Ottawa & Chippewas Indians: <https://www.gtbindians.org/>

Gun Lake Band/Match-E-Be-Nash-She-Wish Band of Pottawatomi: <https://gunlaketribe-nsn.gov/about/HannahvilleIndianCommunity>

Huron Potawatomi/Nottawaseppi Huron Band of Potawatomi: <https://nhbp-nsn.gov/>

Keweenaw Bay Indian Community: <https://www.ojibwa.com/>

Lac Vieux Desert Band of Lake Superior Chippewa Indians: <https://lvd-nsn.gov/>

Little River Band of Ottawa Indians: <https://lrboi-nsn.gov/>

Little Traverse Bay Bands of Odawa Indians: <https://ltbbodawa-nsn.gov/>

Pokagon Band of Potawatomi Indians: <https://www.pokagonband-nsn.gov/>

Saginaw Chippewa Indian Tribe: <https://www.sagchip.org/>

Sault Ste. Marie Tribe of Chippewa Indians: <https://www.saulttribe.com/>

Detroit Area: <https://www.michigan.org/city/detroit>

INDIGENOUS LANGUAGE PROGRAM RESOURCES

Food and culture are intertwined. Food provides a good way to practice our Anishinaabemowin skills. In this guide we highlight some Anishinaabemowin and Neshnabemwen food words that also appear in our early childhood curricular materials (visit www.wiba-anung.org for more information). Below are some additional resources for expanding language and cultural knowledge.

Tribal Extension's Miijim (Food Cards) preserve Anishinaabe language and culture, connect children with traditional foods, and support cultural identity within Tribal communities of Michigan. These food cards highlight Ojibwe language and pronunciation, information on food as our relatives, a recipe, and health and nutrition information including how to prepare and store food. This project aligns with food sovereignty goals by fostering pride in Anishinaabe food practices and establishing connections to traditional foods grown in Michigan. Access cards here: https://www.canr.msu.edu/tribal_education/miijim-food-cards

More Anishinaabemowin (Ojibwe Language) Resources:

Visit this website for online dictionaries, translators, language lessons, apps, and media resources and centers that offer: <https://library.georgiancollege.ca/c.php?g=3956&p=13806>

Visit this link directly for the Ojibwe People's Dictionary, where you can search words in English and Ojibwe for multiple translations: <https://ojibwe.lib.umn.edu>

Bemidji State University also provides a variety of Ojibwe language resources, consisting of cultural organizations, language programs, dictionaries, and other forms of media. Visit this link to view these resources: <https://www.bemidjistate.edu/airc/community-resources/ojibwe-language-resources/>

To support Indigenous bookstores when purchasing Anishinaabemowin language resources we recommend considering:

- Birchbark Bookstore in Minneapolis: <https://birchbarkbooks.com>
- Red Salmon Arts, Casa de Resistencia Books in Texas: <https://www.resistenciabooks.com>
- Books & Burrow in Kansas: <https://www.booksandburrow.com>

FOOD TERMS

ENGLISH	ANISHINAABEMOWIN (OJIBWEMOWIN)	NESHNABEMWEN	NOTES
A vegetable	gitigaanens	gtegan	
Tomato	gichi-ogin		
Fruits	maaniwangin	washkbak	
Berry	miinan		
Wild rice	manoomin	wéte mnomen	
Maple sugar	ziinzibaakwad	zizbakwet	
Maple syrup	zhiiwaagamizigan	wéte ziwagmedé	
Hominy	gijikonayezigan	bnegzegen	
Cornmeal	biisiboojigan	ganmin	
Corn	mandaamin	madmen	
Corn flour	mandaamin bakwezhigan		
Tea leaf	aniibiish	datbek	
Tea	niibiishaabo	skebgabova	
Fish	gigoonh	gigi	
Meats	wiiyaas	wiyas	
Season the soup with it	apaabowaadan		
Seed	miinikaan	minkan	
Nuts/hazelnut	bagaan	began	
Deer	waawaashkeshii	seksi	
Bean	mashkodesimin	mshkodismen	



FOOD ASSISTANCE PROGRAMS

There are several federal, state, and local programs that help families access food. Below is an overview of programs available statewide, and some community-specific programs. We have indicated when vendors in this guide offer food assistance programs to customers.

