



# Need Food Help? Daggett, Duchesne, Uintah

## 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](http://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 during the summer to all children under the age of 18. There are no income criteria for participation. Call Utahns Against Hunger at 1-800-453-3663 for details.

### WIC (Women, Infants & Children Supplemental Food Program)

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

#### Roosevelt

435-722-6333  
281 E 200 N

#### Vernal

435-247-1179  
133 S. 500 E.

#### Ute Tribe

435-722-5141

### Food Stamp Program

Apply for Food Stamps, Financial Aid Programs, Child Care, Jobs, Job Training, Medical Programs such as Medicaid, CHIP, PCN, & UPP at the Department of Workforce Service. (DWS)

**ROOSEVELT (DWS)**  
(435) 722-6500  
140 W. 425 S. #330-13

**VERNAL (DWS)**  
(435) 781-4100  
1050 W. Market

Monday-Friday, 8:00 am to 5:00 pm  
Apply online at [www.utahhelps.utah.gov](http://www.utahhelps.utah.gov)

Unemployment Insurance Benefits (DWS) apply online at [www.jobs.utah.gov](http://www.jobs.utah.gov) Call 1-888-848-0688(expect phone delays)

### 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.

### Aging Services

**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.

#### Roosevelt

Crossroads Senior Center  
435-722-4296  
50 E 200 S

#### Vernal

**Uintah Area on Aging**  
Golden Age Senior Center  
**435-789-2169**  
155 S 100 W

#### Duchesne

Gateway Senior Center  
435-738-1170  
734 N Center

#### Manila Senior Center

435-784-3158, 435-784-3143  
Ute Tribe  
435-722-0403

### Uintah Basin Area Agency on Aging:

Daggett, Duchesne  
**435-722-4518**

### 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 1-801-538-7680.

Last updated 10/01/2011

# Emergency Food & Community Resources

## Emergency Food & Prepared Meals

**Duchesne County Pantry** (Roosevelt)  
420 E. 100 S. Roosevelt, UT (435) 722-5232  
Mon 10 - 2pm, Wed 2 - 6pm, Fri 10 - 2pm

**Ashley Valley Pantry** (Vernal)  
426 E. 200 S. Vernal, UT (435) 789-1014  
Mon 10 - 2pm, Wed 2 - 6pm, Fri 10 - 2pm

**Manila Food Pantry** (Manila)  
93 N 1st West (435) 784-3993  
Thursday 9 - 2pm

**Westside Food Pantry** (Duchesne)  
73 E. 100 S. (435) 738-2854  
Tuesday noon-5pm

## Information & Referral

Information and Referral provides information about social services, medical services and other low-income resources.

Call toll free 211 or 1-888-826-9790  
Visit them online at [www.211ut.org](http://www.211ut.org)

## Utah Legal Services

Provides legal assistance on divorce, housing, federal benefits, employment, consumer, collections issues, and problems of senior citizens. Call 1-800-662-4245

## Utah Food Bank

**DROPS** Provides monthly food boxes for low-income people. Call 1-888-826-9790 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. SLC, Utah 84111  
801-328-2561  
Toll Free 1-800-453-3663  
[www.uah.org](http://www.uah.org)

## Other Community Services

**The Weatherization Assistance, HEAT, HELP, Programs:** Provides assistance for eligible households with the costs of heating and electricity.

County	HEAT	Weatherization
Daggett	435-781-2021	435-722-4518
Duchesne	435-722-5218	435-722-4518
Uintah	435-781-2021	435-722-4518

**Roosevelt City Housing Authority:** Assists with low income housing. Call 435-722-3952.  
58 E 100 N, #83-11, Roosevelt.

**Uintah Basin Association of Governments:** Provides a variety of services including aging, weatherization, the HEAT program, home rehabilitation, emergency assistance, emergency home repairs, transportation, clothing and medical funds. The Vernal Office is combined with the Roosevelt Office.  
330 E. 100 S., Roosevelt, Utah

**Domestic Violence Information Line**  
1-800-897-5465 Women's Crisis Center (shelter in Vernal) 1-435-781-2264

**Utah State University Extension Service  
4H program, Agriculture Agent, Food Sense**  
USU Extension Office: **Duchesne Co. 435-738-1140**  
Office is located in Duchesne, Utah  
Online <http://extension.usu.edu/duchesne>

USU Extension Office: **Uintah Co. 435-781-5452**  
Office is located in Vernal, Utah  
Online <http://extension.usu.edu/uintah>  
**Daggett County residents call the Vernal office**

## Food Sense-Nutrition Education

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

County	Extension Office
Daggett (Vernal Office)	435-781-5452
Duchesne	435-738-1140
Uintah	435-781-5452