



Need Food Help? Cache & Rich Counties

Necesitas ayuda de comida?

Preguntas frecuentes de las Estampillas de Comida

Aunque no sea ciudadano. ¿Puedo obtener estampillas de comida?

- Si usted tiene hijos de nacionalidad EE UU, ellos son elegibles. Si es residente permanente legale usted es elegible tambien.

¿Si deseo solicitar la ciudadanía, me perjudicará a lo largo de recibir estampillas de comida?

- No. El recibir estampillas de comida no convierte a un inmigrante en una "carga publica."

Si tiene otras preguntas, llame a Utahns Against Hunger, 801-328-2561

Para averiguar si califica, pruebe nuestra calculadora de estampillas de comida a través del internet: www.uah.org

Numero de miembros de la familia	Columna A (130% del nivel de la pobreza)	Columna B (185% del nivel de la pobreza)
	Asistencia alimentaria y comidas escolares gratis	WIC y comidas escolares a precio reducido
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

Columna A: para cada miembro adicional de la familia, agregue \$414
Columna B: para cada miembro de la familia agregue \$589

WIC (Women, Infants & Children Supplemental Food Program)

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

Logan 435-792-6451
655 E 1300 N

Randolph 435-793-2445
275 N Main

El WIC es un programa complementario de alimentos para mujeres, infantes y niños. Proporciona alimentos tales como leche, leche infantil, huevos, jugos, frijoles y cereales a mujeres embarazadas, madres que amamantan, infantes y niños menores de 5 años que tengan bajos recursos. Ud. sí puede ser inmigrante y recibir servicios de WIC. El ser ciudadano estadounidense no es un requisito.

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-

Food Stamp Program

Logan (DWS) 180 N 100 W. 435-792-0300

To apply for **food stamps, financial aid** programs, **child care, jobs, job training**, and medical programs such as **Medicaid, CHIP, PCN, and UPP** go to the Department of Workforce Service. (DWS)

Mon.-Fri. 8:00 to 5:00pm or

Apply online at www.utahhelps.utah.gov

PROBLEMAS?

Servicios de constituyente resuelven problemas para clientes de **DWS**.

Llame a **1-801-526-4390**

Llame número gratuito a **1-800-331-4341**

Asistencia alimentaria de emergencia (servicios urgentes)

En caso de que usted tenga menos de \$150 de ingresos en el mes que lo solicita y su efectivo disponible es menos de \$100, o si los costos de alquiler o hipoteca, más utilidades, exceden su ingreso mensual, usted necesita pedir "servicio urgente" que quiere decir que si califica podrá recibir asistencia alimenticia en 7 días o menos.

Food Stamp Program

180 N 100 W Logan, UT 435-792-0300

Food Stamps, Financial, Medical, Child Care, Unemployment

Apply online www.utahhelps.utah.gov

Constituent Services solves problems for DWS customers.

Statewide call toll-free **1-800-331-4341**.

Expedited Food Stamps (7 days)

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, ask about expedited food stamps to get them

Bear River Area Agency on Aging

1-435-752-7242 or 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

Tremonton Senior Center

435-257-9455
510 W 1000 N

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)
375 Canyon Road

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

Cache Community Food Pantry (Logan)
359 S Main Logan, UT (435) 753-7140
Puede aplicar todos los días: Lun-Juev 8-3:30 Vier 8-12
Después de ello recoge la comida el siguiente
Martes 10am-3:15pm

Rich County Senior Center (Randolph)
21 N. Main St. Randolph, UT
Almuerzo preparado a las doce
Para información de productos básicos y de entrega
llame a 435-793-2122
Lun, Mier, Vier 7:00 am to 1:00 pm

DROPS-monthly food box distribution (Randolph only)
Call:Utah Food Bank at 211 or 1-801-908-8660
Ask for a DROPS calendar/schedule

Other Community Resources

Employment-DWS (see food stamps on the other side)
DWS 435-792-0300
LDS Employment 435-752-7911
Vocation Rehab 435-787-3480
Bridgerland Applied Tech. College 435-753-6780
Job Corps 1-800-733-5627

Health Care (CHIP, PCN, Medicaid-see DWS)
IHC Cache Community Clinic (FREE) 435-716-5410
Offers-medical, dental, gynecology, **Tues. & Thur. 6:00 pm (First come first served)**

Logan Regional Hospital 435-716-1000
Planned Parenthood 435-753-0724
Children's Aid Society 1-800-273-8671
Veterans Community Outpatient Clinic, Ogden-801-479-4105

Mental Health/Counseling
Bear River Mental Health 435-752-0750
USU Psychology Comm. Clinic 435-797-3401
USU Marriage/Family Therapy 435-797-7430
LDS Family Services 435-752-5302

Housing and Utilities
Housing Auth. Bear River/Logan City 435-752-7242
American Red Cross (utilities) 435-752-1125
See **Bear River Association of Governments-** Emergencies/Heat/Weatherization Programs 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, SLC, UT 84111
801-328-2561 Toll Free 1-800-453-3663
www.uah.org

Other Community Services

Bear River Association of Governments: BRAG offers emergency assistance for housing and utilities, 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 & Rich County
Cache: 435-752-7242 BRAG
Rich: 1-877-772-7242 435-723-1111, 723-1116
2535 Hwy 89, Perry
Serves Box Elder Co.

Child Care Resource/Referral 435-797-1552

Bear River Head Start (pregnant mothers/children up to 3 years of age) 435-755-0081 (age 4) 435-753-0951
Toll Free 1-877-755-0081

Family Support Center: Crisis Shelter for Children
435-752-8880. (counseling/parenting classes)
380 W 1400 N Logan, Utah

Domestic Violence Information Line 1-800-897-5465

Community Abuse Prevention Services Agency
(Shelter) 1-435-753-2500

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-Utah Food Bank
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
Extension Office 435-797-1784 Box Elder
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 needed for nutritionally sound diets.

Food Sense (Food Stamp Nutrition Education)
Call Extension Offices listed above
Food Sense provides nutrition/budgeting classes. (see WIC or food stamp guidelines)