Double Up Food Bucks

Double Up Food Bucks is a program that matches dollars spent on fresh fruits and vegetables (up to \$20 daily). This means if you purchase \$20 in fresh fruits and vegetables, you will automatically receive an additional \$20 to spend on fresh fruits and vegetables. Learn more at: <https://doubleupfoodbucks.org>

How to sign up/eligibility:

Available for SNAP recipients or those connected with MI Bridges assistance programs (individuals who have an active EBT/Bridge Card)

The Double Up Food Bucks program itself doesn't require any sign up and is automatically available with your Bridge Card

MI Bridges: benefits and assistance programs

To find out more about the MI Bridges programs, visit this website:

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

SNAP: Supplemental Nutrition Assistance Program (also eligible for a bridge card) To find out more about the SNAP program, visit this website:

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Products available with Double Up Food Bucks:

AT GROCERY STORES

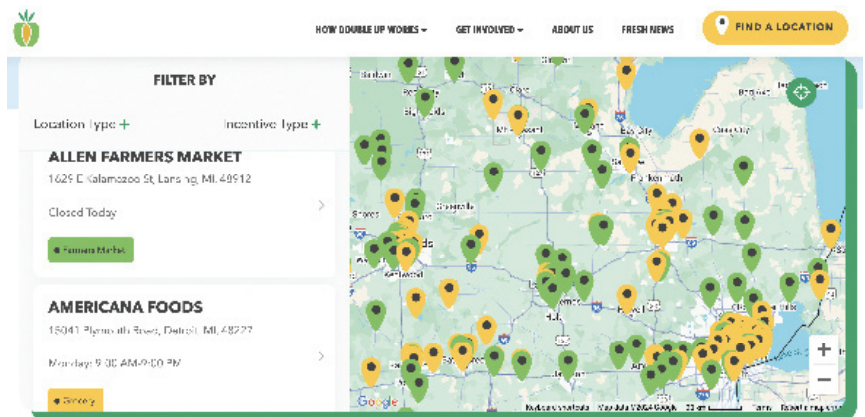
- ✓ Any fresh fruit and vegetables (this includes pre-cut produce)
- ✓ Fruit bearing plants

AT FARMERS MARKETS

- ✓ Michigan – grown fruits and vegetables
- ✓ Fruit bearing plants

LOCATIONS:

Double Up Food Bucks is accepted at more than 250 locations across the state. Locations change and new locations are added often, so please visit their website to get the most up-to-date list of locations.



Visit this website for an interactive map to the locations nearest you:

<https://doubleupfoodbucks.org/find-a-location/#geo>

WIC Produce Connection—Farmers Market Nutrition Program

The WIC Produce Connections, formerly known as WIC Project Fresh, helps provide fresh produce to Michigan WIC clients whilst promoting local agriculture. Learn more at:

<https://www.michigan.gov/mdhhs/assistance-programs/wic/produce-connection>

HOW TO SIGN UP/ELIGIBILITY:

WIC clients may be eligible to receive an additional \$30 in benefits added directly to your WIC EBT card to be used June 1st through November 30th.

Eligibility of clients is determined by WIC local agency staff

To find more information on WIC local agency locations and contact information, visit this Michigan WIC directory:

