



Need Food Help? Summit & Wasatch 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 left-most 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

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) Offices open Mon-Fri 8am-noon & 1pm-5pm

Park City
435-333-1500

650 Round Valley Dr.

Heber City
435-657-3266

55 S 500 E

Kamas
435-783-4351 ext. 3071

110 N Main

Coalville
435-336-3234

85 N 50 E

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 throughout Utah. There are no income criteria for participation. Call UAH, toll free 1-800-453-3663 for details.

Last Updated: 10/01/2011

Food Stamp Program

To apply for the **Food Stamps, Financial Aid Programs, Child Care, Jobs, Job Training** and medical programs such as **CHIP, PCN, UPP, and Medicaid** go to the Department of Workforce Services (DWS) Monday-Thursday 7:00 am to 6:00 pm. Offices are listed below.

Apply for food stamps, medical and financial online at www.utahhelps.utah.gov (DWS)

Unemployment Insurance Benefits Apply online (DWS) www.jobs.utah.gov Call 1-888-848-0688 (expect phone delays)

Park City (DWS)

435-649-8451

1960 Sidewinder, Suite 103

Mon.-Fri., 8:00-5:00pm

Heber City (DWS)

435-654-6520

69 N 600 W #C

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

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, or your cash on hand is less than \$100, OR your shelter costs exceed your monthly income, you should ask about expedited food stamps. You may be eligible to receive Food Stamps within 7 days.

**Mountainlands Association of Government
Aging Dept. Summit/Wasatch 435-783-5408
Utah County 1-801-229-3800**

Meals on Wheels program, which prepares and delivers free meals to elderly who are homebound 60+. 1-801-229-3800

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

Senior Centers Summit/Wasatch County

Park City

435-649-7261

1361 Woodside

Kamas

435-783-4311

20 E 400 S

Coalville

435-336-2622

150 E Park Rd

Heber City

435-654-4920

465 E 1200 S

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 Office of Education, Child Nutrition Dept. 1-801-538-7680.

Emergency Food & Community Resources

Emergency Food

Christian Center of Park City (Park City)
Monday - Saturday 10am - 5pm
1283 Deer Valley Dr. (435) 649-2260

St. Mary's Catholic Church (Park City)
Mon & Thur 12-5pm
121 Park Ave. (435) 649-9676

Community Action Pantry (Heber City)
Mon - Wed 9 - 2pm Fri 9 - noon
465 E. 1200 S. (435) 654-2182
(at Wasatch County Senior Center)

St. Lawrence Catholic Church (Heber City)
Pantry open Sunday at 12:30
5 S. 100 W. (435) 654-4035
call Ken for other times (435) 654-2097

Community Action Pantry (Coalville)
17 S. Main St.
1st & 3rd Thur/month Call first (435) 336-4277
or Provo: 801-373-8200

Community Action Pantry (Kamas)
30 S Main St.
2nd & 4th Thur/month Call first (435) 783-4303
or Provo: 801-373-8200

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
Salt Lake phone number is 801-328-2561
455 E 400 S, Suite 407,SLC,Utah, 84111

Information and 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
Salt Lake City phone number is 211 or 801-978-3333
Visit them online www.211ut.org

Other Community Services

The Weatherization Assistance & HEAT,HELP,& UTAP Programs: Provides assistance for eligible households with the costs of heating, electricity, and land line phone service.

Weatherization: Provides insulation, weather stripping, furnace tune-up, water heater check, possible refrigeration replacement and emergency assistance. Program is at 150% of poverty. Utah County Housing Authority
801-344-5184, Monday-Thursday, 7:30-5:30.

HEAT is the Home Energy Assistance Program it provides winter heating assistance & energy crisis intervention all year -round. Income guideline is 150% of poverty.

HELP is Home Electric Lifeline Assistance which provides discounts on electric bills. Income guideline is 125% of poverty.

UTAP is Utah Telephone Assistance Program which provides discounts on initial land line phone installation. Discounts on monthly land line bills usually \$13 a month. The UTAP income guideline is 135% of poverty.

County	HEAT	Weatherization
Summit	800-597-1940	801-344-5184
Wasatch	435-654-2182	801-344-5184

American Red Cross (utility assistance for elderly and disabled) SLC
1-800-328-9272

Housing Assistance

Community Action Services and Food Bank offers counseling and a housing resource center.
801-373-8200.

Mountainlands Housing Trust 1-435-647-9719

Wasatch Co. Housing Authority 435-657-3337

Housing Authority of Utah County 801-373-8333 or 801-344-5184

Peace House: Domestic violence shelter.
435-647-9161

Domestic Violence Information Line
1-800-897-5465

Health Resources

People Health Clinic 435-333-1850

Planned Parenthood 435-649-5989

Valley Mental Health 435-649-8347

CHIP/Medicaid/PCN-apply DWS in Park City 435-649-8451, or at DWS in Heber 435-654-6520