



Need Food Help? Iron County

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		

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 in Cedar City. There are no income criteria for participation. Call UAH 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 top of this page)

Cedar City
435-586-2437

260 DL Sergeant Drive

Parowan
Call Cedar City

Beryl
Call Cedar City

Food Stamp Program

Apply for **Food Stamps, Financial Aid Programs, Jobs, Job Training, Child Care**, medical programs such as **Medicaid, CHIP, PCN, & UPP**, at the **Department of Workforce Service (DWS)** Office is listed below.

CEDAR CITY (DWS)
435-865-6530
176 East 200 North

Monday-Friday, 8:00 am to 5:00 pm
Visit the (DWS) website & apply for food stamps, medical and financial aid online at www.utahhelps.utah.gov

Unemployment Insurance Benefits (DWS)

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

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.

Five County Area on Aging

Five County Association of Governments:
435-673-3548 (St. George) 865-7314 (Cedar City)

Meals on Wheels program, which prepares and delivers free meals to elderly who are homebound 60+ In Cedar City call. 435-586-2975

Congregate Meals, are served free to 60+ at senior centers. Donations are suggested, but not required to participate in these programs.

Senior Centers

Cedar City
435-586-0832
489 E 200 S

Parowan
435-477-8925
68 S 100 E

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

Iron County Care & Share (Cedar City)
222 W. 900 N. Emergency shelter (435) 867-1818
Mon - Thur. 8-5pm Food pantry call (435) 586-4962

Beryl Junction Pantry (Beryl)
1st Sat & last Fri/month
Comm. Center 291 N. Beryl Hwy. call (435) 865-7644
Or Cedar City (435)586-4962

Loaves & Fishes Soup Kitchen (Cedar City)
200 N. 300 E. behind 1st Baptist Church (435) 867-8540

Bishop's Storehouse Call (435) 586-8682

Utah Food Bank

DROPS monthly food boxes for low-income people
Call for a DROPS calendar and schedule.
Toll Free 1-888-826-9790 or 211 (Beryl/Calliente only)
Utah Food Bank 1-801-908-8660 (Salt Lake)

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.
Toll Free 1-800-453-3663, www.uah.org (Salt Lake)

Utah Legal Services

Provides legal assistance on divorce, housing, employment, federal benefits, consumer, 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. Toll Free 211 or 1-888-826-9790
Visit them online at www.211ut.org

Employment/Training

Jobs- (DWS opposite page)
Rehabilitation Service 1-800-281-9945, 435-586-9995
LDS Employment Service (for all) 435-586-0684
Southern Utah University 435-586-7700
Southwest Applied Tech. Center 435-586-2899
Job Corps 1-800-426-5627 www.jobcorps.gov

Health Care/Mental Health

Medicaid, CHIP, PCN, UPP-(see DWS opposite page)
Cedar City Community Clinic 435-865-1387
Monday, Wednesday & Thursday, 8:00-5:00
Valley View Medical Center 435-868-5000 (IHC)
Southwest Utah Public Health 435-586-2437
WIC, immunizations, other health services
Caring Foundation for Children 1-800-589-5437
dental insurance for children
Veterans Outpatient Clinic 435-634-7608 (St. George)
Planned Parenthood 1-800-627-9558
Southwest Center 435-867-7654 counseling services
LDS Family Services 435-586-4479 counseling

Other Community Services

Weatherization Assistance & HEAT, HELP, provides assistance for eligible households with the costs of heating and electricity.
HEAT: 435-586-0858
Weatherization: 435-586-0585

American Red Cross: 435-674-4440
Utility Assistance for the elderly and disabled.

Five County Association of Governments: (AOG)
St. George 435-673-3548

Five County AOG is located in Cedar City & St. George. Operates various programs such as heat, weatherization, down payment assistance, rehabilitation loans, emergency home repairs, and limited emergency monies for housing and utilities.
Produces a resource directory for all five counties. Access the directory online at www.fivecounty.utah.gov
Printed version available in December for a requested \$5 donation.

Five County Association of Governments:

Cedar City

Weatherization 586-0585
Home Rehabilitation 865-0195
Aging Services 865-7314
Volunteer Center 867-8384
Child Care Resource/Referral 1-888-344-4896

Cedar City Housing Authority: housing services
Call 435-586-8462 address 364 S.100 E. Cedar City

Paiute Indian Tribe Administration 435-586-1112
Housing 435-586-1122

Domestic Violence Information Line

1-800-897-5465 or 435-867-9411

Canyon Creek Women's Crisis Center (Cedar City)
1-435-865-7443 shelter, support & advocacy

Southern Utah University Head Start/Early Intervention Program 435-586-6070

Iron County School District 435-586-2804

Utah State University Extension Program
Food Sense, YFP, 4H Program, Agriculture Agent
Extension Office- 435-586-8132

Food Sense-Nutrition Education

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