



# Need Food Help? Iron County

## 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](http://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

### 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):

#### Cedar City

435-865-6530

176 E 200 N

DWS is open Monday-Thursday, 7am to 6 pm

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

### 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.

Cedar City  
435-586-2437

260 E DL Sergeant Drive

Parowan  
Call Cedar City

Beryl  
Call Cedar City

### Division of Aging

**Five County Association of Governments:**  
**673-3548**

*Meals on Wheels* program, which prepares and delivers free meals to elderly who are homebound 60+ In Cedar City call. 435-586-2975

*Congregate Meals*, are served free to 60+ at senior centers.

Donations are suggested, but not required to participate in these programs.

### Senior Centers

Cedar City  
435-586-0832  
489 E 200 S

Parowan  
435-477-8925  
68 S 100 E

#### 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

### Iron County Care & Share

435-867-1818 (shelter)  
435-586-4962 (pantry) M-F, 9-5  
222 W 900 N, Cedar City

### Beryl Junction

County Building  
435-865-7644

### Bishop's Storehouse

Local Bishop 435-586-8682

## Utah Food Bank

**DROPS** monthly food boxes for low-income people  
For more information on these programs,  
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 E 400 S, Suite 407  
801-328-2561  
(800) 453-3663  
[www.uah.org](http://www.uah.org)

## 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](http://www.informationandreferral.org)

## Other Community Services

### **The Weatherization Assistance & HEAT Programs:**

Provides assistance for eligible households with the costs of heating.

**HEAT: 435-586-0858**

**Weatherization: 435-586-0585**

### **American Red Cross:**

Utility Assistance  
(Provo) 1-800-373-8580

### **Five County Association of Governments:**

St. George  
435-673-3548  
Five County AOG is located in . Additional services provided are heat, weatherization, 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, 435-586-2975  
Provides home rehabilitation services for homeowners up to 80% of median income.

**Cedar City Housing Authority:** Provides housing assistance.

435-586-8462  
364 S 100 E  
Cedar City

### **Domestic Violence Information Line**

1-800-897-5465

## Utah State University Extension Program

**Extension Office– 435-586-8132**

### **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.