



Need Food Help? Iron 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 1, 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 \$406
 Chart B: for additional family member add \$576

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 328-2561 or (800) 453-3663 for details.

WIC (Women, Infants & Children Supplemental Food Program)

The WIC program provides supplemental food such as *Milk, Infant Formula, Eggs, Cheese, Juices, Cereals, Beans, Fruits and Vegetables* 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.

Cedar City
435-586-2437

Parowan
Call Cedar City

Beryl
Call Cedar City

260 E DL Sergeant Drive

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):

Cedar City

435-865-6530
222 W 900 S

DWS is open Monday-Thursday, 7am to 6 pm

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

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

Contact them at **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.

Apply Monday-Thursday

Division of Aging

Five County Association of Governments:
673-3548

Meals on Wheels program, which prepares and delivers free meals to elderly who are homebound 60+ In Cedar City call. 435-586-2975

Congregate Meals, are served free to 60+ at senior centers. Donations are suggested, but not required to participate in these programs.

Senior Centers

Cedar City
435-586-0832
489 E 200 S

Parowan
435-477-8925
68 S 100 E

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

Iron County Care & Share

435-867-1818 (shelter)
435-586-4962 (pantry) M-F, 9-4:30
222 W 900 N, Cedar City

Beryl Junction

County Building
140 E 400 S
435-865-7644

Bishop's Storehouse

Local Bishop 435-586-8682

Utah Food Bank

DROPS monthly food boxes for low-income people
For more information on these programs,
please 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 E 400 S, 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.

HEAT: 435-586-0858

Weatherization: 435-586-0585

American Red Cross:

Utility Assistance
(Provo) 1-800-373-8580

Five County Association of Governments:

St. George
435-673-3548

Five County AOG is located in . Additional services provided are heat, weatherization, down payment assistance, rehabilitation loans, emergency home repairs, and limited emergency monies for housing and utilities

Five County Association of Governments:

Cedar City
435-865-0195, 435-586-2975

Provides home rehabilitation services for homeowners up to 80% of median income.

Cedar City Housing Authority: Provides housing assistance.

435-586-8462
364 S 100 E
Cedar City

Domestic Violence Information Line

1-800-897-5465 or 435-867-9411

Utah State University Extension Program

Extension Office– 435-586-8132

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.