



Need Food Help? Kane and Garfield Counties

Federal Nutrition Programs

| Federal Poverty Level Food Stamp WIC, School Meal Eligibility | | |
|---|--|---|
| <p>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 <i>monthly income</i> is less than the amount indicated, you are eligible to apply.</p> | | |
| Try our Food Stamp Calculator at www.uah.org | | |
| Family Size | Chart A 130% of Poverty Effective October 1, 2009 | Chart B 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 | | |

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

Kanab

435-644-8910
468 E 300 S

Panguitch

435-676-1410
665 N Main

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

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.

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.

Kanab

435-644-2537
245 S 200 E

Panguitch

435-676-8800
601 N Main

Division of Aging

Five County Aging: 435-673-3548

San Juan County Aging 435-587-3225

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.

Kanab

435-644-5250
56 W 450 N

Panguitch

435-676-2281
55 S Main

Henrieville

435-679-8666
70 W Main

Long Valley Senior Center

435-648-2504
419 N State, HWY 89
Orderville

Escalante

435-826-4317
89 N 100 W

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

Please call the following pantries before seeking services because hours of operation vary.

Kanab Care & Share

56 W 450 N
Craig Hansen
Cell 435-961-0227

Panguitch Care & Share

609 N Main
Kelly Anderson
Cell 1-435-690-9140

Big Water Satellite Pantry

163 Aaron Burr (next to Post Office)
Florence Dye
Home phone: 435-675-9179

Long Valley Satellite Pantry

417 E State N HWY 89
Orderville
Heather Ruckman
Home phone: 435-644-5406

Escalante Care & Share

Call Kelly Anderson
Cell 435-690-9140

Ticaboo Care & Share

Terry Bell 435-788-2134

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

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> |
|---------------|--------------|------------------------|
| Garfield | 435-826-4317 | 435-586-0585 |
| Kane | 435-644-3803 | 435-586-0585 |

Five County Association of Governments:

435-673-3548

St. George

Provides the HEAT, Weatherization, down payment assistance, rehabilitation loans, emergency home repair, and limited emergency monies for housing and utilities. for more information.

American Red Cross (utility Assistance)

St. George
435-674-4440

Domestic Violence Information Line

1-800-897-5465

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

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> |
|---------------------|-------------------------|
| Garfield –Panguitch | 435-676-1113 |
| Kane—Kanab | 435-644-4901 |