



Need Food Help? Six County

Federal Nutrition Programs

Federal Poverty Level

Food Stamp WIC, School Meal Eligibility

To determine your eligibility for food assistance programs: Find your family size in the most-left column, then follow right to your desired program. If your gross *monthly income* is less than the amount indicated, you are eligible to apply.

Try our Food Stamp Calculator at www.uah.org

Family Size	Chart A	Chart B
	130% of Poverty Effective October 20, 2009	185% of Poverty Effective July, 2009
	Food Stamps & Free School Meals	WIC & Reduced-Priced School Meals
1	\$1,174	\$1,670
2	\$1,579	\$2,247
3	\$1,984	\$2,823
4	\$2,389	\$3,400
5	\$2,794	\$3,976
6	\$3,200	\$4,553

Chart A: for additional family member add \$460
Chart B: for additional family member add \$576

To apply online, visit the Department of Workforce Services at www.utahhelps.utah.gov

School Lunch & Breakfast Programs

The School Lunch Program is served in almost all Utah schools. Breakfast is served in some locations. Students from low-income families may receive free or reduced-price school meals (see income Charts A & B). Contact your school office at any time during the school year to apply.

Summer Food Program

Offers free nutritious meals and snacks during the summer to children under the age of 18 throughout Utah. There are no income criteria for participation. Call UAH at 801-328-2561 or (800) 453-3663 for details.

Division of Aging

Meals on Wheels program, which prepares and delivers free meals to elderly who are homebound 60+.

Congregate Meals, are served free to 60+ at senior centers. Donations are suggested, but not required to participate in these programs. Call Six County at 435-896-9222 or your nearest senior center for more information.

West Millard 435-864-2682	Gunnison 435-528-3781	Moroni 435-436-8275	Richfield 896-6807
Ephraim 435-283-6310	Manti 435-835-2041	Nephi 435-623-7306	Salina 529-3901
Monroe 435-527-4061	Fillmore 435-743-5428	Junction 435-577-2183	Wayne 425-2089
Scpio 435-758-2449			Eureka 435-433-632 691-3923

Food Stamp Program

To apply for the Food Stamp Program, the Family Employment Program, General Assistance, and ALL medical assistance programs go to the Department of Workforce Services (DWS) Monday-Thursday, 7:00 am to 6:00 pm

Richfield South 435-893-0000 115 E 100 S	Manti (Ephraim) 435-835-0720 55 S Main, Suite 3	Delta (Fillmore) 435-864-3860 44 S 350 E
Junction-M,W 435-577-2443 550 N Main	Loa-T,Th 435-836-2406 18 S Main	Nephi 435-623-1927 625 N Main

Constituent services for the Department of Workforce Services
Constituent Services solves problems for DWS customers.

Contact them at **801-526-4390**

Statewide call toll-free **1-800-331-4341**.

Expedited Food Stamps

Food Stamps Fast – if you have less than \$150 income for the month you apply, and your cash on hand is less than \$100, OR if your shelter costs exceed your monthly income, you should ask about expedited food stamps which means you may be eligible to receive Food Stamps within 7 days.

WIC (Women, Infants & Children Supplemental Food Program)

The WIC program provides supplemental food such as *Milk, Infant Formula, Eggs, Cheese, Juices, Cereals, and Beans* to pregnant women, nursing mothers, infants and children under the age of 5, who are low income (see Chart B to the left) and at nutritional risk. WIC vouchers are redeemable for these food items at most grocery stores.

Richfield 435-896-5451 70 Westview Dr.	Manti 435-835-2231 40 W 200 N	Delta 435-864-3612 428 E Topaz Blvd, #D
Junction Tues/Thurs 435-577-2521 Courthouse, Main	Fillmore 435-743-5723 50 S 400 W	Loa 836-1317 or 836-2765 18 S Main
Nephi/Eureka 435-623-0696 160 N Main St.	Mt. Pleasant 435-462-2449 20 S 100 W, #30	

Child & Adult Care Food Program (CACFP)

Reimburses day care providers for food served to children in their care. Speak with your day care provider or call the State Child Nutrition Office at (801) 538-7680 for local contacts.

Last Updated: 7/23/2009

Emergency Food & Community Resources

Emergency Food & Prepared Meals

Central Utah Food Sharing provides emergency food assistance in six communities in the Six County Region. For the most current information please call the main pantry in Richfield at 435-896-5225 on Monday and Wednesday from 12:00-3:00.

<u>Richfield</u> 435-896-5225 1000 S 91 E M,T,W,10-3	<u>Bicknell</u> 435-836-2850 3 rd Tuesday 1-3	<u>Delta</u> 435-864-5523 162 W 100 S Oct-Mar M 1-4 Apr-Sep M 9-12
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<u>Junction</u> 435-720-2208 3 rd Thursday 1-4	<u>Mt. Pleasant (Sanpete)</u> 435-462-3006 1080 Blackhawk W, F 1-4
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Nephi
435-896-5225
Rose Shepherd
3rd Thursday 9-1

First Baptist Church of Nephi, Call first 435-623-5440

Central Utah Care and Share, 435-896-5225

Bishop's Storehouse: Open Thurs. Call 435-896-5443
To find your local bishop call 801-240-3500

Utah Food Bank

Drops-Richfield and Mount Pleasant monthly food boxes for low-income people

Kids Café –Delta only
For more information on these programs call 801-908-8660, or 211

Utahns Against Hunger

Utahns Against Hunger is a non-profit which works on public policy advocacy, outreach and education regarding federal and state food programs.

455 East 400 South, Suite 407
801-328-2561
(800) 453-3663
www.uah.org

Utah Legal Services

Provides legal assistance on divorce, housing, utilities, welfare employment, consumer and collections, and problems of senior citizens. Call 1-800-662-4245

Information & Referral

Information and Referral provides information about social services, medical services and other low-income resources.

Please call 801- 978-3333 or call 211.
Visit them online at www.informationandreferral.org

Other Community Services

The Weatherization Assistance & HEAT Programs:
Provides assistance for eligible households with the costs of heating.

<u>County</u>	<u>HEAT:</u>	<u>Weatherization:</u>
Juab:	1-888-255-9692	896-9222 x. 20
Sanpete:	435-835-2831	896-9222 x. 20
Piute:	435-577-2448	896-9222 x. 20
Wayne:	435-836-1324	896-9222 x. 20
Millard East	435-743-4060	896-9222 x. 20
Millard West	1-888-255-9692	896-9222 x. 20
Sevier:	435-893-0745	893-0740

New Horizon Crisis Center:
Helps battered women and children. Call 1-800-343-6302

Domestic Violence Information Line
1-800-897-5465

Utah State University Extension Program

Expanded Food and Nutrition Education Program (EFNEP)

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed-behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

Food Stamp Nutrition Education (FSNE)

Food Stamp Nutrition Education is a federal/state partnership that supports nutrition education for persons eligible for food stamps.

<u>County</u>	<u>Extension Office</u>
Juab:	435-623-3450
Sanpete:	435-283-7597
Piute:	435-577-2901
Wayne:	435-836-1312
Millard	435-864-1480
Sevier:	435-893-0470