



Need Food Help? Cache & Rich Counties

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	Chart B
	130% of Poverty Effective October, 2008	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

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.

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.

Logan
435-792-6451
655 E 1300 N

Randolph
435-793-2445
275 N Main

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 7:00-6:00

Logan
180 N 100 W
792-0300

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.

Apply Monday-Thursday

Bear River Area Agency on Aging

1-435-752-7242
1-877-772-7242

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.

Cache Senior Center – Logan
435-755-1720
240 N 100 E

Brigham City
435-723-3303
24 N 300 W

Hvrum Senior Center
435-245-3570
675 E Main

Rich Co. -Randolph
435-793-2122
21 N Main

North Logan Senior Center
435-752-2027
2180 N 1200 E

Smithfield Senior 435-563-6847
(Diane Haslam home)
Tremonton Senior 435-257-2639

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

Cache Community Food Pantry

435-753-7140
359 S Main
Logan, UT
M-Th 8-3:30
F 8-12

Rich County Senior Center

Distribute commodities 21 N Main St. Randolph
435-793-2122 Wendy
M,W,F 9-1

Other Community Resources

Employment

Vocational Rehab Services 435-787-3480
DWS 435-792-0300
LDS Employment 435-752-7911

Health Care

Logan Regional Hospital 435-716-1000
IHC Cache Community Clinic 435-716-5410
Children's Health Insurance 1-877-543-7669 or DWS
Planned Parenthood 435-753-0724
Children's Aid Society 1-800-273-8671
Baby your Baby 1-800-826-9662
Veterans Comm Outpatient Clinic, Ogden-801-479-4105

Mental Health/Counseling

Bear River Mental Health 435-752-0750
USU Psychology Comm. Clinic 435-797-3401

Housing

Housing Auth. Bear River/Logan City 435-752-7242

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

Bear River Association of Governments: BRAG

offers emergency assistance for housing and utilizes, housing authority, area on aging, first time home buyer program, small business loans, heat & weatherization.

Weatherization Assistance: BRAG

Cache: 435-752-7242 435-752-7242
Rich: 435-752-7242 170 N Main, Logan

HEAT Program:

Cache: 435-752-7242 BRAG
Rich: 1-877-772-7242 435-723-1111, 723-1116
2535 Hwy 89, Perry
Serves Box Elder Co.

American Red Cross: Utility assistance 435-752-1125
Child Care Resource/Referral 435-797-1552

Bear River Head Start (3/younger) 435-755-0081
(4 year olds) 435-753-0951

Family Support Shelter: 435-752-8880.
380 W 1400 N

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

Extension Office 435-752-6263 Cache County
Extension Office 435-792-2435 Rich 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.