



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

- 310 N. 3rd St., Hamilton
Phone: 1-888-706-1535
Online: <http://www.dphhs.mt.gov/>
Hours: Mon. – Fri., 8:00am – 5:00pm

Food Pantries and Meal Programs

- Haven House Food Bank
316 N. 3rd St., Ste 162, Hamilton
Phone: (406) 363-2450
Hours: Mon., Wed., & Fri., 10:00am – 2:00pm
- Bitterroot Valley Calvary Chapel
700 N. 4th St., Hamilton
Phone: (406) 363-3431
Hours: Mondays & Thursdays, 8:30am – 12:30pm
- Pantry Partners
3614 Alc Way, Stevensville
Phone: (406) 777-0351
Hours: Mon., Wed., & Fri., 11:00am – 12:30pm
- Darby Bread Box
206 Tanner, Darby
Phone: (406) 821-2081
Hours: Mon., Wed., & Fri., 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 the Ravalli County Nutrition Educators at (406) 375-6609

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 Ravalli County WIC at 205 Bedford St # P, Hamilton, (406) 375-6685

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 or other services:

- Ravalli County Council on Aging
310 Old Corvallis Road, Hamilton
Phone: (406) 363-5690

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