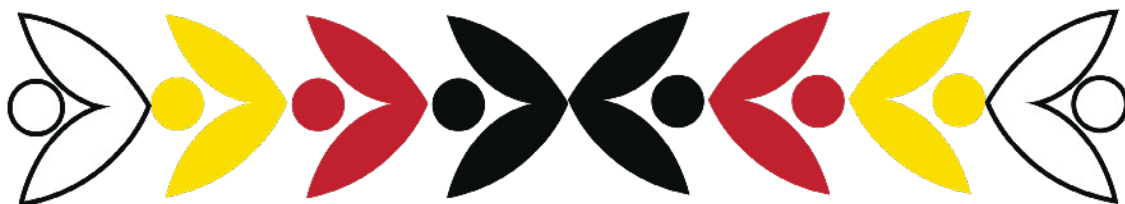
https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/WIC_Clinic_Locations.pdf?rev=8596edd89e0a4cc1bcfb344c6e28a9ad&hash=34C59059E583A7F-8212BE27288E7983k

A list of WIC Produce Connections Authorized Growers can be found here:

<https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/WIC-Assets/Authorized-Grower-List.pdf?rev=46a59f742b2847f3a62042ea6a1476d7&hash=8E91212D-B%02C687262A020A36C01B150F6>

LOCATIONS:

Locally grown and fresh, unprepared produce can be bought from authorized farmers, farmers markets, and roadside stands. Stores accepting WIC Produce Connections will have a laminated green and white poster stating “WIC Produce Connections Accepted Here” as shown here:



Senior Project Fresh

The Senior Project Fresh program helps older adults with healthy eating by providing them with free nutrition education as well as \$25 in coupons for fresh produce sold at participating local farmers markets and roadside stands. Learn more at: <https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/acls/special-programs/senior-project-freshmarket-fresh>

HOW TO SIGN UP/ELIGIBILITY:

Residents who are aged 60 or older with a total income of \$29,526 or less per year for a household of 1, or \$40,034 or less per year for a household of two, are eligible. Residents who are aged 55 or older who belong to a Michigan Federally Recognized Tribe or urban Tribal group are also eligible. Applicants must live in the county where coupons are obtained. The program runs from May 1 to October 31 each year.

Senior Project Fresh now uses an electronic application and benefit system through Healthy Together. Paper applications are no longer accepted. Applicants can complete the application through the Healthy Together website or mobile application.

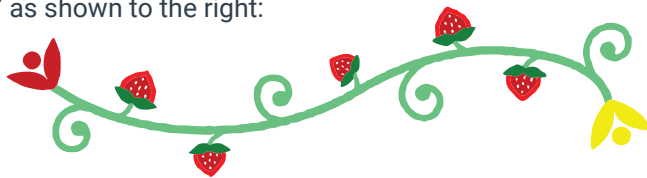
Apply online through Healthy Together: <https://www.healthytogether.co/onboarding/michigan-sfmnp>

Applicants will need access to an email address or mobile phone number that can receive text messages. Application assistance is also available through local Senior Project Fresh Lead Agencies. The \$25 seasonal benefit is provided electronically through the Healthy Together system. Participants can use their benefit card or digital QR code at participating farmers' markets and roadside stands.

If you believe you are eligible, find your county's lead agency through the provided link and contact them for coupon distribution information. Phone, email and address for each county for the 2026 season is available here: <https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Adult-and-Childrens-Services/Adults-and-Seniors/BPHASA/Lead-Agency-Contact-List.pdf?rev=a0c-daa2879c740d98b50ade75a4e4028&hash=5EC9E0C6368FB417BF3B7911AA693143>

LOCATIONS:

Any Michigan grown produce can be purchased using these vouchers at farmers markets and roadside stands that read, "Senior Project Fresh Welcome Here" as shown to the right:



SENIOR PROJECT FRESH MARKET FRESH COUPONS



WELCOME HERE

Food Distribution Program on Indian Reservations (FDPIR)

The Food Distribution Program on Indian Reservations offers USDA Foods and nutrition education to income-eligible households living on Indian reservations as well American Indian households residing in approved areas. Every month, participating households will receive a food package. Learn more by visiting this link: <https://www.fns.usda.gov/fdpir/food-distribution-program-indian-reservations>

HOW TO SIGN UP/ELIGIBILITY:

Households must be income-eligible and reside near a reservation to be eligible for the FDPIR. To sign up, a household member must call the FDPIR contact applicable to your tribal area to be certified.

