



Michigan WISEWOMAN No-Cost and Low-Cost Incentives

- **Michigan Commodity Groups**

Contact the various Michigan Commodity Groups to get everything from free key chains to recipe books.

Corn Marketing Program of MI.

Free biodegradable bags made of corn

<http://www.micorn.org/downloads/GiveAwayRequestForm.pdf>

Contributed by Karen Ripke in DHD #10 Mecosta County

- **Consumer Information Catalogs**

Receive 50 catalogs 4 times per year. These catalogs are loaded with booklets, brochures and handouts that you can order for free.

<http://www.pueblo.gsa.gov/catalog.pdf>

Contributed by Robin Walicki in DHD #10 Oceana County



- **Eucerin Lotion Samples**

Get free Eucerin lotion samples. Call 1-800-227-4703

M-F (9:30 – 4:30)

It must be requested by a physician or nurse.

- **Free Diabetes Magazine**

Also get free "Diabetes Positive" magazines that have good info related to diabetes. 50 copies per month (bulk shipments only)

Alison Muse

(678) 762-0822

Contributed by Elaine McDonald in Lenawee County

- **Free Things Website**

http://freebies.about.com/od/freesamples/Free_Samples_and_Free_Items.htm

- **Free Vegetable Seeds for home gardens**

http://www.america-the-beautiful.org/free_seeds/index.php





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• **Contests with Prizes**

Clients who complete their goals are eligible for a drawing for the following prizes:

- ✓ Home chef for a day (provided by MSU Extension, local chef)
- ✓ Dinner or evening out with a local celebrity
- ✓ A “big” grand prize donated by local businesses
- ✓ Gift certificates from local vendors (restaurants, movie passes)
- ✓ WISEWOMAN staff donates a service (make a meal, give a massage)

Earn points by doing the following and win a prize:

- Keep appt. for annual follow-up
- Refer a friend
- Attend classes
- Turn in activity or nutrition log
- Attend canning workshop
- Volunteer for WISEWOMAN Program
- Bring a canning pressure gauge to be checked
- Bring in store receipts for purchase of fruits and vegetables



• **Free Cooking Class** Offer a free cooking class (using Extension or a local celebrity or chef). Participants can leave with their own personalized gift that they've made (i.e. salt-free spice mix)

• **Treasure Hunt** Use a local walking trail to “plant” clues. Everyone who figures out the answer is eligible for a grand prize

• **Recognition Activities** Mention client accomplishment in newsletter or local paper (Remember to get a release form from the client before printing her name.)
Host a recognition lunch (food donated from local vendors)

• **Certificates** Prepare and present or mail to clients Certificates of Appreciation recognizing their accomplishments



*For questions or comments, please contact Viki Lorraine, Intervention Specialist,
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