



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

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

- Go to [www.mfbn.org/gethelp](http://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**

- 219 North Merriam Ave., Miles City  
Phone: 1-888-706-1535  
Online: <http://www.dphhs.mt.gov/>  
Hours: Mon. – Fri., 8:00am – 5:00pm

**Food Pantries and Meal Programs**

- Custer County Food Bank  
210 South Winchester, Miles City  
Phone: (406) 234-3663  
Email: [ccfb@hotmail.com](mailto:ccfb@hotmail.com)  
Hours: Tues. – Thurs., 9:00am – 1:30pm. Handicap accessible on one side of the building.
- Meals on Wheels  
2000 Clark St., Miles City  
Phone: (406) 874-3377  
Online: <http://ccsomt.com/public-health/council-on-aging/>
- School Lunch Assistance  
1604 Main St., Miles City  
Phone: (406) 234-3840  
School lunch assistance is administered through the school district office.

**Nutrition Education and Cooking Classes:**

The **Supplemental Nutrition Assistance Program Education** (SNAP-Ed) provides courses on how to shop, cook, and eat well on a limited budget.

- Go to [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org) or call Custer County Nutrition Educators at (406) 874-3370

**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](http://www.mfbn.org/gethelp) or apply at the Miles City WIC office at 2200 Box Elder St, Mon., 1:00pm – 5:00pm; Tues – Thurs., 9:00am – 5:00pm, (406) 234-6034

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

- Go to [www.mfbn.org/gethelp](http://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](http://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

- Custer County Council on Aging  
2000 Clark Street, Miles City  
Phone: (406) 874-3377  
Services include skilled nurses, homemakers, personal care provides, and meals on wheels.
- Senior Citizen Drop-In Center  
17 S 11th Street, Miles City  
Phone: (406) 234-9813  
Providing activities for seniors, including cards, dances, dinners, and more.
- Senior & Long Term Care Division Regional Office  
218 West Bell, Suite 205, Glendive  
Phone: (406) 377-6252  
This is the umbrella organization for government senior services

#### **Other Resources:**

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