Income eligibility is outlined here: <https://www.fns.usda.gov/fdpir/net-monthly-income-standards>

IMPORTANT NOTE: households cannot participate in both FDPIR and SNAP within the same month

Food Distribution Program on Indian Reservations (FDPIR)

-LOCATIONS-

In Michigan, there are 6 tribal communities that provide access to FDPIR:

Bay Mills Indian Community

Contact the office at 906-248-2528 or the program director, Kristine Schwiderson, at kschwiderson@baymills.org

Keweenaw Bay Indian Community

Contact the office at 906-524-7340 or the program director, Darren Webb, at dwebb@kbic-nsn.gov

Little River Band of Ottawa Indians

Contact the office at 231-655-1673 or the program director, Jamie Friedel, at 231-655-1673 and JamieFriedel@lrboi-nsn.gov

Little Traverse Bay Band of Odawa Indians

Contact the office at 231-242-1620 or the program specialist, Joe VanAlstine, at jvanalstine@ltbbodawa-nsn.gov

Pokagon Band of Potawatomi

Contact the office at 888-281-1111 or the program supervisor, David Halquist Jr, at david.halquist.jr@pokagonband-nsn.gov

Sault Sainte Marie Tribe of Chippewa Indians

Contact the program director, Sheryl McKerchie, at 906-635-6076 ext. 65001 and smckerchie@saulttribe.net

CONTACT: To learn more about this program, email USDAFoods@usda.gov

To learn more about Inter-Tribal Organizations across the US, visit:

<https://www.fns.usda.gov/fdpir/program-contacts>

Produce Prescription Programs

Produce Prescription Programs offer food related services to eligible patients through healthcare providers and/or health insurance plans.

To learn of eligibility and access, talk to your healthcare provider or your Tribal health office—these offerings vary by location.

Not all communities have access to or are offered these programs. At the time of publication, the Inter-Tribal Council of Michigan supports 6 Michigan tribal communities through Native American Nutrition Prescription Programs. Visit this link for more information: <https://www.itcmi.org/home/departments/health-education-and-chronic-disease/food-farmacy/>



INFANT FEEDING

Breastmilk, or “doodooshaaboo” in Anishinaabemowin, is the first, best food for our babies, and a first step in food sovereignty for Anishinaabeg. It is a vital source of nutrition for infants, offering unparalleled benefits for their growth and development. Rich in essential nutrients, antibodies, and bioactive compounds, breastmilk strengthens the immune system, protecting infants from many of the issues that affect Anishinaabeg throughout their lifespan. Doodooshaaboo is a protective factor from issues like SIDS, obesity, diabetes, and certain cancers, for both baby and the birthing person. Sometimes breastmilk is not an option, therefore infant formula must be used; in these cases, safe infant formula preparation is vital to ensure the health of the baby. The CDC offers guidelines for safe formula preparation at <https://bit.ly/CDC-InfantFormulaPrep>. If you are looking for support from Anishinaabe aunties, the Sacred Waters Collective (SWC) can be found at <https://sacredwaterscollective.co/>; SWC can help with both safe formula preparation as well as lactation assistance.

INDIGENOUS FOOD PRODUCERS

In addition to fruit and vegetable growing, Indigenous food producers contribute in essential ways to the food system through fishing, hunting, foraging, ricing, growing, harvesting, and producing value-added products. In particular, they work to promote access to Indigenous seasonal foods including heirloom gitigaanens (vegetables) and maaniwangin (fruits), manoomin (wild rice), ziinzibaakwad (maple sugar), zhiwaagamizigan (maple syrup), gijikonayezigan (hominy), biisiboojigan (cornmeal), mandaamin bakwezigan (corn flour), aniibiish (teas), gigoonh (fish) and other wiyaas (meats), and apaabowaadan (ways to season soup). Indigenous food producers support communities in continuing and reclaiming practices that support food sovereignty (please also see graphic below). Vendors may sell or trade their goods at farmers markets, local retail shops, food trucks, mobile markets, or local restaurants. Please call ahead for hours of operation.



