



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

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

**Food Pantries and Meal Programs**

- St. Labre Food Pantry  
1000 Tongue River Road, Ashland  
Phone: (406) 784-4500  
Hours: Wednesdays, 2:00pm – 4:00pm

**Households with Children:**

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

- Contact the Miles City WIC clinic at (406) 234-6034 to set up an appointment in Ashland, Forsyth, or Colstrip, or call the clinic in Lame Deer at (406) 477-4527
- 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. 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
- 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:

- Rosebud County Council on Aging  
1060 Cedar Street, Forsyth  
Phone: (406) 346-2878
- Action for Eastern Montana (Area 1 Agency on Aging)  
Based out of Glendive and serves all of Eastern Montana  
Phone: (406) 377-3564

**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