

<i>Your community cares and wants to help you and your family eat well!</i>		<b>FOOD ASSISTANCE PROGRAMS IN ARIZONA</b>		<i>Remember: You don't need money to call phone numbers that start with 1-800.</i>
<b>PROGRAM/DESCRIPTION</b>	<b>ELIGIBILITY</b>	<b>AREA SERVED</b>	<b>LOCAL PHONE NUMBERS</b>	
<ul style="list-style-type: none"> <li>◆ <b>FOOD STAMPS (SNAP)</b> supplement your food budget. SNAP/food stamps are available through electronic benefit transfer cards and are to be used at authorized grocery stores or farmers markets.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Based on income and resources according to household size.</li> </ul>	Statewide	Phoenix..... (602) 542-9935 Statewide (from 520 & 928 area codes)..... 1-800-352-8401	
<ul style="list-style-type: none"> <li>• <b>NATIONAL SCHOOL LUNCH and BREAKFAST PROGRAMS</b> make sure that children get a nutritionally balanced meal at school.</li> </ul>	<ul style="list-style-type: none"> <li>• All school-age children. Children in households receiving food stamps are automatically eligible.</li> </ul>	Statewide	Inquire at child's school or call, toll free AZ Department of Education..... 1-800-352-4558 Phoenix..... (602) 542-8700	
<ul style="list-style-type: none"> <li>• <b>SUMMER FOOD SERVICE PROGRAM</b> provides meals to children during times when school is not in session (summer, inter-sessions and long school breaks).</li> </ul>	<ul style="list-style-type: none"> <li>• All children under the age of 18, if school district qualifies.</li> </ul>	Statewide. Organizations other than schools may operate this program in your community.	<b>Community Information &amp; Referral</b> Phoenix..... (602) 263-8856 Maricopa Co. (non Phoenix), 1-800 352-3792 Apache, Coconino, Gila, La Paz, Mohave, Navajo, Pinal, Yavapai & Yuma Counties (only from these counties)..... 1-800-352-3792 Tucson..... (520) 881-1794 Cochise, Graham, Greenlee, Pima & Santa Cruz Counties..... 1-800-352-3792 Or AZ Department of Education..... 1-800-352-4558 Phoenix..... (602) 542-8700	
<ul style="list-style-type: none"> <li>• <b>CHILD and ADULT CARE FOOD PROGRAM</b> offers nutritious meals and snacks to children and certain adults in day care settings.</li> </ul>	<ul style="list-style-type: none"> <li>• Low-income children in licensed non-residential child-care centers, Head Start and after-school programs. Adults in certain adult day care centers are also eligible.</li> </ul>	Statewide	Desert Mission Food Bank..... (602) 870-6062	
<ul style="list-style-type: none"> <li>• <b>FOOD COOPERATIVES: BARGAIN BASKETS, FOOD VALUE CLUB, HARVEST CLUB BOX, HEALTHY NATIVE BOX, HELP YOURSELF BOX, and VALUE FOOD STORES</b> provide food packages at less than half the retail cost. Packages may be bought with SNAP/food stamps or cash. Costs range from \$10 to \$35 per box.</li> </ul>	<ul style="list-style-type: none"> <li>• No income requirements. Some programs may require an initial application.</li> </ul>	<p><b>Bargain Baskets</b> serves Maricopa County</p> <p><b>Food Value Club</b> serves Apache, Coconino, Gila, La Paz, Maricopa, Mohave, Navajo, Pinal and Yavapai Counties.</p> <p><b>Harvest Club Box</b> serves Yuma and La Paz Counties.</p> <p><b>Healthy Native Box</b> serves Apache, Coconino and Navajo Counties.</p> <p><b>Help Yourself</b> serves Apache, Maricopa, Gila, Navajo and Pinal Counties.</p> <p><b>Value Food Stores</b> serves Pima, Cochise and Santa Cruz Counties.</p>	St. Mary's Food Bank Alliance..... (602) 415-5474  Yuma Community Food Bank..... (928) 343-1243  St. Jude Food Bank..... (928) 283-6886  United Food Bank..... (480) 926-4897  Community Food Bank..... 1-800- 950-8681  Or <b>Community Information &amp; Referral (Phone Numbers Listed Above)</b>	
<ul style="list-style-type: none"> <li>• <b>WIC</b> is a monthly supplement of food from the basic food groups. Participants are given vouchers to use at authorized grocery stores for the approved food items, including cereal, juice, eggs, fruits, vegetables, tuna, cheese, milk, peanut butter, beans and baby formula.</li> </ul>	<ul style="list-style-type: none"> <li>• Must meet income-eligibility guidelines; nutritionally at-risk pregnant women, breast-feeding and non-breastfeeding post-partum mothers, infants and children up to five years old.</li> </ul>	Statewide	Statewide..... 1-800-252-5942 Inter-Tribal Council in Phoenix..... (602) 258-4822 Navajo Nation WIC in Window Rock..... (800) 307-4231	

◆ Check for residency requirements.

• Not required to provide proof of citizenship or permanent residency.

Equal Opportunity Employer Program – Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, The Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact the nearest food provider in your area; TTY/TDD Services: 7-1-1. Esta informacion esta disponible en espanol.

