



Need Food Help? Utah County

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>		
<p>Try our Food Stamp Calculator at www.uah.org</p>		
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
<p>Chart A: for additional family member add \$406 Chart B: for additional family member add \$576</p>		

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

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.

Orem
801-851-7340
1549 N State St. #104

American Fork
801-851-7320
599 S 500 E

Provo
801-851-7300
151 University Ave #2100

Payson
801-851-7360
910 E 100 N #175

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

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 am to 6 pm

Provo North
801-342-2600

1550 N Freedom Blvd. (200 W)

Spanish Fork
801-794-6600

1185 N Chapel Dr.

American Fork
801-492-4500

751 E Quality Drive #100

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.

Division of Aging

Meals on Wheels program, which prepares and delivers free meals to elderly who are homebound 60+. **229-3800**

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

Lehi
801-768-7165
123 N Center

American Fork
801-763-3090
54 E Main

Pleasant Grove
801-785-2818
242 W 200 S

Orem
801-229-7151
93 N 400 E

Provo (Eldred Center)
801-852-6620
270 W 500 N

Springville
801-489-8738
73 E 200 S

Spanish Fork
801-798-5015
167 W Center

Payson
801-465-5215
439 W Utah Ave.

Santaquin
801-754-1700
45 W 100 S

Goshen
801-667-3477
79 S Center

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 for the pantry for its most current information and hours of operation.

Community Action Services & Food Bank

801-373-8200 Pantry Monday-Friday 9:00-4:30

815 S Freedom Blvd. (200 W), Provo

www.communityactionuc.org

Food & Care Coalition

801-373-1825

60 N 300 W, Provo

**Prepared Meals breakfast, lunch & dinner*

American Fork Food Pantry

801-373-8200 Thursday 1:00-3:00 pm

54 E Main

Payson Food Pantry

801-373-8200 Tuesday 1:00-3:00 pm

439 W Utah Ave.

First Baptist Church of Provo

Lois Wilkins 374-8489, Call first

1144 W Columbia Ln.

Food & Care Coalition of Utah County:

801-373-1825

60 N 300 W, Provo

Provides mentoring, rental assistance, shelter, clothing, showers, laundry, hot meals and a computer lab.

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

Other Community Services

The Weatherization Assistance & HEAT Programs:

HEAT: 801-373-8200 (Community Action Services)

Provides assistance for eligible households with utility costs including power and telephone.

Weatherization: 801-344-5184 (Housing Authority)

Helps low-income families reduce utility bills by making their homes more energy efficient.

Community Action Services and Food Bank:

801-373-8200

815 S Freedom Blvd. (200 W) Suite 100

Provides emergency food, outreach services, housing and counseling, limited emergency assistance for housing, transportation, clothing and utility problems Heat program, and first time home buyer program. and elderly outreach program.

Domestic Violence Information Line

1-800-897-5465

Center for Women and Children in Crisis

801-377-5500

Utah Legal Services

Provides legal assistance on divorce, housing, utilities, welfare employment, consumer and collections, and problems of senior citizens.

Provo- 801-374-6766

Statewide- 1-800-662-4245

Information & Referral

Information and Referral provides information about social services, medical services and other low-income resources. In Utah County call United Way at 801-374-2588, if you call 211 you will be referred to United Way, to volunteer, 801-377-6600. Visit them online at

www.informationandreferral.org

Utah State University Extension Program

Extension Office: 801-851-8460

Expanded Food and Nutrition Education Program

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 \$ense” 801-851-8460

“Food \$ense” is a federal/state partnership that supports nutrition education for persons eligible for food stamps.