



Need Food Help? Weber & Morgan 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 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		

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 is 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, Cheese, 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)

Ogden WIC Clinic
477-23rd Street
801-399-7200

Food Stamp Program

The Department of Workforce Services (DWS) operates the following programs. **Food Stamps, Financial Aid Programs, (more than one) Child Care, Jobs, Job Training,** medical programs such as **Medicaid, CHIP, PCN, & UPP.** Apply at the offices listed below, Monday-Friday, 8:00 am to 5:00 pm.

Apply online at www.utahhelps.utah.gov

Unemployment Insurance Benefits (DWS)

Apply online at www.jobs.utah.gov
Call 801-612-0877 (expect phone delays)

Roy (DWS)
801-776-7200
1951 W. 5400 S.

Ogden South (DWS)
801-626-0300
480 E. 27th Street

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.
Apply Monday-Friday, 8:00 am to 5:00 pm at (DWS) offices.

Weber Area on Aging-801-625-3770

Meals on Wheels program, which prepares and delivers free meals to elderly who are homebound 60+.

Continued Service question/problem call 801-399-8392

Congregate Meals, are served free to 60+ at senior centers. Donations are suggested, but not required to participate in these programs. Call Weber Area on Aging at 801-625-3770 for more information.

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 & Prepared Meals

Catholic Community Services (CCS)

2504 F Ave, W. Ogden (801) 394-5944
Food Card Mon - Wed 7:30-9:30, 1-2
Pantry Tue & Wed 10-12:30
1st, 2nd, & 4th Thursday 2 - 6
3rd Saturday 10 - 12:30

Commodity Supplemental Food Program

Government commodity food boxes for seniors 60+, children 1-6 not on WIC. Apply at CCS during food card hours.

Washington Heights Baptist Church

1770 E 6200 S
Food Distribution 2nd and 4th Sat. 10-12:45pm

SHARE Inc

801-399-5046 (call first, all food boxes are delivered)
M-F 8-12:30

Salvation Army

801-621-3580 2615 Grant Ave
Pantry: M,W,F, 8:30-11:30, Breadline M-F 12-1
Breakfast M-F, 6:545-8:45, Community Dinner M,4-5

Ogden Weber Community Action Partnership

801-399-9281 3159 Grant Ave
M,T, Th.1:30-3:30, Wednesday 9-11, 1:30-3:30

Ogden Rescue Mission: Prepared Meals

801-621-4360 2775 Wall Ave
Dinner M-Sat at 7 pm, be there by 6:30
Sunday Dinner at 4 pm, be there by 3:30
Food pantry requires referral from another agency

St. Anne's Center: Prepared Meal

801-621-5036 137 W Binford (26th & 27th)
Prepared lunch at noon, shelter beds available.
Pantry avail. everyday 1:30-3:30pm

Morgan County Food Pantry (Morgan residents only)

90 West Young Street, Morgan, UT
(city hall basement) Tue & Thur 8-5pm

Utah Food Bank

DROPS Provides monthly food boxes for low-income people. Call 1-888-826-9790 or 211. Or call Catholic Services at-394-5944. Distribution is at Catholic Comm. Service 2nd to last Thursday of the month. 7:30-9:30 am

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 455 E 400 S, Suite 407, SLC 84111
801-328-2561 toll free 1-800-453-3663

Other Community Services

Weatherization Assistance: Tri-County weatherization provides assistance for eligible households. online www.daviscountyutah.gov/weatherization

County	HEAT	Weatherization
Morgan	1-800-953-8850	801-451-3256
Weber	801-394-9774	801-451-3256

Futures Through Training: 1-800-953-8850

Heat program, Job/Education training programs for migrants.

Ogden Weber Community Action Partnership:

801-399-9281 3159 Grant Avenue, Ogden
Operates an emergency food pantry, Head Start, housing, and outreach services.

Domestic Violence Shelter-Weber County

Your Community Connection (YCC) 801-392-7273

YCC-801-394-9456-Transitional housing, day care, clothing vouchers, classes for children & adults.

Domestic Violence Shelter-Davis County

Safe Harbor 801-444-9161

Midtown Community Health Clinic 801-393-5355

2240 Adams Ave. Monday-Saturday 7:30-6:00
Health clinic for low income people.

Information & Referral

Information and Referral (I&R) Provides information about human service needs. Call 211 or 1-888-826-9790 (both are toll free numbers)

Visit them online at www.211ut.org

Utah Legal Services 801-394-9431

298 24th St. Suite110, Ogden, UT. 84401
Provides legal assistance on divorce, housing, utilities, welfare employment, consumer affairs, collections, and problems of senior citizens.

Utah State University Extension Program Expanded Food and Nutrition Education Program (EFNEP) Call Paula Scott 801-451-3405

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist low income Utahns in acquiring the knowledge, needed for nutritionally sound diets. Provides free basic nutrition classes (series of 10 classes)

Food Sense Nutrition Education Weber 801-399-8207, Morgan 801-829-3472

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)