

<i>Your community cares and wants to help you and your family eat well!</i>		FOOD ASSISTANCE PROGRAMS IN ARIZONA		<i>Remember: You don't need money to call phone numbers that start with 1-800.</i>
PROGRAM/DESCRIPTION	ELIGIBILITY	AREA SERVED	LOCAL PHONE NUMBERS	
<ul style="list-style-type: none"> ◆ FOOD STAMPS (SNAP) 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. 	<ul style="list-style-type: none"> ◆ Based on income and resources according to household size. 	Statewide	Phoenix(602) 542-9935 Statewide (from 520 and 928 area codes) 1-800-352-8401	
<ul style="list-style-type: none"> ● NATIONAL SCHOOL LUNCH and BREAKFAST PROGRAMS make sure that your children get a nutritionally balanced meal at school. 	<ul style="list-style-type: none"> ● All school-age children. Children in households receiving food stamps are automatically eligible. 	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"> ● SUMMER FOOD SERVICE PROGRAM provides meals to children during times when school is not in session (summer, inter-sessions and long school breaks). 	<ul style="list-style-type: none"> ● All children under the age of 18, if school district qualifies. 	Statewide. Organizations other than schools may operate this program in your community	Community Information & Referral Phoenix(602) 263-8856 Maricopa Co. (non-Phoenix) 1-800-352-3792 Apache, Coconino, Gila, La Paz, Mohave, Navajo, Pinal, Yavapai & Yuma (only from these counties) 1-800-352-3792 Tucson.....(520) 881-1794 Cochise, Graham, Greenlee, Pima and Santa Cruz Co..... 1-800-352-3792 Or AZ Department of Education 1-800-352-4558 Phoenix(602) 542-8700	
<ul style="list-style-type: none"> ● CHILD and ADULT CARE FOOD PROGRAM offers nutritious meals and snacks to children and certain adults in day care settings. 	<ul style="list-style-type: none"> ● 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. 	Statewide	Desert Mission Food Bank (602) 870-6062 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 See Community Information & Referral above (Phone Numbers Listed Above)	
<ul style="list-style-type: none"> ● FOOD COOPERATIVES: BARGAIN BASKETS, FOOD VALUE CLUB, HARVEST CLUB BOX, HEALTHY NATIVE BOX, HELP YOURSELF BOX and VALUE FOOD STORES provide food packages at less than half the retail cost. Packages may be bought with food stamps or cash. Costs range from \$10 to \$35 per box. 	<ul style="list-style-type: none"> ● No income requirements. Some programs may require an initial application. 	<p><u>Bargain Baskets</u> serves Maricopa County</p> <p><u>Food Value Club</u> serves Apache, Coconino, Gila, La Paz, Maricopa, Mohave, Navajo, Pinal and Yavapai Counties</p> <p><u>Harvest Club Box</u> serves Yuma and La Paz Counties</p> <p><u>Healthy Native Box</u> serves Apache, Coconino and Navajo Counties</p> <p><u>Help Yourself</u> serves Apache, Maricopa, Gila, Navajo and Pinal Counties</p> <p><u>Value Food Stores</u> serves Pima, Cochise and Santa Cruz Counties</p>	Or See Community Information & Referral above (Phone Numbers Listed Above)	
<ul style="list-style-type: none"> ● WIC is a monthly supplement of food from the basic food groups. Participants are given vouchers to use at the grocery store for the approved food items, including cereal, juice, eggs, vegetables, tuna, cheese, milk, peanut butter, beans and baby formula. 	<ul style="list-style-type: none"> ● 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. 	Statewide	Statewide..... 1-800-252-5942 Inter-Tribal Council in Phoenix.....(602) 258-4822 Navajo Nation WIC in Window Rock .1-800-307-4231	

◆ 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 your local office; TTY/TDD Services: 7-1-1. • Free language assistance for DES services is available upon request. • Disponible en español en línea o en la oficina local.

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<ul style="list-style-type: none"> AZ FARMERS MARKET NUTRITION PROGRAM provides \$30 vouchers that allow participants to shop for fresh vegetables and fruits at approved farmers markets. 	<ul style="list-style-type: none"> Women and children enrolled in WIC. 	Cochise, Coconino, Gila, Graham, Maricopa, Navajo, Pima, Pinal, Santa Cruz, Yavapai, and Yuma Counties	Statewide 1-800-253-5942 OR Community Information & Referral	
<ul style="list-style-type: none"> EBT at FARMERS MARKETS allows customers to use their food stamp (SNAP) benefits at select farmers' markets throughout the state. 	<ul style="list-style-type: none"> Based on income and resources according to house size. 	Coconino, Maricopa, Pima, and Yavapai, Yuma Counties	Coconino, Maricopa, Pima, Yavapai Counties 1-800-253-5942 OR Community Information & Referral	
<ul style="list-style-type: none"> COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)/FOOD PLUS, provides a monthly package of supplemental food including canned meats, fruits, vegetables, juices, rice, dried beans, dried milk and canned milk. 	<ul style="list-style-type: none"> 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>) 	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 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"> EXTENSION FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP) 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. 	<ul style="list-style-type: none"> Meet income-eligibility guidelines. 	Maricopa, Pima and Pinal Counties	Maricopa (602) 470-8086 Phoenix Pima (520) 626-5161 Tucson Pinal (520) 836-5221 Casa Grande	
<ul style="list-style-type: none"> BROWN BAG/GLEANING PROGRAM 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. 	<ul style="list-style-type: none"> Low-income senior citizens (<i>60 years or over</i>); disabled people. 	Maricopa County Pima County (<i>no fee, provided monthly</i>)	Community Information & Referral	
<ul style="list-style-type: none"> FOOD DISTRIBUTION PROGRAMS ON INDIAN RESERVATIONS (FDPIR) provide a monthly box of groceries instead of food stamps (SNAP). 	<ul style="list-style-type: none"> Any income/resource eligible person living on the reservation and income/resource eligible tribal members living near the reservation. 	Participating Indian reservations	Colorado River Indian Tribes (928) 669-1283 Navajo Nation (928) 871-6537 San Carlos Apache Tribe (928) 475-2302 Tohono O'odham Nation (520) 383-6200 White Mountain Apache Tribe (928) 338-4964	
<ul style="list-style-type: none"> PREPARED MEALS PROGRAMS include noon meals at your local senior center. 	<ul style="list-style-type: none"> Age 60 years or more. 	Statewide	Area Agencies on Aging	
<ul style="list-style-type: none"> GROUP MEALS or SOUP KITCHENS 	<ul style="list-style-type: none"> Homeless or low-income people without food or without cooking facilities. 	Statewide	Maricopa Co (602) 264-4357 Phoenix Pima Co (520) 790-7262 Tucson Northern 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"> EMERGENCY FOOD BOXES provide food for your family for approximately three days during crisis situations. 	<ul style="list-style-type: none"> Meet income-eligibility guidelines; crisis or need. 	Statewide	Call Community Information & Referral or Association of Arizona Food Banks at 1-800-445-1914 to locate a food box program near you.	

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