



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

- 1201 W. Holly St., Ste. #2, Sidney  
Phone: 1-888-706-1535  
Online: <http://www.dphhs.mt.gov/>  
Hours: Mon. – Fri., 8:00am – 5:00pm

**Food Pantries and Meal Programs:**

- Fellowship Food Pantry  
Fellowship Baptist Church of Sidney  
2181 West Holly Street  
Phone: (406) 433-4004  
Hours: Open 7 days a week, 9:00am – 9:00pm

**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
- No program exists in Richland County - the nearest program is located in Roosevelt County:  
Ardis Oelkers, Roosevelt County Extension  
307 Broadwater Ave., Culbertson  
Phone: (406) 787-5312  
Email: [aoelkers@montana.edu](mailto:aoelkers@montana.edu)
- Go to [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org) for more information

**Households with Children:**

If you are pregnant or have children under five in the household, you may qualify for **WIC**

- Contact the Sidney WIC clinic at (406) 433-2207 to set up an appointment
- Contact the Montana State WIC office at 1-800-433-0239 or go to [www.mfbn.org/gethelp](http://www.mfbn.org/gethelp) for more information

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. Apply any time throughout the year!

Any child or teen, age 18 or under, can receive free food through the **Summer Food Service Program** (program operates only during the summer months)

- 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 or other services:

- Richland County Commission on Aging  
1201 W. Holly, Ste 1, Sidney  
Phone: (406) 433-3701

#### **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