Waishkey Bay Farm

(906) 322-1864
10135 W Mills Road,
Brimley, MI 49715

amccoy@bmcc.edu



<https://bmcc.edu/community/waishkey-bay-farm.html>

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Fish	Meats	Indigenous Foods	Maple Products
✓	✓							✓	✓	

Selling Season: Main season July thru October. Year-round, products vary seasonally.
Farmers Markets: Brimley Bay Mills Farmers Market (Thursdays)
Educational Farm
Accepts: EBT, Double Up Food Bucks, Food as Medicine, Bay Mills RX for Health
Community Garden

Jere Farms

(906) 203-8902
7557 W M28
Brimley, MI 49716

jerefarms@gmail.com



<https://www.jerefarms.com/>

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Fish	Meats	Indigenous Foods	Maple Products
✓	✓			✓				✓	✓	✓

Selling Season: Year round
Farmers Markets: Newberry Farmers Market, St. Ignace Farmers Market, Sault Ste Marie Farmers Market, Paradise Farmers Market, Hessel
Farmers Market
Farm Stand: Daily 10AM - 6PM
Accepts: EBT, WIC, Food as Medicine, Senior Project Fresh

FARMER'S MARKETS SUPPORT ACCESS TO LOCAL FOODS

We include Farmers Markets in this guide as a resource for Tribal community members to reclaim access to in-season and locally produced products and participate in food sovereignty. Be sure to call or visit websites, as many markets are open seasonally, and hours may change. (For more information on food sovereignty see the graphic on page 4 and additional resources at the end of this guide).

Farmers Markets are open to everyone in the community. They host vendors who sell in-season, and local produce and products. This is also a way to support local farmers and food producers that are our neighbors and members of our community. Market vendors accept cash, credit, EBT cards, and WIC. Additionally, market vendors support programs like Double Up Food Bucks, WIC Produce Connections, and Senior Project Fresh (see Food Assistance Programs section in this guide). Tribal members may get discounts from Tribal vendors. Visit the market manager (usually staffed at a booth or office on sight) for more information about using these programs at your local market. Visiting a market can be a fun family activity. Don't forget to bring a shopping bag. Please call ahead for hours of operation or check the market's social media.

Farmers Markets are also open to new vendors—talk with the Market Manager about ways to sell your products at the market!

For more information about Farmers Markets check out: https://medium.com/@blouvat_28269/heres-why-you-should-shop-at-the-farmers-market-d8cb13ac79ee. The Michigan Farmers Market Association (MIFMA) defines a farmers market as a public and recurring assembly of farmers or their representatives selling direct-to-consumer food and products which they have produced themselves. Look for an updated state-wide list of farmers markets at their website: <https://mifma.org/find-a-farmers-market/>

BAY MILLS/BRIMLEY FARMERS MARKET

(906) 248-8363

11644 W Plantation Rd.

Brimley, MI 49715

cwatson@baymills.org



<https://www.facebook.com/Eatlocalfoods/>

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Fish	Meats	Maple Products	FAP Accepted
✓	✓			✓		✓	✓	✓		EBT, Double Up Bucks, Bay Mills RX for Health, Food is Medicine, UP Fresh Program, Senior Market Fresh

Selling Season: July - October

Days & Hours of Operation: Thurs. 4PM-7PM

Market Setting: Outdoor (under covered pavilion). Wheelchair accessible.

DETOUR FARMERS MARKET

(906) 297-5471

178 South Ontario St.

DeTour Village, MI 49725

clerk@detourvillage.org



<https://www.facebook.com/DeTourVillageFarmersMarket>

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Fish	Meats	Maple Products	FAP Accepted
✓	✓			✓			✓		✓	Varies between vendors; ask booth vendors if they take assistance

Selling Season: May - October (depending on weather)

Market Setting: Outdoor w/ wide sidewalks paved. Covered pavilion; Seating and restrooms located on-site; wash sink and electricity available for vendors. Wheel chair accessible.

