

In an Emergency



Food Boxes

Call: **602-263-8856**

Community Information & Referral or
1-800-445-1914

Association of Arizona Food Banks

- Food for you and your family for three days
- Eligibility based on your income or situation
- Crisis situations
- May require proof of residence



Soup Kitchens

Meals served on-site for individuals without cooking facilities. For locations and schedules call:

602-263-8856

St. Vincent DePaul – Central Phoenix
Andre House – Central Phoenix
Paz De Cristo – Mesa

Provided by:



and community partners:

- Arizona Department of Economic Security
- Association of Arizona Food Banks
- Valley of the Sun United Way
- Maricopa County
- City of Phoenix
- Community Information and Referral
- Arizona Public Service (APS)

Printing courtesy of:



FOOD

for **Thought**



A little knowledge can
help satisfy your hunger...

Food assistance is available
in Maricopa County

FOR IMMEDIATE HELP CALL:

602-263-8856

Information courtesy of



Food Cooperatives



Food Care Programs

Food cooperatives provide a way for families with limited resources to stretch their food dollars. Food banks in Maricopa County use their buying power to pass savings on to food co-op participants/members.

To “purchase” food packages at reduced costs (\$10-\$15 in cash, food stamps or Quest card) call:

FoodCARE at St. Mary’s Food Bank 602-272-3663

CARE Club at Westside Food Bank 602-242-3663

(Income eligibility)

Help Yourself at United Food Bank 480-926-4897



For the Kids

National School Breakfast and Lunch Program

Call your child’s school for information or
602-542-9933

Summer Food Service Program

Provides meals during times when school is not in session
Call: 602-263-8856

Child Care Food Program

Provided in Head Start Program and Licensed Child Care Facilities (Income eligibility)
Call: 602-263-8856 or 602 542-8700

WIC

Call: 1-800-252-5942

WIC provides a monthly food supplement; vouchers for approved items. Eligibility in the program is based on the following factors:

- Level of income
- Pregnant and nutritionally at-risk
- Breast feeding and non-breast feeding post partum mothers
- infants
- children up to 5 years old

Remember to Bring

- Proof of identification, residency and pregnancy
- Notes from the doctor if you have a medical condition such as Diabetes

Commodity Supplemental Food Programs (Food Plus)

Call: 602-278-8196

- Monthly food supplement
- Income eligibility
- Pregnant, new mom, with children up to 6 years old
- Adults 60 years and older

For the Family

Food Stamps

Call: 602-542-9935 or 1-800-352-8401

The Food Stamp Program helps low-income households obtain the food needed for a nutritious and healthy diet.

Remember to Bring:

- Identification and birth certificate
- Social Security Number(s) for all family members
- Citizenship Status for non-U.S. Citizens
- Proof of income received in last 30 days
- Receipts for rent, mortgage, and utilities
- Current bank or credit union statements
- Registration for all vehicles
- Proof of childcare expenses
- Proof of all medical expenses for elderly/disabled deductions (if applicable)



For the Elderly

Prepared and Home Delivered Meals

Call: 602-264-4357

Noon meals at Senior Centers (must be over age 60)

Brown Bag/Gleaning Program

Call: 602-263-8856

- A bag of groceries provided weekly or every other week to fill out your food needs.
- Annual fee from \$12 to \$25, fees vary
- Low Income Senior Citizen (60+) and Disabled Individuals