



Need Food Help? Washington 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		

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)

St. George
435-673-3528
620 S. 400 E. #400

Mesquite, NV
702-346-3030
312 Mesquite Blvd. #10

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 Program at 1-801-538-7680 for local contacts and more information.

Food Stamp Program

Apply online at www.utahhelps.utah.gov (DWS)

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

Mon-Fri 8am-5pm

St George DWS 435-674-5627

162 North 400 East Building B

Unemployment Insurance Benefits: apply on line

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 Services 435-673-3548
Washington County Coordinator, Christine Holliday
435-634-5743 Christine.Holliday@washco.utah.gov

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.

St. George
435-634-5743
245 N 200 W
Enterprise
435-878-2557
165 S 100 E

Hurricane
435-635-2089
95 N 300 W
Mesquite, NV
702-346-5290
102 W Old Mill Rd.

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.

Emergency Food & Community Resources

Emergency Food & Prepared Meals

Dixie Care & Share: (St. George)
131 N. 300 W. St. George (435) 628-3661
Pantry, Clothing, Homeless Shelter
Hours: M-F 9-5, Pantry M.-F., 11:30-2:30

Hurricane Valley Food Bank (Hurricane)
450 E. 800 N. #8 Hurricane (435) 635-0995
Thur & Fri 10-1pm Mon 5-7pm

Grace Episcopal Church (St. George)
1072 E 900 S, St. George (435) 628-1181
Prepared meals noon-1pm
Monday, Wednesday, & Friday

Bishop's Storehouse (St. George)
516 N. 1400 E. St. George
Referral needed from bishop call: (435) 673-3491
T., W., Th., 10-6
For transient services call Pres. Magleby (435) 688-9788

Utah Food Bank

DROPS-Monthly Food Distribution
DROPS distributes monthly food boxes to low-income people. Call toll free 211, or (435) 656-9122
Ask for a DROPS calendar/schedule.

Community Resources

Five County Association of Governments produces a resource directory for all five counties. Online at www.fivecounty.utah.gov Printed version available in December-\$5 donation requested, Call 435-673-3548

Community Health Information Center (IHC)
435-251-2222, M-F, 9-5 (St. George)
Provides information about various health services, programs, and agencies.

Washington County School District 673-3553
Child Care Resource & Referral 628-4843
1-888-344-4896

Employment/Training

DWS-jobs, job training (See opposite page)
LDS Employment Services 656-1388 (for all)
Job Corps 1-800-426-5627 www.jobcorps.gov
Vocational Rehabilitation 673-5091
Dixie State College 652-7500
Dixie Applied Technology College 652-7730

Other Community Services

Weatherization 435-586-0585 (Cedar City)
HEAT, HELP, 435-652-9643 (Washington Co.)
1070 W 1600 S Building B., St. George
Provides assistance for eligible households with the costs of heating, electricity, and land line phone service

Five County Association of Governments:
Operates Aging Services which provide numerous services and programs. Provides rehabilitation loans and Emergency home repairs.
St. George (435) 673-3548
Cedar City-Home Rehabilitation 435-865-0195
Cedar City-Weatherization- 435-586-0585

Paiute Social Services: 435-586-1112 (Cedar City)

American Red Cross Utility assistance for the elderly 60+ and the disabled. Call SLC at 1-801-323-7018

Domestic Violence Information Line
1-800-897-5465

Dove Center 628-1204, 1-800-328-9272
Domestic violence shelter in St. George.

Southern Utah Univ. **Head Start/Early Intervention**
Cedar City -central office 1-800-796-6070
St. George 628-5641, Hurricane/LaVerkin 635-3442
Washington City 634-0280

Utah Legal Services

Provides legal assistance on divorce, housing, utilities, welfare employment, consumer and 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. Call toll free 211 or 1-888-826-9790
Visit them online at www.211ut.org

Utah State University Extension Service

435-634-5706, 44 N. 100 E., St George
<http://extension.usu.edu/washington>
4H, Agriculture Agent, Horticulture, Gardening,
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)

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 (SLC) www.uah.org