



Need Food Help? Beaver

Federal Nutrition Programs

Federal Poverty Level - 2009 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

Family Size	Chart A 130% of Poverty Effective October, 2008	Chart B 185% of Poverty Effective July, 2009
	Food Stamps & Free School Meals	WIC & Reduced-Priced School Meals
1	\$1,127	\$1,670
2	\$1,517	\$2,247
3	\$1,907	\$2,823
4	\$2,297	\$3,400
5	\$2,687	\$3,976
6	\$3,077	\$4,553

Chart A: for additional family member add \$390; \$495 if 60+
Chart B: for additional family member add \$577

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.

Beaver
The Southwest Public Health Department
435-438-2482
1175 N 75 W

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

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):

Beaver County
435-438-3580

875 N Main, Open Monday-Thursday, 7am-6pm

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

Area On Aging

St. George: 673-3548, Cedar City 435-586-2975
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.

Beaver	Minersville	Milford
435-438-5313	435-386-8410	435-387-2379
85 E Center St	240 S Center	415 N 100 W

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

Beaver Care and Share

435-438-6266

55 S 100 W

1st and 3rd Thursday, 10-6

Milford Care and Share

435-691-2207 Call first

438 S Main St.

Transportation Assistance *People traveling through only*

Beaver Sheriff's Office

Dispatch 435-387-2758

Milford Sub-Station (Beaver County Sheriff's Office)

435-387-2758

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

Utah Legal Services

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

1-800-662-4245

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.

Weatherization: 435-586-0585

HEAT: 435-438-5313

Five County Association of Governments:

1070 W 1600 S Bld B St. George

435-673-3548

Provides down payment assistance, rehabilitation loans, emergency home repairs, and limited emergency monies for housing and utilities.

Five County Association of Governments:

Cedar City

435-865-0195

Provides home rehabilitation services for homeowners up to 80% of median income.

Canyon Creek Women's Crisis Center

(Cedar City)

435-865-7443

Beaver Housing Authority

325 E Center St.

435-438-2935

St. George 435-628-3648

Domestic Violence- Victim Advocate,

Sheriff's Office :

435-438-6494

Domestic Violence Information Line

1-800-897-5465

Utah State University

Extension Program

Extension Office: 801-438-6450

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.