



Need Food Help? Cache & Rich Counties

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 *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 1, 2011	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

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, Juices, Cereals, Beans*, to pregnant women, nursing mothers, infants and children under the age of 5, who are low income and at nutritional risk. (See Chart B top of this page.)

Program is for all eligible mothers, infants, and children.

Logan
435-792-6451
655 E 1300 N

Randolph
435-793-2445
275 N Main

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

Unemployment Insurance Benefits apply online at www.jobs.utah.gov or 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

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.

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

Brigham City
435-723-3303
24 N 300 W

Hyrum 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

Tremonton Senior Center
435-257-9455

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 Department at (801) 538-7680.

Last updated 10/1/2011

Emergency Food & Community Resources

Emergency Food

Cache Community Food Pantry (Logan)

359 S Main 435-753-7140

Apply any day: Mon-Thur 8-3:30 Fri 8-12

Afterwards food distributed Tuesdays 10am-3:15pm

Rich County Senior Center (Randolph)

21 N. Main St. Randolph

Prepared meals at noon

Call for commodity and delivery info (435) 793-2122

Mon, Wed, Fri, 8am to 2pm

DROPS-monthly food box distribution (usually 2nd Wednesday) (Randolph only) Call the Utah Food Bank at 211 or 1-801-908-8660 ask for a DROPS calendar.

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)

Logan Regional Hospital 435-716-1000

Cache Valley Community Health Clinic

272 1/2 N Main St. Logan, UT 84321

(435)752-7060

Clinic is for uninsured residents of the Cache Valley.

Offers-medical, dental, dermatology, gynecology, **Tues.**

& Thur. 6:00 pm (First come first served)

New Discoveries Clubhouse

1153 N. Main St. #B110

Logan, UT 84341 (435)213-3666

Planned Parenthood 435-753-0724

Children's Aid Society 1-800-273-8671

Veterans Outpatient Clinic, Ogden-801-479-4105

Bear River Health Dept. 435-792-6500

WIC, immunizations, cancer screening & other services

Caring Foundation For Children 1-888-589-5437

(dental insurance)

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

National Alliance on Mental Health (800) 950-6264

Housing and Utilities

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

American Red Cross (utilities) Logan 435-752-1125

Ogden-1-801-627-0000

See **Bear River Association of Governments**- Emergencies/Heat/Weatherization Programs 435-752-7242

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

Box Elder: 435-723-1111, 723-1116

2535 Hwy 89, Perry

Child Care Resource/Referral 435-797-1552

Bear River Head Start (pregnant mothers/children 3/4 years of age) 435-755-0081 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

Multicultural Center of Cache Valley 435-753-8486

Assists minorities, and immigrants. Classes on citizenship, drivers ed., first aid, nutrition, and other topics.

Utah Legal Services (800) 662-4245

Provides legal assistance on divorce, housing, utilities, welfare employment, consumer and collections, and problems of senior citizens.

Disability Law Center (800) 662-9080

Information & Referral-Utah Food Bank

Information and Referral provides information about

social services, medical services and other low-income

resources. Please call toll free 211 or 1-888-826-9790

Visit them online at www.211ut.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

Food Sense-Nutrition Education

Call Extension Offices listed above

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

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

Toll Free 1-800-453-3663, Salt Lake 801-328-2561