



Need Food Help? Beaver

Federal Nutrition Programs

Federal Poverty Level Food Stamp WIC, School Meal Eligibility		
<p>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.</p>		
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		

WIC (Women, Infants & Children Supplemental Food Program)

The WIC program provides supplemental food such as *Milk, Infant Formula, Eggs, Juices, Cereals, Beans, Fruits and Vegetables* to pregnant women, nursing mothers, infants and children under the age of 5, who are low income and at nutritional risk. (see Chart B above)

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. There are no income criteria for participation. Call UAH at 1-800 453-3663 for details.

Last updated 10/01/2011

Food Stamp Program

Apply for Food Stamps, Financial Aid Programs, Child Care, Jobs, Job Training, Medical Programs such as Medicaid, CHIP, (Children's Health Insurance Program) PCN, (Primary Care Network) PCN is a State run health program for adults age 19-64. Presently PCN enrollment is closed. UPP, (Utah Premium Partnership) Call 1-888-222-2542 for medical program information.

Apply at the Department of Workforce Service (DWS), Monday-Friday, 8:00-5:00

Beaver (DWS) Office 435-438-3580
875 North Main Street, Beaver

Apply for Food Stamps, Medical and Financial Programs
 Online at www.utahhelps.utah.gov

Information about health programs Call 1-888-222-2542

Online www.health.utah.gov/pcn

Unemployment Insurance Benefits

Apply online at www.jobs.utah.gov

Call **1-888-848-0688** (expect delays on the phone)

Problems

Constituent Services solves problems for **DWS customers**.

Call toll-free **1-800-331-4341**.

Expedited Food Stamps-Within 7 Days

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.

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. Pam McMullin county coordinator 435-438-5313

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

Beaver Care and Share

50 S. 100 E. (435) 438-6266
Wednesday, Thursday, 10:00-5:00 Friday 10:00-1:00
2nd & 4th week of the week

Milford Care and Share

438 S Main St. Call first: (435) 387-5398
2nd & 4th Tuesday, 3:00-6:00 pm

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 26 So. 100 W., Milford

Other Community Resources

Child/Family Service

Adult High School 435-438-2301
Head Start-main office 1-800-796-6070 (Cedar City)
Beaver preschool 435-438-1065,
Milford preschool 435-387-2012
Early Intervention (SUU-Cedar City) 435-586-6070
Beaver County School District 435-438-2291

Employment/Training

Jobs, Job Training-(See DWS on the opposite page)
Vocational Rehabilitation 435-586-9995 (Cedar City)
Toll Free 1-800-281-9945
Job Corps 1-800-733-5627

Mental Health/Counseling

Family Support Center (Cedar City) 435-586-0791
(crisis nursery)
LDS Family Service (Cedar City) 435-586-4479
Southwest Center (Beaver) 435-438-5537 (counseling)

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 SLC, www.uah.org
Toll Free 1-800-453-3663

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. Toll Free 211, or 1-888-826-9790
Visit them online at www.211ut.org

Other Community Services

The Weatherization Assistance, HEAT, & HELP, UTAP, Programs:

HEAT is Home Energy Assistance Target
HELP is Home Electric Lifeline Program
UTAP is Utah Telephone Assistance Program
Provides assistance for eligible households with the costs of heating, electricity and land line phones.
Weatherization: 435-586-0585
HEAT: 435-438-5313
UTAP-Call the phone number for HEAT

Five County Association of Governments:

1070 W 1600 S Building 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 Aging Services 435-865-7314
Home Rehabilitation- 435-865-0195
Weatherization -435-586-0585
Child Care Resource & Referral 1-888-344-4896

Canyon Creek Women's Crisis Center (Shelter)

(Cedar City) 435-865-7443

Domestic Violence- Victim Advocate, Sheriff's Office

-435-438-6494
Domestic Violence Information Line
1-800-897-5465

Beaver County Housing Authority

435-438-2935
325 E. Center St., St. George # 1-435-628-3648

Health Care/Hospitals/Clinics

Beaver Valley hospital 435-438-7100
Milford Valley Memorial Hospital 435-387-2411
Milford Clinic 435-387-2471
Southwest Utah Public Health-WIC, immunizations, & other services (Beaver) 435-438-2482, Milford 435-421-1381
Veteran Outpatient Clinic (St. George) 435-634-7608
Planned Parenthood (Salt Lake) 1-800-627-9558
Caring Foundation for Children (dental insurance for kids) 1-888-589-5437
Medicaid, CHIP, PCN,UPP, (see DWS opposite page)
Medicaid/PCN information line for beneficiaries
1-800-662-9651

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www.uah.org 455 E 400 S, Suite 407, SLC 84111
801-328-2561 toll free 1-800-453-3663