



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.mt.bridgetobenefits.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

For more information about these resources, please contact us at:

406-721-3825

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) provides monthly 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.apply.mt.gov



WIC



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

WIC is a nutrition education program providing nutrition services and food benefits to eligible women, infants, and children.

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.

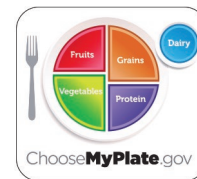
WIC offers breastfeeding promotion and support, benefits to buy healthy foods, health and social service referrals, and tips for eating well to improve health.

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

www.mfbn.org/gethelp



**School and
Summer Meals**



Free and reduced-price school meals help ensure that children have access to a healthy lunch and breakfast (where available) each school day. Summer Food fills the gap during the summer, providing free meals to kids at approved sites.

The **Summer Food Service Program** provides free meals during the summer to all children ages 18 and younger, regardless of income.

Check our interactive map to find a Summer Food site near you!

www.mfbn.org/summerfoodmt

Parents can apply for **Free and Reduced-Price School Meals** *anytime* during the school-year.

To download an application for free and reduced-price school meals, visit:

www.mfbn.org/gethelp