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<ul style="list-style-type: none"> <li><b>AZ FARMERS MARKET NUTRITION PROGRAM:</b> Provides \$30 vouchers that allow participants to shop for fresh vegetables and fruits at approved farmers markets.</li> </ul>	<ul style="list-style-type: none"> <li>Women and children enrolled in WIC.</li> </ul>	Cochise, Coconino, Gila, Graham, Maricopa, Navajo, Pima, Pinal, and Yavapai Counties	Statewide 1-800-252-5942 OR Community Information & Referral
<ul style="list-style-type: none"> <li><b>EBT at FARMERS MARKETS:</b> Allows customers to use their food stamp (SNAP) benefits at select farmers' markets throughout the state.</li> </ul>	<ul style="list-style-type: none"> <li>Based on income and resources according to house size.</li> </ul>	Coconino, Maricopa, Pima, Yavapai and Yuma Counties	Coconino, Maricopa, Pima, Yavapai & Yuma Counties 1-800-252-5942 OR Community Information & Referral
<ul style="list-style-type: none"> <li><b>COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)/FOOD PLUS,</b> provides a monthly package of supplemental food including canned meats, fruits, vegetables, cereals, juices, rice, dried beans, and canned milk.</li> </ul>	<ul style="list-style-type: none"> <li>Meet income-eligibility guidelines; be pregnant, breast-feeding and non-breast-feeding mother or children up to six years old or adults 60 years or older. Alternative to WIC (see other side)</li> </ul>	Cochise, Coconino, Gila, La Paz, Maricopa, Mohave, Pima, Pinal, Santa Cruz, Yavapai, and Yuma Counties.	Cochise..... (520) 803-3900 .....Sierra Vista Coconino..... (928) 774-5011 .....Flagstaff Gila..... (928) 425-3189 .....Globe La Paz..... (928) 669-1283 .....Parker Maricopa..... (602) 278-8196 .....Phx/Surprise Mohave..... (928) 753-0794 .....Kingman Pima..... (520) 243-7777 .....Tucson Pinal..... (520) 866-7319 .....Coolidge Santa Cruz..... (520) 281-2790 .....Nogales Yavapai..... (928) 771-3122 .....Prescott Yuma..... (928) 343-1243 .....Yuma
<ul style="list-style-type: none"> <li><b>EXTENSION FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)</b> has free nutrition classes for families with children to learn meal planning, budgeting, food buying and preparation. Classes are taught by the University of Arizona Cooperative Extension Services.</li> </ul>	<ul style="list-style-type: none"> <li>Meet income-eligibility guidelines.</li> </ul>	Maricopa, Pima and Pinal Counties.	Maricopa..... (602) 827-8200 .....Phoenix Pima..... (520) 626-5161 .....Tucson Pinal..... (520) 836-5221 .....Casa Grande
<ul style="list-style-type: none"> <li><b>BROWN BAG/GLEANING PROGRAM</b> is a bag of groceries provided weekly, or every other week, which helps fill out food needs. Participating members (annual fee varies from \$12-\$25) are encouraged to harvest and sort vegetables and fruit for food banks.</li> </ul>	<ul style="list-style-type: none"> <li>Low-income senior citizens (60 years or over); disabled people.</li> </ul>	Maricopa County Pima County (no fee, provided monthly)	<b>Community Information &amp; Referral</b>
<ul style="list-style-type: none"> <li><b>FOOD DISTRIBUTION PROGRAMS ON INDIAN RESERVATIONS (FDPIR)</b> provide a monthly box of groceries instead of SNAP/food stamps.</li> </ul>	<ul style="list-style-type: none"> <li>Any income/resource eligible person living on the reservation and income/resource eligible tribal members living near the reservation.</li> </ul>	Participating Indian Reservations.	Colorado River Indian Tribes..... (928) 669-1283 The Navajo Nation..... (928) 871-6537 San Carlos Apache Tribe..... (928) 475-2302 The Tohono O'odham Nation..... (520) 383-6200 White Mountain Apache Tribe..... (928) 338-4964
<ul style="list-style-type: none"> <li><b>PREPARED MEALS PROGRAMS</b> include noon meals at local senior centers.</li> </ul>	<ul style="list-style-type: none"> <li>Age 60 years or more.</li> </ul>	Statewide.	<b>Area Agencies on Aging</b>
<ul style="list-style-type: none"> <li><b>GROUP MEALS or SOUP KITCHENS</b></li> </ul>	<ul style="list-style-type: none"> <li>Homeless or low-income people without food or without cooking facilities.</li> </ul>	Statewide.	Maricopa Co..... (602) 264-4357 .....Phoenix Pima Co..... (520) 790-7262 .....Tucson No. AZ..... (928) 774-1895 .....Flagstaff La Paz/Yuma/ Mohave Co..... (928) 217-7120 .....Yuma Pinal/Gila Co..... (520) 723-4803 .....Coolidge Southeast AZ Co... (520) 432-5301 .....Bisbee Navajo Nation..... (928) 871-6868 ..Window Rock OR Community Information & Referral
<ul style="list-style-type: none"> <li>♦ <b>EMERGENCY FOOD BOXES</b> provide food for households for approximately three days during crisis situations.</li> </ul>	<ul style="list-style-type: none"> <li>♦ Meet income-eligibility guidelines; crisis or need.</li> </ul>	Statewide.	<b>Call Community Information &amp; Referral or Association of Arizona Food Banks at 1-800-445-1914 to locate a soup kitchen or food box program near you.</b>

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