FARMER'S MARKETS CONT.

DETOUR WINTER MARKET

(906) 440-5860

202 S. Division St.

DeTour, MI



<https://www.facebook.com/DetourPublicLibrary>

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Fish	Meats	Maple Products	FAP Accepted
		✓		✓		✓				n/a

Selling Season: January - April

Days & Hours of Operation: Saturdays 10AM-1PM

Market Setting: Inside library, (covered). Bathrooms available. Wheelchair accessible.

SAULT STE. MARIE FARMERS MARKET (SUMMER MARKET)

(906) 632-3700

"Farmers Market Corner"

Located downtown on the corner of Ashmun St &

Portage Ave (across from Bird's Eye Outfitters)

ssm.farmers.market@gmail.com



<https://www.facebook.com/SSMfarmersmarket/>

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Fish	Meats	Maple Products	FAP Accepted
✓	✓			✓			✓		✓	WIC, EBT depends on vendor, Senior Project Fresh, Food as Medicine, UP Fresh Food Access Program

Selling Season: mid May - mid October

Days & Hours of Operation: Wednesdays 4PM -6:30PM

Market Setting: Outdoor (uncovered). Covered pavillion; Rain or shine. Wheel chair accessible.

SAULT STE. MARIE FARMERS MARKET (WINTER MARKET)

(906) 632-3700

Bayliss Public Library

541 Library Drive

Sault Ste. Marie, MI

ssm.farmers.market@gmail.com



<https://www.facebook.com/SSMfarmersmarket/>

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Fish	Meats	Maple Products	FAP Accepted
								✓		n/a

Selling Season: May - mid October

Days & Hours of Operation: Saturdays 10AM -12PM

Market Setting: Indoors. Wheel chair accessible with ramp.

PANTRIES AND FOODBANKS FOR ACCESS TO FREE FOODS

(Hours may vary. Please call ahead for hours of operation)

The following is a selection of places where people can access free or discounted foods, and prepared hot meals based on recommendations from Tribal partners. Please call ahead for hours of operation.

A Note on the Inclusion of Churches in the Resource Guides

Churches included here may be convenient and important points of access to food resources in some areas. We also recognize that individuals and families may have varied relationships with churches in their communities. We reviewed churches on a case-by-case basis with Tribal partners to determine which to include. In this guide we have clearly indicated pantries that are located in churches with  so visitors know if the pantry is located in a church before they arrive.

BAY MILLS COMMUNITY COLLEGE MOBILE PANTRY - FEEDING AMERICA WEST MICHIGAN

(906) 632-0348

12214 W. Lakeshore Dr.

Brimley, MI 49715

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

BAY MILLS COMMODITY FOODS

(906) 248-2528 or (906) 248-2527

12497 W. Lakeshore Dr.

Brimley, MI 49715

kschwiderson@baymills.org

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

CLM COMMUNITY ACTION AGENCY - DE TOUR CENTER

(906) 297-5471

De Tour Village Memorial Hall

260 Superior St.

De Tour Village, MI 49725

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓				✓	✓	✓	✓	✓	✓

PANTRIES & FOODBANKS CONT.

(Hours may vary. Please call ahead for hours of operation.)

CLM COMMUNITY ACTION AGENCY - DRUMMOND CENTER

(906) 493-5059

Drummond Island Township Hall

29935 E. Pine St.

Drummond Island, MI 49726

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓				✓	✓	✓	✓		✓

CLM COMMUNITY ACTION AGENCY - RABER TOWNSHIP

(906) 297-2106

Raber Township Hall

16315 M-48,

Goetzville, MI 49736

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
		✓	✓	✓	✓	✓	✓	✓	✓	

CLM COMMUNITY ACTION AGENCY - RUDYARD TOWNSHIP CENTER

(906) 478-5041

Rudyard Township Hall

18725 South Mackinac Trail

Sault Ste. Marie, MI 49783

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓				✓	✓	✓	✓	✓	

CLM COMMUNITY ACTION AGENCY SENIOR MEALS - SAULT STE. MARIE

(906) 632-3363

524 Ashmun St.

Sault Ste. Marie, MI 49783 (located in basement, elevator and stairs available)

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓				✓	✓	✓	✓	✓	

PANTRIES & FOOD BANKS CONT.

