



# Need Food Help? Southeastern

## 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](http://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

### 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>Price</b> 435-636-2300 475 W Price River Suite 300	<b>Moab</b> 435-719-2600 457 Kane Creek	<b>Emery Co.</b> 435-381-6100 550 W. HWY 29 Castle Dale
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**Blanding**  
435-678-1400  
544 No. 100 E.

### 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.

<b>Price</b> 435-637-3671 28 So 100 E	<b>Moab</b> 435-259-5602 471 S Main #4	<b>Castle Dale</b> 435-381-2252 25 W Main
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<b>Blanding</b> 435-678-2723 196 E Center St	<b>East Carbon</b> 435-888-0814 637-3671 Price 305 Center St.	<b>Monticello</b> 435-587-2021 117 S Main
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**Green River**  
435-564-8236  
305 West Main 1st and 3rd Thursday, 9:00-4:00

### 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. Six County 637-4268, San Juan 587-3225.

<b>Price</b> 435-637-5080 x75 30 E. 200 So.	<b>Moab</b> 435-259-6623 450 E 100 N	<b>East Carbon</b> 435-888-2194 451 E Denver	<b>Castle Dale</b> 435-381-2422 85 N 200 E
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<b>Green River</b> 435-564-8236 123 S Long St	<b>Emery</b> 435-286-2219 217 S 200 E	<b>Ferron</b> 435-384-2243 170 N 300 W	<b>Monticello</b> 435-587-3225 80 N Main
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<b>Huntington</b> 435-687-2502 176 W 100 N	<b>Blanding</b> 435-678-2427 177 E 200 N	<b>Bluff</b> 435-672-2390 190 N 300 E	<b>White Mesa</b> 435-678-3396 Others 587-3225
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Constituent services for the Department of Workforce Services  
 Constituent Services solves problems for DWS customers.

Contact them at **435-526-4390**

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

To apply online, visit the Department of Workforce Services at  
[www.utahhelps.utah.gov](http://www.utahhelps.utah.gov)

### 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.

### 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. **Last Updated: 7/23/2009**

### 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 food pantry for hours of operation.*

### Carbon Co. Food Bank

435-637-9232  
75 E 400 S, Price  
T, W, Th 12-4

### Emery Co. Food Bank

435-381-5410  
40 S Center, Castle Dale  
T, W, Th 12-4

### Green River Community Center Pantry

435-564-8199  
123 S Long St  
M-Thur 11-6 Fri 9-4  
Delivered food for seniors, Kids Café & more.

### Green River Food Pantry (Sheriff Office)

435-564-3432  
80 Farr Street

### Transitions

435-678-3741 M-F, 11-4  
29 E Center, Blanding

### Transitions

435-651-3340  
350 N 50 W, Montezuma Creek  
M-F 10:30-3

### Avalon House

435-472-2028  
178 S Main St  
Helper (prepared meal)

### Grand Co. Food Bank

435-259-6456  
56 N 200 E, Moab  
M 9-12, T, W 9-3, Th 10-3

### Transitions

727-3304 or 727-3305  
House # 12 on 4<sup>th</sup> Street  
Monument Valley  
M-F, 10:30-3

## Emergency Shelter

### Avalon House

435-472-2028  
178 S Main, Helper

### Colleen Quigley Women's Center

1-435-637-6589  
Price

### Seek Haven

435-259-2229  
(located on HWY 191) Moab

### Domestic Violence Information Line

1-800-897-5465

## Utah Food Bank

### **DROPS (San Juan only)**

monthly food boxes for low-income people  
For more information on these programs,  
please call 801-908-8660, or 211

### **Kids Café—Green River only**

## 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)

## Other Community Services

### **Southeastern Association of Local Government** **637-5444 ext 419.**

375 So. Carbon Ave.  
Price UT. [www.seualg.dst.ut.us](http://www.seualg.dst.ut.us).

**Offers one time emergency assistance for rent, utility deposits, auto repairs, and medications.**

### **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>Carbon</b>	435-613-0100	435-637-5444
<b>Emery:</b>	435-381-5410	435-637-5444
<b>Grand:</b>	435-259-6362	435-637-5444
<b>San Juan:</b>	435-683-2355	435-683-2262

## 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)

## 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>Carbon: Price</b>	435-636-3233
<b>Emery: Castle Dale</b>	435-381-2381
<b>Grand: Moab</b>	435-259-7558
<b>San Juan: Monticello</b>	435-587-3239