



**NOT ENOUGH FOOD FOR YOUR FAMILY?
NEED HELP COOKING HEALTHY FOOD ON A BUDGET?
Big Horn County Resources**

SNAP (Supplemental Nutritional Assistance Program, formerly known as Food Stamps)

- Go to www.mfbn.org/gethelp to find income guidelines and information on how to apply
- Questions? Need help applying? Call the Montana Food Bank Network at (406) 215-1773 or the statewide helpline at 1-888-706-1535

Office of Public Assistance

- 23 W. 8th Street, Hardin
Phone: 1-888-706-1535
Online: <http://www.dphhs.mt.gov/>
Hours: Mon. – Fri., 8:00am – 5:00pm

Food Pantries and Meal Programs

- Center Pole Foundation
916 East Wellknown Buffalo / 13255 South Garryowen Road, Garryowen
Phone: (406) 638-2820
Online: www.thecenterpole.org
Hours: Mon. – Fri. 12:00pm – 5:00pm, Sat. & Sun. as needed
- Helping Hands in Hardin
825 West 3rd Street, Hardin
Phone: (406) 665-2997
Hours: Tues. & Thurs., 10:00am – 2:00pm

Nutrition Education and Cooking Classes:

The **Supplemental Nutrition Assistance Program – Education Program** (SNAP-Ed) provides hands-on nutrition education through a series of lessons on how to shop, cook, and eat well on a limited budget

- Go to www.buyeatlivebetter.org or call Big Horn County Nutrition Educators at (406) 665-9770

Households with Children:

If you are pregnant or have children under five in the household, you may qualify for **WIC**

- Go to www.mfbn.org/gethelp or contact the Hardin WIC office at 809 N. Custer, (406) 665-8726

If you have children in school, they may qualify for **free or reduced price school meals**

- Go to www.mfbn.org/gethelp or ask your school for an application. You can apply at any time throughout the year!

Any child or teen, age 18 or under, can receive free food through the **Summer Food Service Program**

- Go to www.fns.usda.gov/summerfoodrocks to find a site near you, or text *Lunch* to 877-877
- Program is available during the summer months only

Households with Seniors:

If you are a senior 60+, you may qualify for a senior food program:

- Big Horn County Council on Aging,
415 N. Center Avenue, Hardin
Phone: (406) 665-1436

Other Resources:

- Download the Montana Eats app (available for Android only) for more information on food resources in Montana
- Visit www.montana211.org for information on a variety of resources and programs in Montana