(Hours may vary. Please call ahead for hours of operation.)

CLM COMMUNITY ACTION AGENCY SENIOR MEALS - SUGAR ISLAND

(906) 635-9786
6401 E 1 1/2 Mile Rd.
Sugar Island, MI 49783

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓				✓	✓	✓	✓		✓

CLM COMMUNITY ACTION AGENCY - TROUT LAKE

(906) 569-3291
Trout Lake Township Hall
32686 W H-40
Trout Lake, MI

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓				✓	✓	✓	✓	✓	

FIRST CHURCH OF CHRIST FOOD PANTRY +

(906) 632-6511
300 W Spruce St.
Sault Ste. Marie, MI 49783 (across from hospital)

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

MICHIGAN 2-1-1

211 or (844) 875-9211
Social Resource Hub - Contact for assistance
locating nearby resources. <https://mi211.org/>

NOTES:

PANTRIES & FOOD BANKS CONT.

(Hours may vary. Please call ahead for hours of operation.)

SALVATION ARMY - SAULT STE. MARIE

(906) 632-6521

132 E Spruce St.

Sault Ste. Marie, MI 49783

wmisaultstemarie@usc.salvationarmy.org

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

SAULT STE. MARIE COMMUNITY GARDEN

(906) 632-5700

Plots located in Kimball & Bingham Area

(specifics provided for those who register for a plot)

NOTES:

SEAMORE'S PANTRY - LAKE SUPERIOR STATE UNIVERSITY

(906) 635-2550

Located in Student Government Office on the lower level of the Walker Cisler Student and Conference Center (Room 100)

650 W. Easterday Ave.

Sault Ste. Marie, MI 49783

stugov@lssu.edu

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
		✓	✓			✓	✓			

ST. JOSEPHS CATHOLIC CHURCH +

(906) 632-9625

606 E 4th St.

Sault Ste. Marie, MI

Fresh Vegetables	Fresh Fruits	Canned Goods	Cereal	Eggs	Milk	Bread	Rice	Fish	Meats	Maple Products
		✓	✓				✓			

PANTRIES & FOOD BANKS CONT.

(Hours may vary. Please call ahead for hours of operation.)

UP FRESH FOOD ACCESS PROGRAM - UPCAP

(906) 786-4701
2956 Ashmun St.
Sault Ste. Marie, MI
Call for more information to enroll.

USDA FOOD DISTRIBUTION PROGRAM

(906) 635-6076
Contact for distribution site information.

NOTES:

BE INCLUDED

We recognize that this is not a comprehensive list of food resources, so if you would like to be included, or know of an important resource we should add, please share! You can add your resource by clicking: <https://tinyurl.com/FRGAdd> or scanning the QR code.

We aim to uplift and empower Indigenous producers and folks who are interested in improving access to Indigenous foods. There is growth in the number of people looking to purchase Indigenous foods, and we hope to inspire more people to join this food movement.

Individual Tribes may have Tribal Food Sovereignty programs often linked to their Natural Resource Department and Community Health. Please contact your Tribal office for more information on how to get involved. Food assistance programs are often looking for volunteers—please consider getting involved and supporting others in your community.

