

FOOD ASSISTANCE PROGRAMS IN ARIZONA		LOCAL PHONE NUMBERS	
PROGRAM/DESCRIPTION	ELIGIBILITY	AREA SERVED	Remember: You don't need money to call phone numbers that start with 1-800.
<ul style="list-style-type: none"> ♦ FOOD STAMPS supplement your food budget. Food stamps are available through electronic benefit transfer cards and are to be used at the grocery store. ♦ NATIONAL SCHOOL LUNCH and BREAKFAST PROGRAMS make sure that your children get a nutritionally balanced meal at school. ♦ SUMMER FOOD SERVICE PROGRAM provides meals to your children during times when school is not in session. 	<ul style="list-style-type: none"> ♦ Based on income and resources according to household size. ♦ All school-age children. Children in households receiving food stamps are automatically eligible. ♦ All children under the age of 18, if school district qualifies. 	Statewide	Phoenix..... (602) 542-9935 Statewide (from 520 & 928) 1-800-352-8401 area code.....
<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. ♦ FOOD COOPERATIVES; ECONOMY BOX, HARVEST CLUB BOX, HEALTHY NATIVE BOX, HEARTY BOX, HELP YOURSELF BOX, VALUE CLUB 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 \$20 per box. 	<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. ♦ No income requirements. Some programs may require an initial application. 	Statewide	Inquire at child's school or call, toll free AZ Department of Education.. 1-800-352-4558 Phoenix..... (602) 542-8700 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 Co. (only from these counties)..... 1-800-352-3792 Tucson..... (520) 881-1794 Cochise, Graham, Greenlee, Pima and Santa Cruz Co. 1-800-362-3474 Or AZ Department of Education.. 1-800-352-4558 Phoenix..... (602) 542-8700 Southeast Arizona Food Bank. (520) 384-4433 Yuma Community Food Bank ((928) 343-1243 St. Jude Food Bank..... (928) 283-6886 Care & Share Food Bank (928) 779-7066 United Food Bank..... (480) 926-4897 St. Mary's / Westside Food Bank Alliance..... (602) 352-3640 Community Food Bank..... (520) 622-0525 Or Community Information & Referral (Phone Numbers Listed Above) Statewide..... 1-800-252-5942 Inter-Tribal Council in Phoenix..... (602) 258-4822 Navajo Nation WIC in Window Rock..... (800) 307-4231
<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	Community Food Bank..... (520) 622-0525 Or Community Information & Referral (Phone Numbers Listed Above) 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. Equal Opportunity Employer/Program - This form available in alternative formats by contacting: the nearest food provider in your area. Hearing or speech impaired persons may call the Arizona Relay Service - Esta informacion esta disponible en espanol.

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

Your community cares and wants to help you and your family eat well!	FOOD ASSISTANCE PROGRAMS IN ARIZONA	Remember: You don't need money to call phone numbers that start with 1-800.
PROGRAM/DESCRIPTION	ELIGIBILITY	LOCAL PHONE NUMBERS
<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. 	Statewide (800) 253-5942 OR Community Information & Referral
<ul style="list-style-type: none"> EBT at FARMERS MARKETS: Allows customers to use their food stamp 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, Yavapai, Yuma Counties (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 (see other side) 	Coconino, Gila, La Paz, Maricopa, Mohave, Pima, Pinal, Santa Cruz, Yavapai, and Yuma Counties. (928) 522-7850 (928) 425-3189 (928) 669-1283 (602) 278-8196 (928) 753-0794 (520) 623-3383 (800) 208-6897 (520) 287-4994 (928) 771-3138 (928) 343-1243FlagstaffGlobeParkerSurpriseKingmanTucsonCoolidgeNogalesPrescottYuma
<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. (602) 470-8086 (520) 626-5161 (520) 836-5221
<ul style="list-style-type: none"> BROWN BAG/GLASSING 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 (60 years or over); disabled people. 	Maricopa County Pima County (no fee, provided monthly) Community Information & Referral Phoenix..... (602) 263-8856 Maricopa Co..... 1-800-352-3792 Tucson..... (520) 881-1794 Pima Co..... 1-800-362-3474
<ul style="list-style-type: none"> FOOD DISTRIBUTION PROGRAMS ON INDIAN RESERVATIONS (FDP/IR) provide a monthly box of groceries instead of food stamps. 	<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. (928) 669-1283 (928) 871-6537 (928) 475-2302 (520) 383-2028 (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 Maricopa Co..... (602) 264-2255 Pima Co..... (520) 790-7262 No. AZ..... (928) 774-1894 La Paz/Yuma/ Mohave Co..... (928) 782-1886 Pinal/Gila Co..... (520) 723-4803 Southeast AZ Co.. (520) 432-5301 Navajo Nation..... (928) 871-6868 Window Rock OR Community Information & Referral
<ul style="list-style-type: none"> • GROUP MEALS or SOUP KITCHENS • EMERGENCY FOOD BOXES provide food for your family for approximately three days during crisis situations. 	<ul style="list-style-type: none"> • Homeless or low-income people without food or without cooking facilities. • Meet income-eligibility guidelines; crisis or need. 	Statewide. Statewide. (800) 445-1914 to locate a food bank near you.

• Check for residency requirements. Equal Opportunity Employer/Program - This form available in alternative formats by contacting: the nearest food provider in your area. Hearing or speech impaired persons may call the Arizona Relay Service - Esta informacion esta disponible en espanol.

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