



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

- 201 First Street South, Suite #1, Great Falls
Phone: 1-888-706-1535
Online: <http://www.dphhs.mt.gov/>
Hours: Mon. – Fri., 8:00am – 5:00pm

Emergency Services Intake

- Opportunities, Inc.
905 1st Ave N, Great Falls
Phone: (406) 761-0310
Hours: Mon. – Fri., 9:00am – 5:00pm
Verifies personal information and provides vouchers for services through support organizations.

Food Pantries and Meal Programs

- Salvation Army Family Services
527 9th Ave South, Great Falls
Phone: (406) 761-5660
Hours: Mon., Tues., Thurs. & Fri., 9:00am - 11:30am & 1:00pm - 4:00pm; Wed, 9:00am - 1:00pm
- FISH
1620 12th Ave North, Great Falls
Phone: (406) 452-3474
Hours: Mon. – Fri., 9:00am – 11:00am
Provides a food pantry. Services provided by voucher issued through Opportunities, Inc.
- St. Vincent de Paul
426 Central Ave West, Great Falls
Phone: (406) 761-0870
Hours: Mon. – Fri., 9:00am – 11:00am & 1:00pm – 3:00pm
Provides a food pantry. Services provided by voucher issued through Opportunities, Inc.
- Vineyard Mercy Ministry
1617 6th Ave North, Great Falls
Phone: (406) 761-1175
Hours: Saturdays, 9:00am – 11:00am
- Meals on Wheels
1620 12th Avenue North, Great Falls
Phone: (406) 454-6993
Hours: Mon. – Fri., 8:00am – 3:00pm

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.buycatlivebetter.org or call Cascade County Nutrition Educators at 406-454-6980 ext. 308

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 Great Falls WIC office at 115 4th St South, Mon. – Wed. & Fri., 8:00am – 11:00pm & 1:00pm – 4:00pm, Thurs. Walk-Ins, 8:30am – 4:30pm at (406) 4554-6953

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

Households with Seniors:

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

- Belt Senior Citizens Center
19 Castner St., Belt
Phone: (406) 277-3861
Hours: Mon., Wed., Thurs. 8:30am – 6:00pm; Tues. & Fri., 8:30am – 11:00am
- Cascade Senior Citizens Center
2 Central Avenue West, Cascade
Phone: (406) 468-9883
Hours: Tues. & Thurs., 9:00am – 6:00pm; Fri. 9:00am – 4:00pm
- Great Falls Senior Citizens Center
1004 Central Avenue, Great Falls
Phone: (406) 454-6995
Hours: Mon. – Wed., 8:00am – 4:00pm; Thurs., 8:00am – 5:00pm; Sat. & Sun., 8:00am – 2:00pm
- Commodity Program
2326 1st Ave. North, Great Falls
Phone: 406-454-6994
Hours: Mon. – Fri., 8:00am – 5:00pm
- Neihart/Monarch Senior Citizens Center
200 W. Main St, Neihart
Phone: (406) 236-5998
Hours: Mon. & Thurs., 5:00pm – 6:30pm (please call ahead to reserve dinner meal)

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