



Need Food Help? Washington 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>		
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.

St. George

435-673-3528
168 N 100 E #116

Mesquite, NV

702-346-3030
312 Mesquite Blvd. #10

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

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

Food Stamp Program (Estampillas de Comida)

www.utahhelps.utah.gov

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
162 North 400 East Building B
435-674-5627

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

Constituent services for the Department of Workforce Services
Constituent Services solves problems for DWS customers.
Contact them at **801-526-4390**
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

Five County Aging Services 435-673-3548

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.

St. George

435-634-5743
245 N 200 W

Enterprise

435-878-2557
165 S 100 E

Hurricane

435-635-2089
95 N 300 W

Mesquite, NV

702-346-5290
102 W Old Mill Rd.

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.

Emergency Food & Community Resources

Emergency Food & Prepared Meals

Dixie Care & Share:

435-628-3661
131 N 300 W, St. George
Pantry, Clothing Emergency Assistance
Hours: M - F 9-5, Pantry M-F, 11-2

Hurricane Valley Food Bank

435-635-0995
450 E 800 N #17, Hurricane
Th and F 10-1, M 5-7

Bishop's Storehouse

435-673-3491 (Need referral from your local bishop)
Transient Bishop 652-3886
516 N 1400 E, St. George

St. George Catholic Church—Prepared meal site

435-673-2604
157 N 200 W
M, W 12-1

Other Community Services

The Weatherization Assistance: 435-586-0585

HEAT Programs: 435-652-9643
1070 W 1600 S Building B., St. George
Provides assistance for eligible households with the costs of heating. for more information.

Five County Association of Governments:

435-673-3548
St. George
Operates Aging Services which provide numerous services and programs. Provides down payment assistance, rehabilitation loans, emergency home repairs, and limited emergency monies for housing and utilities.

Piute Social Services: 435-586-1112

American Red Cross (Utility assistance)

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

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

Utah State University Extension Program

801-634-5706

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.

Utah Food Bank

DROPS monthly food boxes for low-income people
For more information on this program,
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 East 400 South, Suite 407
801-328-2561
(800) 453-3663
www.uah.org