



**NOT ENOUGH FOOD FOR YOUR FAMILY?
NEED HELP COOKING HEALTHY FOOD ON A BUDGET?
Blaine 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

- 500 Illinois St., Chinook
Phone: 1-888-706-1535
Online: <http://www.dphhs.mt.gov/>
Hours: Mon. – Fri., 8:00am – 5:00pm

Food Pantries and Meals Programs

- Chinook Food Pantry, 406-357-3805
112 6th Street West, Chinook
Hours: Tuesdays, 1:00pm – 3:30pm
- Harlem Food Pantry, 406-353-2437
10 1st Avenue SW, Harlem
Hours: Thursdays, 9:00am – 11:00am.

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 the Blaine County Nutrition Educators at 406-357-3200

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 Fort Belknap WIC office at 656 Agency Main St, Harlem, MT, 406-353-3157.

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 operates during the summer months only

Households with Seniors:

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

- Harlem Area Senior Citizens Center
116 South Main, Harlem
Phone: (406) 353-2971
Hours: Mon. – Sat., 9:00am – 4:00pm, lunch served at 12:00pm,

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