



# Need Food Help? Kane and Garfield Counties

## Federal Nutrition Programs

Federal Poverty Level Food Stamp WIC, School Meal Eligibility		
<p><b>To determine your eligibility for food assistance programs:</b> 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>		
<p>Try our Food Stamp Calculator at <a href="http://www.uah.org">www.uah.org</a></p>		
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
<p>Chart A: for additional family member add \$414 Chart B: for additional family member add \$589</p>		

### 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 UAH toll free 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 the page for income guideline)

**Kanab**  
435-644-2537  
245 S. 200 E.

**Panguitch**  
435-676-8800  
609 N Main

Last Update: 10/01/2011

### 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 DWS offices listed below.

**Kanab**

435-644-8910  
468 E 300 S

**Panguitch**

435-676-1410  
665 N Main

To apply for food stamps, medical & financial programs online, visit the Department of Workforce Services at [www.utahhelps.utah.gov](http://www.utahhelps.utah.gov)

### 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.

### Division of Aging

**Five County Aging: 435-673-3548**

**San Juan County Aging 435-587-3225**

**Garfield Co. Coordinator Donna Chynoweth 435-826-4317**

**Kane County Coordinator Fayann Christensen 435-644-4968**

**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.

**Kanab**

435-644-5250  
56 W 450 N

**Panguitch**

435-676-2281  
55 S Main

**Henrieville**

435-679-8666  
70 W Main

**Long Valley Senior Center**

435-648-2504  
419 N State, HWY 89  
Orderville

**Escalante**

435-826-4317  
89 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 Office of Education, Child Nutrition Department at 1-801-538-7680.

# Emergency Food & Community Resources

## Emergency Food

Please call the following pantries before seeking services because hours of operation vary.

### Kanab Care & Share

56 W 450 N (storage unit next to senior center)  
Contact Craig Hansen (435) 691-0228 (cell)  
1st & 3rd Thursday 4 - 6pm (435) 644-2340 (fax)

### Panguitch Care & Share

81 N. 50 W.  
Open 3rd full week / month  
Wed 2-6pm Thur 1-4pm Fri 11-6pm & Sat 3-5pm  
Contact Charlene those hours (435) 676-2509

### Big Water Satellite Pantry

163 Aaron Burr (next to Post Office)  
Contact Florence Dye home phone: (435) 675-9179  
1st & 3rd Thursday 6 - 8pm

### Long Valley Satellite Pantry (Orderville)

417 E. State St. (Hwy 89)  
Heather Ruckman home phone: (435) 644-5406  
1st & 3rd Tuesday 4 - 6pm

### Escalante Care & Share

3rd Thur/month 9 - 3pm  
Contact Melody during open hours (435) 826-4290  
or Escalante Senior Center (435) 826-4317

### Ticaboo Care & Share

Contact Terry Bell (435) 788-2134

## Five County Association of Governments (AOG)

435-673-3548 (St. George)

The (AOG) has a resource directory for all five counties.

Available online at [www.fivecounty.utah.gov](http://www.fivecounty.utah.gov)

Printed version available in November/December for a \$5 requested donation. Call the number listed above.

## 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. [www.uah.org](http://www.uah.org)  
455 E 400 S, Suite 407, SLC Toll Free 1-800-453-3663

## Information & Referral

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](http://www.211ut.org)

## Other Community Services

### **The Weatherization Assistance & HEAT,**

**HELP,UTAP, Programs:** Provides assistance for eligible households with cost of heating, electricity, and land line telephone service.

HEAT is Home Energy Assistance Program-Income guideline is 150% of poverty.

HELP is Home Electric Lifeline Program-Income guideline 125% of poverty.

UTAP is Utah Telephone Assistance Program-Income guideline is 135% of poverty.

<u>County</u>	<u>HEAT:</u>	<u>Weatherization:</u>
<b>Garfield</b>	435-467-8597	435-586-0585
<b>Kane</b>	435-644-3803	435-586-0585

### **Five County Association of Governments: (AOG)**

435-673-3548 St. George

Provides the HEAT, Weatherization, down payment assistance, rehabilitation loans, emergency home repair, and limited emergency monies for housing and utilities.

### **Five County Association of Governments**

(all the following are in Cedar City)

Weatherization 435-586-0585

Home Rehabilitation 435-865-0195

Volunteer Center 435-867-8383

Child Care Resource & Referral 1-888-344-4896

### **American Red Cross**

435-674-4440 St. George

Utility assistance for the elderly/60+ and the disabled.

### **Utah Legal Services**

**1-800-662-4245**

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

### **Utah State University Extension Program**

**Garfield County Office 435-676-1113**

<http://extension.usu.edu/garfield>

**Kane County Office 435-644-4901**

<http://extension.usu.edu/kane>

### **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).