



# Need Food Help? Six County

## Federal Nutrition Programs

### Federal Poverty Level - 2009

#### 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](http://www.uah.org)

Family Size	Chart A	Chart B
	130% of Poverty Effective October, 2008	185% of Poverty Effective July, 2009
	Food Stamps & Free School Meals	WIC & Reduced-Priced School Meals
1	\$1,127	\$1,670
2	\$1,517	\$2,247
3	\$1,907	\$2,823
4	\$2,297	\$3,400
5	\$2,687	\$3,976
6	\$3,077	\$4,553

Chart A: for additional family member add \$390; \$495 if 60+  
Chart B: for additional family member add \$577

### 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.

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

### 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

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

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

# 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.

<b><u>Richfield</u></b> 435-896-5225 1000 S 91 E M,T,W,10-3	<b><u>Bicknell</u></b> 435-836-2850 3 <sup>rd</sup> Tuesday 1-3	<b><u>Delta</u></b> 435-864-5523 162 W 100 S Oct-Mar M 1-4 Apr-Sep M 9-12
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<b><u>Junction</u></b> 435-720-2208 3 <sup>rd</sup> Thursday 1-4	<b><u>Mt. Pleasant (Sanpete)</u></b> 435-462-3006 1080 Blackhawk W, F 1-4
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<b><u>Nephi</u></b> 435-896-5225 Rose Shepherd 3 <sup>rd</sup> Thursday 9-1	<b><u>Torrey</u></b> 435-425-3694 100 N Center St. (The Torrey Fire Station)
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**First Baptist Church of Nephi**, Call first 435-623-5440

**Central Utah Care and Share**, 435-623-4739

**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](http://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](http://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>
<b>Juab:</b>	1-888-255-9692	896-9222 x. 20
<b>Sanpete:</b>	435-835-2831	896-9222 x. 20
<b>Piute:</b>	435-577-2448	896-9222 x. 20
<b>Wayne:</b>	435-836-1324	896-9222 x. 20
<b>Millard East</b>	435-743-4060	896-9222 x. 20
<b>Millard West</b>	1-888-255-9692	896-9222 x. 20
<b>Sevier:</b>	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>
<b>Juab:</b>	435-623-3450
<b>Sanpete:</b>	435-283-7597
<b>Piute:</b>	435-577-2901
<b>Wayne:</b>	435-836-1312
<b>Millard</b>	435-864-1480
<b>Sevier:</b>	435-893-0470