Cottage Foods: Some items can be produced in your home under the Michigan Cottage Foods law. Learn more about that here: <https://www.michigan.gov/mdard/food-dairy/cottage-food>

To register a product as “Certified Authentic Made/Produced by American Indians” with the Intertribal Agriculture Council visit: <https://www.indianagfoods.org/american-indian-trademark>



SCAN HERE
to be added to the
resource guide



ADDITIONAL RESOURCES AVAILABLE

CRFS MI Local Food Council Network: https://www.canr.msu.edu/local_food_council_network/

Decolonizing Diet Project: https://nmu.edu/mc/news_archives/2015/173297

Eating the Great Lakes: The Decolonizing Diet Project: <https://www.greatlakesnow.org/2017/11/eating-great-lakes-decolonizing-diet/>

Food Bank Council of Michigan: <https://www.fbcmich.org>

Food Security Council Final Report: <https://www.fbcmich.org/food-first/food-security-council-report>

Food Pantries Resources Page: https://www.foodpantries.org/li/mi_49720_community-foodpantry

Fork Around and Find Out: <https://www.forkarounddetroit.com>

Groundwork: Center for Resilient Communities: <https://groundworkcenter.org>

Great Lakes Intertribal Food Council: <https://greatlakesintertribalfood.org/producers/>

Indigenous Food Sovereignty: <https://www.indigenousfoodsystems.org/food-sovereignty>

Indigenous First: <https://www.indigenousfirst.org/>

ITC-MI Nutrition and Food Access Page: <https://www.itcmi.org/home/departments/health-education-and-chronic-disease/nutrition-and-food-access/>

Market Maker—Michigan: <https://mi.foodmarketmaker.com>

Michigan Local Food Council Network: https://www.canr.msu.edu/local_food_council_network/

Native Seeds: <https://www.nativeseeds.org/pages/history-mission>

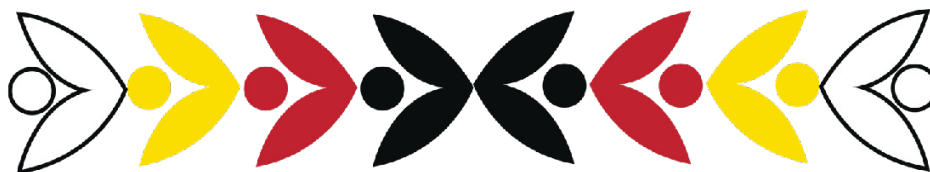
North American Traditional Indigenous Food Systems: <https://natifs.org>

Red Lake Nation (Nawapo): <https://nawapo.com/>

Sault Tribe Newspaper and resources: <https://www.saulttribe.com/newsroom/sault-tribenewspaper>

Spirit Lake Native Farms: <https://spiritlakenativefarms.com/>

Taste the local difference: <https://www.localdifference.org/>



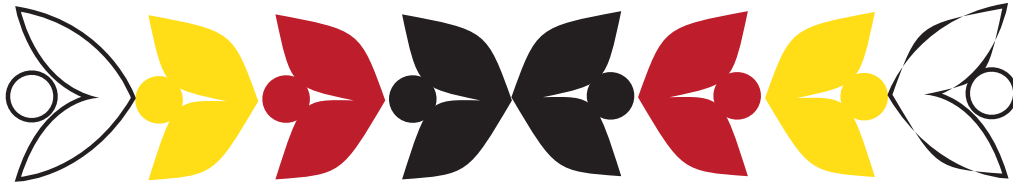
For General Questions/Feedback or to contact our Wiba Anung team visit: https://msu.co1.qualtrics.com/jfe/form/SV_6tXMA1q06BsrX6K

or scan the QR code



SCAN HERE
for general feedback

Acknowledgments



CHI MIIGWECH

We extend our deepest gratitude to everyone who contributed to this project—it was a huge effort! This work could not have been possible without the dedication, collaboration, and knowledge of our team members, community partners, and local community members across Michigan. We are especially thankful to those who took the time to share their knowledge and experiences with us. Thank you for making introductions, sharing knowledge of local food systems, providing expertise on food assistance programs, teaching about Indigenous foodways, and producing our food. Your commitment to nourishing community is inspiring and vital. Your efforts in sharing accurate, up-to-date information – in addition to your thoughtful support through the review process – have been invaluable. This project reflects the power of collaboration, and we are honored to work in partnership. We also thank the Michigan Health Endowment Fund for the financial support of this work.

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