

Food & Nutrition



In This Section You Will Find Information on:

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For additional information on:

Senior Centers / Nutrition sites and home delivered meals for seniors, please see page 6

Food & Nutrition Tips

- Feed your family healthful foods and portions. To protect both the family's health and the pocketbook, cut back on snack foods and soda pop. Concentrate on nutritious food items. Have some non-meat meals or cut down meat portions.
- Enroll school age children in free or reduced meal programs through their school if you are eligible.
- Cut down on meals away from home. Pack sack lunches for family members to take to work and school.
- Arrange potluck dinners with friends instead of going out to a restaurant.
- Drink water rather than soda or sweetened juice.
- Plan menus based on weekly specials and seasonal foods.
- Use coupons and special sales only to buy items you would normally buy. And remember you can use coupons with your Nutrition Assistance EBT card.
- Pay attention to the cashier as the items are rung up. Mistakes can be made, especially on sale items.
- Buy generic brand labels instead of buying name brands.
- Prepare your own food and eliminate the extra costs of convenience foods. You will get extra nutrition for less cost.
- If possible, grow some vegetables. If you don't have yard space, try container gardening.

Tips provided by Arizona Cooperative Extension (see page 52)

Nutrition Assistance Program (formerly known as the Food Stamp Program)

Program Description:

Nutrition Assistance benefits are funds that can be spent to buy nutritious food. For most households, these benefits are only **part** of the food budget; shoppers must spend some cash along with Food Stamps in order to buy enough food for a month. All participants received their Nutrition Assistance Benefits on an EBT (Electronic Benefits Transfer Card) card called QUEST. You are able to use the card at grocery stores or participating Farmer's Markets, as you would a debit or credit card.

Eligibility Information

You may be eligible to receive Nutrition Assistance if you and the people in your household*:

- are income and resource eligible
- are US Citizens or Qualified Legal Immigrants and Arizona residents

*A "household" could be made up of a person living alone or a group of people (2 or more) who live together and buy and prepare meals together.

If your household qualifies, the amount of Nutrition Assistance you will get depends on the number of people in your household and how much monthly income is left after certain deductions.

Some items that you own are counted in figuring eligibility and some are not.

Examples of items not counted are:

- Home or Personal Belongings
- Non-Recreational Vehicles

Examples of items counted are:

- Money
- Balances in Bank Accounts
- Stocks

All of your **counted resources** are added together and the total must be less than \$2,000. If your household has one member 60 years of age or older or disabled, you can have up to \$3,000.

As a condition of eligibility, the household member selected as Head of Household required to work 30 hours a week or participate in Nutrition Assistance Employment or Training activities.

Once you begin receiving Nutrition Assistance you can contact the FAA Communications Center to report any changes and find out other important information about your benefits.

FAA Communications Center:

Within Maricopa County	602-542-9935
Outside Maricopa County	1-800-352-8401

How to Apply

You can apply on-line at www.healthearizona.org or pick up an application at your local Department of Economic Security/Family Assistance Administration office (DES/FAA), or you can call and have one mailed. Listed below are websites you can use to download a Nutrition Assistance Application and other Nutrition Assistance forms. **If you have no money and need help right away**, tell the staff when you apply. You may be able to get food stamps in 7 days.

Documents to Bring:

You will need certain documents to see if you qualify. Income and deducted expenses must be verified for all Household members, but only those applying for the benefit are required to prove their citizenship or qualified immigrant status. These documents will be kept confidential and include:

- Proof of citizenship or qualified status
- Social Security numbers for all household members including children.
- Identity (I.D.)
- Proof of Income (pay stubs, award letters for Social Security, disability insurance, unemployment, pensions, retirement).
- Utility Bills and Rent/Mortgage Receipts
- Medical Bills (if you are 60 years of age or older or if you are disabled).
- Current Bank Account Statements

Where to Apply

DES/FAA Offices Statewide (see page 95)
1-800-352-8401

Navajo and Hopi Nations
1-800-819-3046

**Nutrition Assistance
EBT Card Reinstatements and Spanish translation services for
Nutrition Assistance
602-542-3451**

You can prescreen for potential eligibility for Nutrition Assistance and many other programs online at www.arizonaselfhelp.org. Screening is fast, easy, and 100% confidential.

