

Cannabis Edibles

What are Cannabis Edibles?

Cannabis (also called marijuana) can be consumed in a variety of ways, including inhalation and ingesting edibles. "Edibles" are food or drink that contain marijuana. Edibles can take the form of baked goods, candies, beverages, or snacks, like popcorn or chips.

It may be difficult to tell the difference between cannabis edibles and regular foods. Look for words that identify a product as a marijuana edible, like "marijuana-infused", "cannabis", and "THC", and images like the one to the right.



Who Can Buy and Use Edibles?

In Michigan, cannabis is legal for both recreational and medical use. It is legal to purchase cannabis edibles if you are over the age of 21 or have a medical card.

Marijuana use, including consuming edibles, is not recommended for children, adolescents, or pregnant or breastfeeding women. It is **illegal** to drive any motorized vehicle after or while consuming cannabis.



If you or someone you know ingested too much marijuana, call the poison control hotline at **1-800-222-1222**.

In the event of a severe reaction, **call 911 immediately**.

Tips for Safe Consumption

While the effects of marijuana are felt quickly after inhaling it, edibles can take 30 minutes to 2 hours to take effect. As a result, some people may ingest too much, which can lead to poisoning or serious injury.

Follow these tips for safe consumption:

- **Start low and go slow.** If you're not sure how marijuana will affect you, start with ingesting less than one serving (10 mg).
- Wait at **least 90 minutes** and up to four hours before eating or drinking more.
- Do not use edibles and alcohol together.
- The effect of cannabis edibles can last longer than expected. After consuming edibles, plan not to drive. Have a designated driver/rideshare service ready.

Tips for Safe Storage

Cannabis edibles can be attractive to children and pets, especially in the form of baked goods, gummies, and candies. However, consuming cannabis can make kids and pets sick. Follow these tips for storing cannabis safely:

- **Keep it out of sight and out of reach.** Store marijuana out of sight of curious children and pets. Choose a safe place that is too high for them to reach.
- **Put it away every time.** Put every marijuana product away every time you use it, including those you use every day.
- **Purchase a lock box or lock bag.** Lock boxes/bags are an affordable and convenient way to keep marijuana products from being accessed by children and pets.

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