



Need Food Help-Juab, Millard, San Pete, Sevier, Piute, Wayne

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 www.uah.org		
Family Size	Chart A 130% of Poverty Effective October 1, 2011	Chart B 185% of Poverty Effective July 1, 2011
	Food Stamps & Free School Meals	WIC & Reduced-Priced School Meals
1	\$1,180	\$1,679
2	\$1,594	\$2,268
3	\$2,008	\$2,857
4	\$2,422	\$3,446
5	\$2,836	\$4,035
6	\$3,249	\$4,624
Chart A: for additional family member add \$414 Chart B: for additional family member add \$589		

To apply online, visit the Department of Workforce Services at www.utahhelps.utah.gov

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.

Division of Aging

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. There are 17 senior centers in six county.

Six County Association of Governments operates aging services. Call 435-893-0725 or call 1-888-899-4447 toll free.

Last Updated: 10/01/2011

Food Stamp Program

Apply for **Food Stamps, Financial Aid Programs** (more than one program) **Child Care, Jobs, Job Training, and Medical Programs** such as **CHIP, PCN, UPP, or Medicaid**, at the **Department of Workforce Services (DWS)**.

Monday-Friday, 8:00 am to 5:00 pm
(see offices listed below) You can apply online, or an application can be mailed to you.

Unemployment Insurance Benefits apply online at www.jobs.utah.gov or call 1-888-848-0688 (expect delays on the phone)

Richfield Center 435-893-0000 115 E 100 S Richfield, UT	Manti/Ephraim 435-835-0720 55 S Main, Suite 3 Manti, UT	Delta/Fillmore 435-864-3860 44 S 350 E Delta, UT
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Junction 435-577-2443 550 N Main Junction, UT	Loa (open Tue & Thur) 435-836-2406 18 S Main Loa, UT	Nephi 435-623-1927 625 N Main Nephi, UT
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PROBLEMS

Constituent Services solves problems for DWS customers.
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

WIC (Women, Infants & Children Supplemental Food Program)

The WIC program provides supplemental food such as **Milk, Infant Formula, Eggs, Cheese, Juices, Cereals, and Beans** 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.

Richfield 435-896-5451 70 Westview Dr.	Manti 435-835-2231 40 W 200 N	Delta 435-864-3612 428 E Topaz Blvd, #D
Junction Tues/Thurs 435-577-2521 555 N. Main	Fillmore 435-743-5723 50 S. 400 W.	Loa 435-836-1317 18 S. Main
Nephi 435-623-0696 160 N Main St.	Mt. Pleasant 435-462-2449 20 S 100 W, #30	Eureka 435-623-0696 (Nephi) 55 E. Main St.

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 Office of Education, Child Nutrition Program at (801) 538-7680.

Emergency Food & Community Resources

Emergency Food & Prepared Meals

Central Utah Food Sharing

Provides emergency food assistance in the Six County Region. For the most current information please call the main pantry in Richfield at (435) 896-5225
Hours: Mon-Wed 8:00-3:30, Thursday for emergencies.

Richfield

435-896-5225

2050 Industrial Park Rd.

Mon, Tue, Wed 10-12, 1-3pm 1st & 3rd Thur. 1-3pm

Bicknell

435-836-2850

475 S. 300 W.

Junction

435-979-0216

180 W. 500 N. @senior center
1st & 3rd Thur. 1-4pm

Mt. Pleasant (Sanpete)

435-462-3006

1080 S. Blackhawk
Wed, Fri 1-4pm

Nephi

435-896-5225

33 E. 100 N.
3rd Thursday 9-1

Delta

435-864-5523

162 W. 100 S.

Fillmore

298 S. Main St. 3rd Tuesday 3:30 to 5:00

Call Delta location for more info (435) 864-5523

Gayle Jensen at the Mt. Pleasant pantry 435-462-3006 (M-TH. 10-4) delivers food boxes to seniors at a community location in Moroni, Manti & Gunnison. Delivery is made to Ephraim for low income people. Please call for more information or <http://cufoodsharing.org/>

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

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. Call toll free 1-888-826-9790 or call 211.

Visit them online at www.211ut.org

Other Community Services

The Weatherization Assistance & HEAT Programs:
Provides assistance for eligible households with the costs of heating. There are 2 additional program available when you apply for the HEAT program.

HELP-Home Electric Lifeline Program (helps with Rocky Mountain Power bills.)

UTAP- Utah Telephone Assistance Program

Discounts on land lines (usually \$13 a month & half off connection charges.)

<u>County</u>	<u>HEAT:</u>	<u>Weatherization:</u>
Juab:	1-888-255-9692	435-893-0740
Sanpete:	435-835-2831	435-893-0740
Piute:	435-577-2448	435-893-0740
Wayne:	435-836-1324	435-893-0740
Millard East	435-743-4060	435-893-0740
Millard West	1-888-255-9692	435-893-0740
Sevier:	435-893-0745	435-893-0740

All counties may also call 1-435-893-0700 for weatherization services.

New Horizon Crisis Center:

Helps battered women and children. Call 1-800-343-6302

Domestic Violence Information Line

1-800-897-5465

Six County Association of Governments 435-893-0700

Toll free 1-888-899-4447, 250 N Main St. Richfield 84701
Monday-Friday 8 am to 5 pm

Operates Aging Services, Heat, Weatherization, TANF (financial aid for families) & Emergency Assistance

Utah State University Extension Service Food Sense

(See County Extension Offices listed below)

Food Sense provides nutrition education classes. Classes are free and you have to be at WIC income guideline or below. (See Chart B on the opposite side of the page.)

<u>County</u>	<u>Extension Office</u>
Juab:	435-623-3450
Sanpete:	435-283-7597
Piute:	435-577-2901
Wayne:	435-836-1312
Millard (Delta)	435-864-1480
Millard (Fillmore)	435-743-5412
Sevier	435-893-0470