



















































































































Healthy Food Resource Guide

 = ok selection available
(may not be as fresh/have as much variety)

 = good selection available

		Accept WIC	Accept Bridge/ EBT	Dairy	Dry Goods	Meat	Produce
1	Aladdin's Market 3188 Packard Rd., Ann Arbor, MI 48108 (734) 971-2150						
2	Bombay Grocers 3022 Packard Rd., Ann Arbor, MI 48108 (734) 971-7707						
3	Coleman's Farm Market (Open April - Oct.) 5415 W. Michigan Ave., Ypsilanti, MI 48197 (734) 434-5001						
4	Coleman's Farm Market (Open April - Oct.) 910 Ridge Rd., Ypsilanti, MI 48198 (734) 483-1783						
5	Dos Hermanos 410 W. Michigan Ave., Ypsilanti, MI 48197 (734) 487-8839						
6	Euro Market 3108 Packard Rd., Ann Arbor, MI 48108 (734) 975-4326						
7	Galleria Asian Market 3111 Packard Rd., Ann Arbor, MI 48108 (734) 975-8900						
8	Goliam Produce Market 3033 Packard Rd., Ann Arbor, MI 48108 (734) 973-8486						
9	Goodies Produce 3186 Packard Rd., Ann Arbor, MI 48108		pending				
10	Hua Xing Asia Market 2867 Washtenaw Ave., Ypsilanti, MI 48197 (734) 528-3388						
11	Hyundai Asian Market 3893 Platt Rd., Ann Arbor, MI 48103 (734) 929-6519						
12	Kroger - Carpenter 3200 Carpenter Rd., Ypsilanti, MI 48197 (734) 971-7148						
13	Kroger - West Michigan 1771 E. Michigan Ave., Ypsilanti, MI 48198 (734) 482-9342						
14	Kroger - Whittaker 2010 Whittaker Rd., Ypsilanti, MI 48197 (734) 547-1790						
15	La Espiga Dorada Market 161 Ecorse Rd., Ypsilanti, MI 48198 (734) 482-7807						
16	Makielski Berry Farm (Open July - Oct.) 7130 Platt Rd., Ypsilanti, MI 48197 734-572-0060						
17	Meijer 3825 Carpenter Rd., Ypsilanti, MI 48197 (734) 973-1200						
18	Plaza Tapatia 2845 W. Michigan Ave., Ypsilanti, MI 48198 (734) 484-4448						
19	Rose Market 2243 Ellsworth Rd., Ypsilanti, MI 48197 (734) 434-5530						
20	Sahara Market & Grill 2447 Ellsworth, Ypsilanti, MI 48197 (734) 528-3800						
21	Von Supermarket 1571 Holmes St., Ypsilanti, MI 48198 (734) 482-0200						
22	Yogi Grocery 4015 Carpenter Rd., Ypsilanti, MI 48197 (734) 677-1688						
23	Ypsilanti Food Co-op 312 N. River St., Ypsilanti, MI 48198 (734) 483-1520						
24	Z Z's Produce 4092 Packard St., Ann Arbor, MI 48108 (734) 821-0387						

Smart shopping Tips

-  **Choose frozen over canned.** Frozen fruits and vegetables can be stored for months in the freezer. They are ready to use and easy to add to meals. Frozen foods usually have less sodium (salt) or sugar than canned ones. But, canned fruits and vegetables are better than none! Look for labels with “no added salt” and “low” or “reduced sodium.” Select fruit packed in juice or light syrup. Avoid heavy syrup.
-  **Choose water or 100% juice.** Juice drinks have a lot of sugar and calories and not much nutrition. Enjoy water instead! Or, try frozen 100% juice from concentrate, which is cheaper but just as healthy as 100% bottled juice.
-  **Buy the store brands.** They are often cheaper and taste just as good.
-  **Skip individual packages.** Individually packed items are more expensive. Buying food in bulk or larger containers can save you money, as long as the food will get eaten before spoiling.
-  **Look at nutrition labels.** Nutrition values on a package are listed “per serving” but most packages have multiple servings. For example, you have to double the total amount of sugar, fat, calories and salt if you have two servings.
-  **Make a list and stick to it!** Planning ahead helps you make healthier choices at the store.
-  **Look at weekly ads/coupons.** Coupons and sales save money, but only if the food is eaten. Avoid cheap, but unhealthy foods, if possible.

