



Need Food Help? Utah County

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 <i>monthly income</i> is less than the amount indicated, you are eligible to apply.		
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		

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 for income guidelines)

Orem
801-851-7340
1549 N. State St. #104

American Fork
801-851-7320
599 S. 500 E.

Provo
801-851-7300
151 S. University Ave. #2100

Payson
801-851-7360
910 E. 100 N. #175

School Lunch & School Breakfast

School Lunch and breakfast are served in schools. Students from low-income families may receive free and reduced priced meals. (see Chart A & B above) Apply at your school any time during the school year.

Summer Food Service Program

Offers free nutritious meals/snacks during the summer to all children 18 and under. No income criteria for participation. Call Utahns Against Hunger for more information. Toll Free **1-800-453-3663**.

Food Stamp Program

Apply for **Food Stamps, Financial Aid Programs, Child Care, Jobs, Job Training, Medical Programs-CHIP, PCN, UPP, & Medicaid** at DWS offices.

Monday-Friday 8:00 am to 5:00 pm

(DWS) Department of Workforce Services

Provo North
801-342-2600

1550 N. Freedom Blvd.
(Freedom Blvd. is 200 West)

Spanish Fork
801-794-6600

1185 N. Chapel Dr.

American Fork, 801-492-4500

751 E. Quality Drive, Suite 100

To apply **online** for **Food Stamps, Financial & Medical Programs** visit the Department of Workforce Services at 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.

Mountainland Department of Aging

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

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

Lehi
801-768-7165
123 N Center

American Fork
801-763-3090
54 E Main

Pleasant Grove
801-785-2818
242 W 200 S

Orem
801-229-7151
93 N 400 E

Provo (Eldred Center)
801-852-6620
270 W 500 N

Springville
801-489-8738
73 E 200 S

Spanish Fork
801-798-5015
167 W Center

Payson
801-465-5215
439 W Utah Ave.

Santaquin
801-754-1700
45 W 100 S

Goshen

801-667-3477 located at 79 S Center

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 **Utah State Office of Education, Child Nutrition Program at 1-801-583-7680**.

Emergency Food & Community Resources

Emergency Food & Prepared Meals

Community Action Services & Food Bank (Provo)
801-373-8200 Pantry Monday-Friday 9:00-4:00
815 S Freedom Blvd. (200 W), Provo
www.communityactionuc.org

First Baptist Church of Provo
Call first, Lois Wilkins 801-374-8489
1144 W. Columbia Ln. Provo

Food & Care Coalition of Utah County
299 East 900 South, Provo 801-373-1825
**Prepared Meals breakfast, lunch & dinner*
Provides mentoring, rental assistance, shelter, clothing, showers, laundry, hot meals and a computer lab.

American Fork
City Senior Center (1st Thursday of month 1-3pm)
54 E. Main American Fork
The Adventure Church (Wed 5-7pm, Sat 10-noon)
55 E. 400 N. American Fork

Payson
City Hall Mon-Wed 9-2pm
439 W. Utah Ave. Payson
Agape Ministry 2nd Sat of month 10am-noon
Christian Life Assembly 11554 S. 4600 W. Payson

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. (SLC. UT.)
Toll Free 1-800-453-3663 www.uah.org

Other Resources-Jobs/Training/Adult Education

DWS– Jobs/Job Training (see DWS opposite page)
DWS-Unemployment Insurance 801-375-4067
(expect phone delays) Apply online www.jobs.utah.gov

LDS Employment Service (job listings, available to all) **Provo 801-818-6161, Amer. Fork 801-756-6079**
Springville 801-491-7379

Vocational Rehabilitation Services Provo 374-7724,
American Fork 801- 772-0793, Payson 801-465-8384

Turning Point 801-863-7580 Classes/training
Mountainland Applied Tech. College 801-863-7662
Utah Valley University, Continuing Ed. 801-863-8894
Mountainland Learning Center (GED) 801-863-7613
Provo School Dist. (GED) 801-374-4930
Nebo School Dist. (GED) 801-489-2833

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Other Community Services

The Weatherization Assistance & HEAT,HELP, UTAP, 801-373-8200 (Community Action Services)
Assistance for eligible households with utility bills and land line phone service.

Weatherization: 801-344-5184 (Housing Authority of Utah County) Helps low-income families reduce utility bills by making their homes more energy efficient.

Community Action Services and Food Bank: 801-373-8200
815 S Freedom Blvd. (200 W) Suite 100
Provides emergency food, outreach services, housing and counseling. Limited emergency assistance for housing, transportation, clothing and utility problems. Operates the Heat program, first time home buyer program, and elderly outreach program.

Domestic Violence Information Line
1-800-897-5465
Center for Women and Children in Crisis
801-377-5500
Family Support Center (therapy for victims of abuse) **229-1181**

Utah Legal Services

Provides legal assistance on divorce, housing, utilities, welfare employment, consumer and collections, and problems of senior citizens.
Provo– **801-374-6766**, 455 N. University Ave. Suite 100 **Toll Free 1-800-662-4245**

Information & Referral-United Way of Utah County
Information and Referral provides information about social services, medical services and other resources.
United Way of Utah County
Call **801-374-2588**, or call **801-377-6600**, or **211**.
Online at www.unitedwayuc.org

Health Care (see DWS)
Utah County Health Department 801-851-7038
immunizations, wellness clinics, cancer screenings

RX Connect 1-888-221-0265 prescription assistance

Community Health Connect 801-818-3015 referrals in English and Spanish

Mountainlands Family Health Center 801-374-9660
589 S. State, Provo M-Th. 9-6:30, Friday 9:00-5:00 Call for an appointment. **Saturday only** –walk-in-8:00-2:00
Primary medical and dental care for low income people

Utah State University (USU) Extension Service
Utah County: 801-851-8460

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