



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

Montana Bridge to Benefits is an easy tool that screens for eligibility in a number of programs. The site also includes contact information for disability services, 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.
**211 phone service is not available in all areas of MT*

SNAP-Ed and EFNEP (Expanded Food & Nutrition Education Program): Both programs offer resources and in-person classes on nutrition education, shopping on a budget, preparing well balanced meals, and more. Visit www.buyeatlivebetter.org to see if there is a program in your area.



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

For more information about these resources, please contact us:

PHONE: 406-721-3825

ONLINE: www.mfbn.org/gethelp

EMAIL: snap@mfbn.org



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Get Help Getting Food



Information about multiple food assistance programs, all in one place:

www.mfbn.org/gethelp





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. Eligibility is based on your income.

Apply in-person, online, or by mail. You can likely complete your interview over the phone.

Apply for SNAP online at: www.apply.mt.gov

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

www.mfbn.org/gethelp



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.

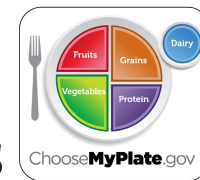
WIC offers breastfeeding promotion and support, benefits to buy healthy foods, health and social service referrals, and tips for eating well to improve health.

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.

Find a Summer Food site near you!

Visit: www.mfbn.org/summerfoodmt

Or text Lunch to 477-477

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

To print an application for the Free and Reduced-Price Meal Program, visit:

www.mfbn.org/gethelp

