

**FLINT INITIATIVE FOR NATURAL AND ENVIRONMENTAL HEALTH  
ORGANIC/CLEAN FOOD SOURCE RECOMMENDATIONS:**

**Advisors:** Kriss Beardslee Environmental Specialist

Dr. Lyn Patrick Naturopathic Environmental Medicine Physician

**Local Recommendations:** **Asbury Farms**

1653 Davison Rd Flint MI 48506  
**810-235-0016**

**Grace Fields Farm**

Luke and Anna March  
705 Wolcott St Flint MI 48504  
**616-302-5478**

**Frozen meats** cleared for consumption from advisor Dr Patrick:

**any BellandEvans meats** (The Grainery Organic Foods)

**Blackwing:** chicken/beef ONLY (USDA organic)

**NO organic fish** brands have been approved by our environmental advisors  
The cleanest (Dr. Pizzorno): small fish from northern Pacific Ocean (no local,  
farm raised/grain fed, or Atlantic Ocean fish.)

**CAUTION:** “all natural” or “fresh” does **not** mean “clean” or “organic”  
Be suspicious of the term “organic!”

**Other (Online) organic food resources:** (check for reliability and availability)

Wholefoods/Amazon Fresh

Thrive Market

Trader Joe's

**Vital Choice Health Foods (fish)**

see separate list for other local groceries (organic/clean fruits/vegetables, etc)

## FLINT INITIATIVE FOR NATURAL AND ENVIRONMENTAL HEALTH

Advisors: Kriss Beardslee Environmental Specialist

Dr. Lyn Patrick Naturopathic Environmental Medicine Physician

Recommendations: Asbury Farms  
1653 Davison Rd Flint MI 48506  
810-235-0016

Grace Fields Farm  
Luke and Anna March  
705 Wolcott St Flint MI 48504  
616-302-5478

Zego (Purity Verified) Foods  
Colleen Kavanagh Founder, CEO ZEGO foods  
912 Cole Street #294, San Francisco, CA 94117

Frozen meats cleared for consumption:  
any BellandEvans meats  
Blackwing: chicken/beef ONLY (USDA organic)

NO organic fish brands have been approved by our environmental specialists

NOTE: "all natural" means nothing!  
Be suspicious of the term "organic!"

## Sources of Organic Food in Flint Area:

### **Dales Natural Foods** (both eat-in restaurant and grocery)

4290 Miller Rd Flint MI (located in strip mall)

Hours: M-Th 10am to 7pm, Fri 10am to 8pm

Sat 10am to 6pm Sun 12noon to 5pm Phone: 810-230-8008



### **The Grainery Natural Grocery** (carry out restaurant, limited grocery)

809 Church Flint MI (inside refurbished home)

Located 2 blocks off of Rt. 475 (buy food by the case, get 10% discount)

Hours: Mon-Fri 10am to 7pm Sat-Sun closed Phone: 810-235-4621

### **Flint Farmer's Market** (organic, organic "like")

300 E 1<sup>st</sup> St. Flint MI 4859 (discount with EBT card)

Hours: Sat, Tue Thurs 9am to 5pm Phone 810-232-1399

### **Kroger** (organic section) (check other Kroger stores in the area)

12731 S Saginaw St Grand Blanc MI

Located attached to the Grand Mall

Hours: 6am to 11pm 7 days a week Phone: 810-695-6384

**Meijer:** G-2333 S Center Rd

Burton MI

Hours: 6am-12am

Phone: 810 744-4000

2474 W Hill Rd

Flint MI

Hours: 6am-12am

Phone: 810-235-2700