



More great resources!

LIEAP: The Low Income Energy Assistance Program pays part of winter energy bills for eligible households. For more information call the MT Citizen's Advocate at **1-800-332-2272**.

Healthy Montana Kids provides free or low-cost health coverage for kids and teenagers up to age 19. For more information call **1-877-543-7669**.

Best Beginnings Child Care offers child care assistance scholarships to low-income, qualified families. Visit www.dphhs.mt.gov/hcsd/childcare or call MFBN at **1-800-809-4752** for local contact information.

Montana Bridge to Benefits is an easy online tool that screens for potential eligibility in a number of programs. The site also includes contact information for disability services, asset development, housing, transportation, aging services, legal help, and more. Visit: www.b2bmt.org.

Montana 211: Dial **211** on your phone or visit www.montana211.org to get connected with a variety of community resources, services, and programs.



Montana Food Bank Network
5625 Expressway
Missoula, MT 59808
www.mfbn.org

1-800-809-4752
www.mfbn.org/gethelp



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Get Help Getting Food



Three ways to stretch your family food budget

www.mfbn.org/gethelp
Fighting Hunger, Feeding Hope





SNAP
(formerly the
Food Stamp Program)

The Supplemental Nutrition Assistance Program (SNAP) offers food benefits through the Montana Access debit card.

SNAP benefits put grocery money in your pocket and help support local businesses .

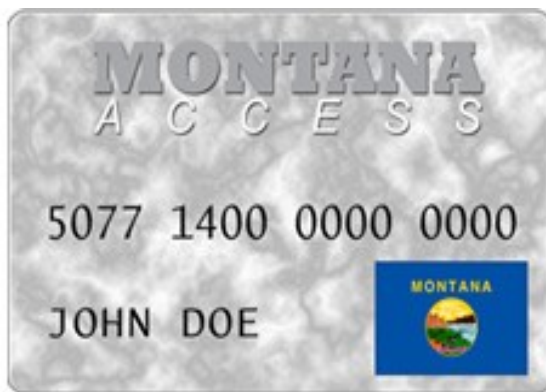
For most Montanans, assets like a house, car or money in the bank will NOT be counted in your application.

To view income limits and find your local Office of Public Assistance, visit:

www.mfbn.org/gethelp

Apply online or use a pre-screening tool from Montana Connections:

www.app.mt.gov/mtc



WIC



(Special Supplemental Nutrition
Program for Women, Infants and Children)

WIC is a nutrition education program providing nutrition services and food vouchers.

WIC services are available to:

- Women who are pregnant or have just given birth
- Women who are breastfeeding
- Infants and children up to five years old

Mothers, fathers, grandparents, foster parents and other guardians may apply for children.

WIC offers breastfeeding promotion and support, benefits to buy healthy foods, health and social service referrals, and tips for eating well to improve health.

To view income limits and find your local WIC clinic, visit:

www.mfbn.org/gethelp



**School and
Summer Meals**



Free and reduced-price lunches are available for children at public schools. School breakfast is also available at many schools in Montana.

Children receiving SNAP automatically qualify for free school meals. Simply show your SNAP benefit award letter to the school to sign up.

Summer food and after-school programs provide free snacks and meals during out-of-school time. These programs are open to all children and youth regardless of income. Check with your local school to find programs near you.

To download an application for free and reduced-price school meals or to find a summer food site near you, visit:

www.mfbn.org/gethelp

