



**NOT ENOUGH FOOD FOR YOUR FAMILY?
NEED HELP COOKING HEALTHY FOOD ON A BUDGET?
Lewis & Clark 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

- 3075 N. Montana Ave, Helena
Phone: 1-888-706-1535
Online: <http://www.dphhs.mt.gov/>
Hours: Mon. – Fri., 8:00am – 5:00pm

Food Pantries and Meals Programs

- Helena Food Share,
1616 Lewis Street, Helena
Phone: (406) 443-3663
Office Hours: Mon. – Fri., 8:00am – 4:00pm
Distributions: Mon., 12:30 – 3:30pm & 5:00pm – 7:00pm, Tues. – Fri., 12:30pm – 3:30pm
- Salvation Army
1905 Henderson, Helena
Phone: (406) 442-8244
Hours: Mon. – Fri., 8:00am – 5:00pm (closed 12:00pm 1:00pm)

Nutrition Education and Cooking Classes:

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 Lewis & Clark County Nutrition Educators at (406) 447-8042

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 Helena WIC office at 1930 9th Ave, Helena, Mon. – Fri., 8:00am – 12:00pm & 1:00pm – 5:00pm, (406) 457-8912

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:

- Area IV Agency on Aging
648 Jackson St, Helena
Phone: (406) 447-1680
- East Helena Senior Center,
2 East Pacific Street, East Helena
Phone: (406) 227-3527
- Helena Senior Center
200 South Cruse, Helena
Phone: (406) 447-1680

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