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

Smart Shopping Tips

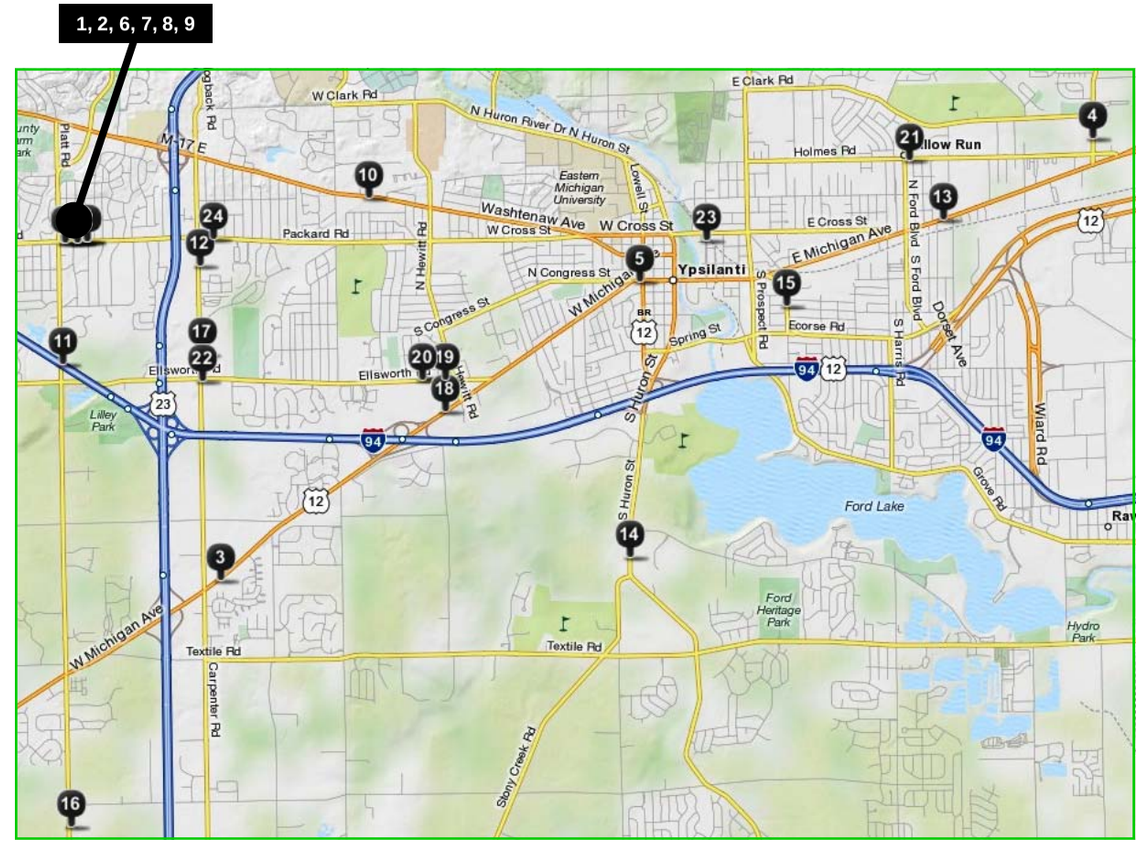
- **Choose frozen over canned.** Frozen fruits and vegetables can be stored for months in the freezer. They are ready to use and easy to add to meals. Frozen foods usually have less sodium (salt) or sugar than canned ones. But, canned fruits and vegetables are better than none! Look for labels with “no 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



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.