You can apply online at www.healtharizona.org

**You can download an application at:
www.arizonaselfhelp.org or www.azdes.gov/faa**

Note: If you are receiving Nutrition Assistance, you may be eligible for a discount on your phone bill (see Lifeline Program, page 80).

Food Distribution Programs On Indian Reservations (FDPIR)

Program Description:

This program provides a monthly box of assorted groceries as an alternative to Food Stamps. Approximately 70 pounds per person per month is provided.

Eligibility Information:

You must be income eligible and live on participating Indian Reservations. For information on income eligibility, please contact one of the providers listed below.

Where to Apply:

For more information on applying for FDPIR, please contact the Food Distribution program nearest you.

Parker	928-669-1283
Sacaton	520-562-9233
Whiteriver	928-338-4964
Window Rock	928-871-6537
Sells	520-383-6275
Yuma	760-572-0740
San Carlos	928-475-2302

Food Plus – Commodity Supplemental Food Program

Program Description:

This program provides a monthly supplemental food package which includes canned meats, cereal, fruits, vegetables, juices, cheese, rice and dried beans.

Eligibility Information:

To participate, you must be:

- Income eligible **and**
- A pregnant woman, breastfeeding woman or postpartum up to 12 months, child less than 6 years of age, or 60 years of age or older.
- Arizona resident
- Not participating in WIC.

Where to Apply:

Call the Arizona Department of Health Services toll free hotline at **1-800-252-5942**.

WIC - Special Supplemental Nutrition Program For Women, Infants & Children

Program Description:

The WIC Program is a preventative health program that builds healthy families by providing supplemental foods, nutrition education, and referrals to health care and social services. WIC also provides breastfeeding support, education, breast pumps and other supplies. You may attend group sessions or receive individual counseling, depending on the clinic that you visit.

WIC provides checks that you cash at the grocery store for nutritious foods such as milk, cereal, juice, beans, and peanut butter. WIC can also provide infant formula in cases where an infant is not breastfed. In addition, WIC will refer you to other services that you may need, including immunizations, housing, cash assistance, and food programs.

Eligibility Information:

In order to qualify, WIC considers three things:

- You must be one of the following:
 - pregnant
 - postpartum (up to six months)
 - breastfeeding (up to one year postpartum)
 - a child up to the fifth birthday.
- You must have a medical or nutritional need.
- You must be income eligible, which means you either have a household income at or below 185% of the Federal Poverty Level or you participate in AHCCCS, Nutrition Assistance, Cash Assistance (TANF), or Section 8.

How to Apply:

You will need to make an appointment and have an interview with a WIC worker to see if you qualify.

If you are found to be eligible by category, income, and medical or nutritional need, you will receive nutrition counseling and checks for food designed to meet your nutritional needs. This all happens during your WIC appointment.

Documents to Bring:

The following documents will be required when you apply for WIC. You may also be asked to provide additional documents by your caseworker.

- Proof of identity
- Proof of Arizona residency
- Proof of income or participation in AHCCCS, Nutrition Assistance, Cash Assistance (TANF), or Section 8. To prove your income eligibility, bring pay stubs or a program acceptance letter from AHCCCS, TANF, Nutrition Assistance or Section 8

Where to Apply:

For the location and phone number of the clinic nearest you call or visit:

Statewide (Se Habla Espanol) **1-800-2525-WIC (942)**
www.azwic.gov

Navajo Nation **1-800-307-4231**
Intertribal Council of Arizona **602-258-4822**
<http://www.itcaonline.com/wic/>

Arizona Farmers' Market Nutrition Program (AZ FMNP)

Low-income women and children participating in the WIC program or Tribal Meal Programs may use their Arizona Farmer's Market Nutrition Program (AZ FMNP) coupons at selected markets. Additionally, Nutrition Assistance Households customers may also shop at participating markets statewide using their Nutrition Assistance EBT cards.

For a list of Farmer's Markets accepting these programs, please visit the Community Food Connections website at <http://www.foodconnect.org/farmersmarkets/locator.asp>, or for more information, please call 602-542-0389.

