

<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, 1-888, 1-877 or 1-866.</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>Nutrition Assistance (SNAP)</b> supplement your food budget. SNAP/nutrition assistance is 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 and 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 your 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 nutrition assistance 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>2-1-1</b> <b>(formerly Community Information &amp; Referral)</b> Anywhere in Arizona .....2-1-1 or ..... 1-877-211-8661  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 St. Mary's Food Bank Alliance .....(602) 415-5474 St. Jude Food Bank.....(928) 283-6886 United Food Bank .....(480) 926-4897  Or 2-1-1
<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 nutrition assistance 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>	<b>Bargain Baskets</b> serves Maricopa County <b>Value Marketplace</b> is located in Maricopa County and is open to the public <b>Healthy Native Box</b> serves Apache, Coconino and Navajo Counties <b>Help Yourself</b> serves Apache, Maricopa, Gila, Navajo and Pinal Counties	Statewide .....(602) 870-6062 St. Mary's Food Bank Alliance .....(602) 415-5474 St. Jude Food Bank.....(928) 283-6886 United Food Bank .....(480) 926-4897  Or 2-1-1
<ul style="list-style-type: none"> <li>● <b>WIC</b> provides nutrition and breastfeeding education and support, vouchers to buy healthy foods to supplement participants' diets and referral to needed services in the community. Foods include fruits, vegetables, whole grains, milk, cheese, eggs, peanut butter, beans, cereal, juice, baby food with fruits/vegetables/meats.</li> </ul>	<ul style="list-style-type: none"> <li>● Must meet income guidelines or participate in AHCCCS/SNAP/TANF/Section 8 housing programs; nutritionally at-risk pregnant, breastfeeding and non-breastfeeding mothers, infants and children up to age five.</li> </ul>	Statewide	Statewide..... 1-800-252-5942 Inter-Tribal Council in Phoenix.....(602) 258-4822 Navajo Nation WIC in Window Rock ..... 1-800-307-4231
<ul style="list-style-type: none"> <li>● <b>AZ FARMERS MARKET NUTRITION PROGRAM</b> provides \$30 vouchers/yearly to participants to buy fresh vegetables and fruits at approved farmers' markets.</li> </ul>	<ul style="list-style-type: none"> <li>● Senior enrolled in CSFP</li> </ul>	Check <a href="http://www.azwic.gov/farmers-market.htm">www.azwic.gov/farmers-market.htm</a> for current locations.	Statewide 1-800-253-5942  OR 2-1-1
<ul style="list-style-type: none"> <li>● <b>EBT at FARMERS MARKETS</b> allows customers to use their nutrition assistance (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, and Yavapai, Yuma Counties	Coconino, Maricopa, Pima, Yavapai & Yuma Counties 1-800-252-5942  OR 2-1-1

◆ 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, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. 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 your local office; TTY/TDD Services: 7-1-1. • Free language assistance for DES services is available upon request.

<p><i>Your community cares and wants to help you and your family eat well!</i></p>	<h2 style="text-align: center;">FOOD ASSISTANCE PROGRAMS IN ARIZONA</h2>		<p><i>Remember: You don't need money to call phone numbers that start with 1-800, 1-877, or 1-866.</i></p>
PROGRAM/DESCRIPTION	ELIGIBILITY	AREA SERVED	LOCAL PHONE NUMBERS
<ul style="list-style-type: none"> <li><b>COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)/FOOD PLUS</b>, provides a monthly food package to supplement participants' diets with foods that are designed to provide protein, calcium, iron and vitamins A and C. Foods include canned meats, fruits, vegetables, cereals, juices, rice, dry beans, dry milk, UHT milk and cheese. Also provides nutrition education and referrals to other needed services in the community.</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 (<i>see other side</i>).</li> </ul>	<p>Cochise, Coconino, Gila, La Paz, Maricopa, Mohave, Pima, Pinal, Santa Cruz, Yavapai, and Yuma Counties</p>	<p>Call 1-800-252-5942 to locate the CSFP agency in your county or visit <a href="http://azdhs.gov/phs/bnp/csfp/index.php">http://azdhs.gov/phs/bnp/csfp/index.php</a>.</p>
<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>	<p>Maricopa, Pima and Pinal Counties</p>	<p>Maricopa .....(602) 470-8086..... Phoenix Pima .....(520) 626-5161 ..... Tucson Pinal .....(520) 836-5221 ..... Casa Grande</p>
<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 your 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 (<i>60 years or over</i>); disabled people.</li> </ul>	<p>Maricopa County and Pima County (<i>no fee, provided monthly</i>)</p>	<p style="text-align: center;"><b>2-1-1 Arizona</b></p> <p>Maricopa Co.....2-1-1 Pima Co.....(520) 790-7262</p>
<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)/nutrition assistance.</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>	<p>Participating Indian reservations</p>	<p>Colorado River Indian Tribes .....(928) 669-1283 OR .....(928) 669-1284 The Navajo Nation .....(928) 475-2302 San Carlos Apache Tribe Tohono O'odham Nation .....(520) 383-6250 White Mountain Apache Tribe .....(928) 338-4964</p>
<ul style="list-style-type: none"> <li><b>PREPARED MEALS PROGRAMS</b> include noon meals at your local senior center.</li> </ul>	<ul style="list-style-type: none"> <li>Age 60 years or more.</li> </ul>	<p>Statewide</p>	<p style="text-align: center;"><b>Area Agencies on Aging</b></p> <p>Maricopa Co.....(602) 264-4357..... Phoenix Coconino Co .....(928) 213-5254..... Tucson Northern AZ ..... 1-877-521-3500 ..... Flagstaff La Paz/Yuma/ Mohave Co ....(928) 217-7120..... Yuma Pinal/Gila Co.....(520) 836-2758..... Coolidge Southeast AZ Co (520) 432-5301 ..... Bisbee Navajo Nation ....(928) 871-6868..... Window Rock OR 2-1-1</p>
<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>	<p>Statewide</p>	<p style="text-align: center;"><b>Call 2-1-1</b></p>
<ul style="list-style-type: none"> <li><b>EMERGENCY FOOD BOXES</b> provide food for your family 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>	<p>Statewide</p>	<p style="text-align: center;"><b>or Association of Arizona Food Banks at</b> 1-800-445-1914 to locate a soup kitchen food box program near you.</p>

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