



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

- 826 Shoreline Dr., Polson
Phone: 1-888-706-1535
Online: www.dphhs.mt.gov
Hours: Mon. – Fri., 8:00am – 5:00pm

Food Pantries and Meal Programs

- Ronan Bread Basket
10 6th Avenue Southwest, Ronan
Phone: (406) 676-4357
Provides food services to needy families in Ronan, Charlo, and Moiese areas.
- Commodities Program
410 Mountain View Dr., St. Ignatius
Phone: (406) 745-4115
Provides a food supplement program for reservation residents.
- Elmo Nutrition Site
PO Box 329, St. Ignatius
Phone: (406) 849-5055
Serves noon meals Wednesdays and Fridays
- West Shore Food Pantry
7150 Highway 93 S., PO Box 192, Lakeside
Phone: (406) 844-2779
Hours: Mondays, 4:00pm – 6:00pm, Tuesdays, 9:00am – 11:00am
- Mission Valley Food Pantry
203 Blaine St., St. Ignatius
Phone: (406) 745-5484
Hours: Tuesdays & Fridays, 10:00am – 2:00pm
- Soup's On
101 7th Ave. West, Polson
Phone: (406) 871-1109
Hours: Mon. – Thurs., 11:00am – 1:30pm

- Bigfork Food Bank
128 Village Lane, Bigfork
Phone: (406) 837-2297
- Polson Loaves & Fishes
#10 8th Ave. East, Polson
Phone: (406) 883-8684
Hours: Tuesdays & Fridays, 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 Lake County Nutrition Educators at (406) 676-4271

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 Lake County WIC Program office at 7 - 3rd Ave., Polson, Mon. – Fri., 8:00am – 12:00pm & 1:00pm – 5:00pm, (406) 883-4605

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:

- Polson Senior Citizens Center
504 3rd Ave East, Polson
Phone: (406) 883-4735
Hours: Mon. – Fri., food pantry 8:00am – 4:00pm, lunch served 11:45am – 12:30pm

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