



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

- 501 Courthouse Square, Ste. #9, Glasgow
Phone: 1-888-706-1535
Online: <http://www.dphhs.mt.gov/>
Hours: Mon. – Fri., 8:00am – 5:00pm

Food Pantries and Meal Programs

- Valley County Emergency Food Bank
1020 1st Ave N, Glasgow
Phone: (406) 263-3353
Hours: 3rd Tuesday of each month, 12:00pm – 4:00pm

Households with Children:

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

- Call the Valley County WIC clinic to make an appointment at (406) 228-3626
- Contact the Montana State WIC office at 1-800-433-0239 or go to 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 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

- Valley County Council on Aging
328 4th Street South, Glasgow
Phone: (406) 228-9223
Hours: Mon. – Fri., 7:00am – 1:30pm with lunch served at 12:00pm

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