Healthy Food Resource Guide

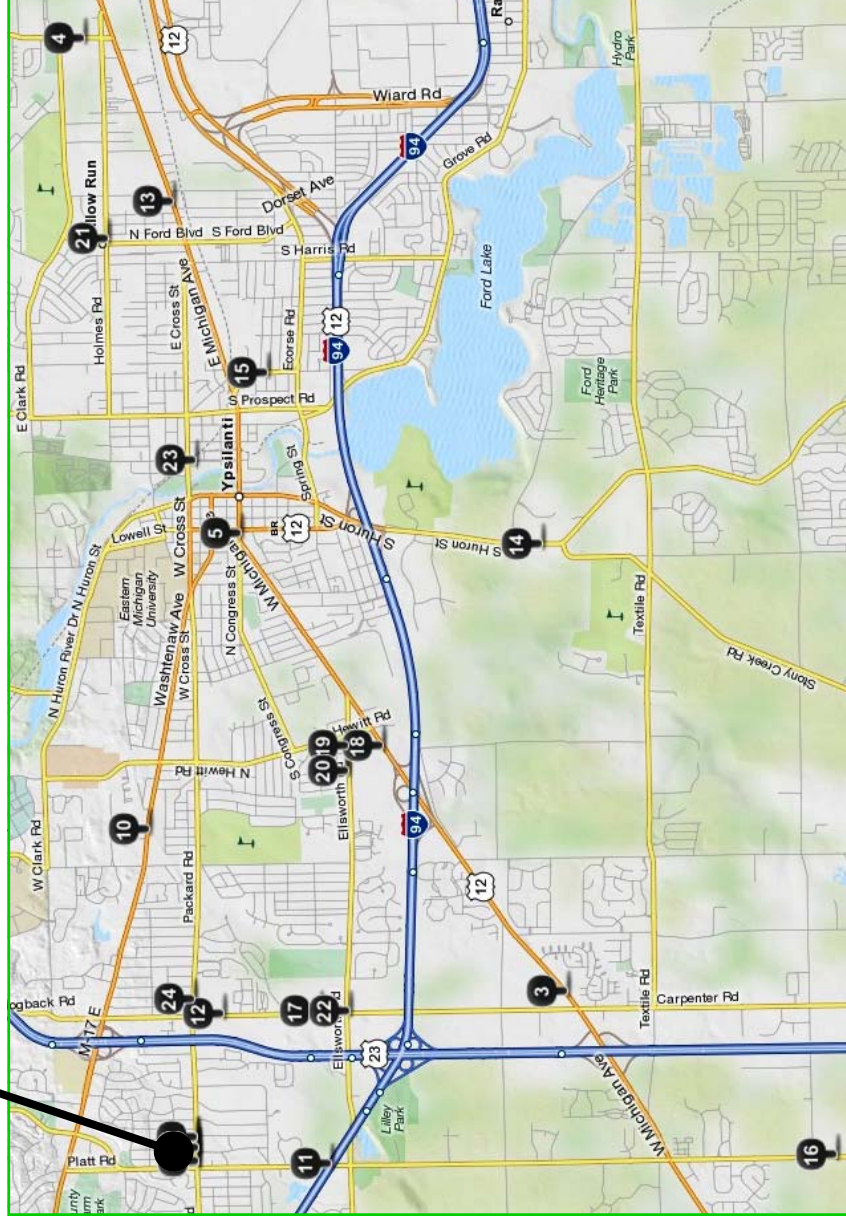
Ypsilanti Area



PRESCRIPTION
for HEALTH

Washtenaw County Public Health
(734) 544-6700
<http://publichealth.ewashtenaw.org>

1, 2, 6, 7, 8, 9



Map to healthy food locations!

The numbers on this map go with the list of stores printed on the back.
Use this guide to find a place to shop for healthy foods near you!

The list of grocery stores was created in October 2011 and is intended to be used as a reference only. Please contact the individual stores for questions regarding their products or services. Inclusion on this list does not constitute endorsement by Washtenaw County.