



# Need Food Help? Weber & Morgan Counties

## 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 <i>monthly income</i> is less than the amount indicated, you are eligible to apply.		
Try our Food Stamp Calculator at <a href="http://www.uah.org">www.uah.org</a>		
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-6:00 pm

#### Roy

801-776-7200  
1951 W 5400 S

#### Ogden South

801-626-0300  
480 E 27<sup>th</sup> Street

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

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.

**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) and at nutritional risk. WIC vouchers are redeemable for these food items at most grocery stores.

**Weber** (Ogden)  
801-399-7200.  
477 23<sup>rd</sup> Street

### Weber Area on Aging

**801-625-3770** for more information and participating senior centers.

*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.

#### 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

### Catholic Community Services

801-394-5944  
2504 F Ave, West Ogden  
M-W, F 10-12  
1st, 2nd, 4th Thurs 5-6 pm

### Washington Heights Baptist Church

1770 E 6200 S  
2nd and 4th Saturday 10-2  
Food Distribution

### SHARE Inc

801-399-5046(call first)  
M-F 8-12:30

### Salvation Army

801-621-3580 2615 Grant Ave  
M,W,F, 9:30-12, T 6-8 pm  
Breakfast 7:30 M-Sat. breadline, Dinner Mon at 4pm

### Ogden Weber Community Action Partnership

801-399-9281 3159 Grant Ave  
M, Th 1:30-3:30, W, 9-11

### Ogden Rescue Mission

801-621-4360 2775 Wall Ave  
Dinner M-Sat at 7 pm, be there by 6:15  
Sunday Dinner at 4 pm

### St. Anne's Center

801-621-5036 137 W Binford (26th & 27th)  
Lunch at 12:00, Shelter

### Morgan County Food Pantry

Morgan County Residents only  
801-845-4009  
48 Young St. Room 14  
Call on 2nd Thurs from 10-2, food delivery 3rd Thurs

### **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.

[www.uah.org](http://www.uah.org)  
455 E 400 S, Suite 407  
801-328-2561  
(800) 453-3663

## Other Community Services

**The Weatherization Assistance & HEAT Programs:**  
Tri-county weatherization provides assistance for eligible households.

County	HEAT	Weatherization
Morgan	1-800-953-8850	801-451-3256
Weber	801-394-9774	801-451-3256

### **Ogden Weber Community Action Partnership:**

801-399-9281  
3159 Grant Avenue, Ogden  
Operates an emergency food pantry, the Head Start program, and provides outreach services, housing counseling, and housing referral for low income families, senior citizens and handicapped person.

### **Domestic Violence Information Line**

1-800-897-5465

### **Your Community Connection**

Domestic Violence Crisis line: 801-392-7273

## Information & Referral

Information and Referral provides information about social services, medical services and other low-income resources in Salt Lake County.

Please call 801-978-3333 or call 211.

Visit them online at [www.informationandreferral.org](http://www.informationandreferral.org)

## Utah Legal Services

Provides legal assistance on divorce, housing, utilities, welfare employment, consumer and collections, and problems of senior citizens. Ogden 801-394-9431

## Utah State University Extension Program

**Extension Office: 399-8201 Weber County**  
**Extension Office 829-3472 Morgan County**  
**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.