



Need Food Help? Summit & Wasatch 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		

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.

Park City
435-615-3910
6505 N Landmark Dr. #300

Heber City
435-657-3266
55 S 500 E

Kamas
435-783-4321
110 N Main

Coalville
435-336-3213
85 N 50 E

El programa de WIC no tiene requisitos de ciudadanía. Ud. puede ser inmigrante y recibir servicios de WIC. Si tiene preguntas sobre el WIC o de otros programas del bienestar, llame al Utahns Against Hunger.

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.

Food Stamp Program (Estampillas de Comida)

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

El programa de estampillas de comida es para ciudadanos e inmigrantes legales. Si ud. tiene hijos nacidos aqui, puede aplicar en beneficio de ellos. Puede meter su aplicacion en persona a la direccion abajo, o puede aplicar a traves del internet. Si tiene preguntas o dudas, llame al Utahns Against Hunger.

Park City
435-649-8451
1960 Sidewinder, Suite 202
Mon & Wed 7:30 to 6:00 p.m.
Walk-in only

Heber City
435-654-6520
69 N 600 W #C

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
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 Orem– 1-801-229-3800

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.

Area Aging:

Park City
435-649-7261
1361 Woodside
Kamas
435-783-4311
20 E 400 S

Coalville
435-336-2622
150 E Park Rd
Heber City
435-654-4920
465 E 1200 S

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

Park City:

Christian Center of Park City
435-649-2260
1100 Iron Horse Drive
M 10-3, T-F 10-4

St. Mary's Catholic Church

435-649-9676,
121 Park Ave
M & Th 12-5

Heber City

Community Action Services and Food Bank
(operated out of the Wasatch County Senior Center)
435-654-2182
465 E. 1200 S
M,T,W, 9-2, F 9-12

St. Lawrence Catholic Church

Sherry 435-654-9410
Sun 12:15
Call first for other times

Coalville Call for appointment

Community Action Services and Food Bank
17 S Main St.
435-336-4277 W 10-2
Provo: 801-373-8200

Kamas Call for appointment

Community Action Services and Food Bank
30 S Main St.
435-783-4303 Th 10-2
Provo: 801-373-8200

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.

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.

County	HEAT	Weatherization
Summit	800-597-1940	801-344-5184
Wasatch	435-654-2182	801-344-5184

American Red Cross (utility assistance) SLC
1-800-328-9272

Housing Assistance

Community Action Services and Food Bank offers counseling and a housing resource center.
801-373-8200.

Housing Authority of Utah County 1-801-373-8333

Peace House: Domestic violence shelter.
435-647-9161

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.
1-800-662-4245

Utah State University Extension Program

Extension Office

Summit: 435-336-3217

Wasatch: 435-657-3235

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.