Free Meals For Children

School Lunch & Breakfast Programs

Both the National School Lunch Program and the School Breakfast Program are federally assisted meal programs that provide nutritionally balanced meals at minimal cost to children in Arizona each day. Households with economic need may apply at their children's school to receive free or reduced price meals. For more information, or to find out about the Categorical Eligibility, see the AZ Department of Education information below.

Summer Food Service Program

Free meals are provided for children during the summer and intercession when school is out. Children ages 18 and under may participate in the program. Public or private non-profit schools, nonprofit day camps or residential summer camps, National Youth Sports programs, and private nonprofit organizations may operate and administer the program provided they meet Federal requirements. For information, see the AZ Department of Education information below. A list of sites can be found online at <http://www.ade.state.az.us/health-safety/cnp/sfp/downloads/SummerFoodSites.pdf>

Child and Adult Care Food Programs

Nutritious meals are served to children enrolled in child care centers, pre-schools, after school centers, Head Start sites, emergency shelters, and day care homes (including adult day care) that meet Federal requirements.

For a list of participating centers and organizations for any of the three programs described above, please call:

AZ Department of Education Child Nutrition Programs

602-542-8700 1-800-352-4558

Kids Cafe

Provides free, nutritious, well-balanced meals and snacks or for at-risk children. Meals are served at certain recreation and after-school programs. For more information and meal site locations, call:

Phoenix

St Mary's Food Bank Alliance
602-242-3663

Mesa

United Food Bank
480-926-4897

Tucson

Community Food Bank
520-622-0525

Yuma

Yuma Community Food Bank
928-343-1243

Senior Brown Bag Program

Program Description:

The Senior Brown Bag Program is designed for low-income senior citizens and individuals with disabilities. It utilizes "gleaning," the gathering and sharing of crops that remain in the fields after harvest. This program provides food for seniors and individuals with a disability who meet the income requirements, and effectively uses surplus food that would otherwise be discarded. Participating members are encouraged to harvest and/or sort vegetables and fruit for the food banks. There is an annual fee of \$30.00.

Eligibility Information:

This program is available to individuals with disabilities, and low income people over 55 years of age. The program is only available in Maricopa County.

Where to Apply:

For more information, please call St. Mary's Food Bank Alliance:

Phoenix 602-242-3663

Food Buying Co-Operatives

Program Description:

Food buying cooperatives can help individuals and families increase their food purchasing power while providing nutritious foods. Cooperatives offer food packages which you can purchase using **cash, debit/credit** or, in many cases, **Nutrition Assistance**. You receive a food package containing, food worth up to **double** what you paid for it. A package generally costs between \$13 and \$35 and may include a combination of frozen meat, fruits, vegetables, specialty items and staple foods. In some cases, organic or bulk purchases are available.

Food buying cooperatives are not charity or government programs, and they will not affect any benefits from other programs. They are operated primarily by non-profit organizations and are able to offer such a good deal because of the sheer volume of purchases they make and because they also take advantage of close-outs, over-production and package changes. The operating organizations do not make a profit on these food cooperative programs, and many rely heavily on volunteers.

Eligibility Information:

There are no income restrictions, identification requirements or limit on the number of boxes you can get during a certain period of time in most cases. Some food co-operatives may limit the number of units available at each distribution date or location, so check with the program if you're interested in purchasing multiple boxes.

How to Apply:

Most food buying cooperatives work with community groups who serve as hosts to collect payment for the packages and distribute them, and some work with volunteers to distribute food. To find the host nearest you, call Community Information & Referral for your area or contact the cooperative directly:

Community Information & Referral

Within Maricopa County 602-263-8856
Outside of Maricopa County 1-800-352-3792
**Pima, Cochise,
Graham, Greenlee
and Santa Cruz Counties** 520-881-1794
1-800-362-3474

Association of Arizona Food Banks 1-800-445-1914

Food Value Club

- No restrictions or qualifications
- Accepts cash or food stamps for payment
- Available in Maricopa, Pinal, Navajo, Apache, Mohave, Yavapai, Coconino and Gila Counties

Call St. Mary's Food Bank Alliance 602-415-5474

Help Yourself

- No restrictions or qualifications
- Accepts cash or food stamps
- Available in Maricopa, Apache, Navajo, Pinal and Gila Counties

Call United Food Bank 480-926-4897

Value Food Stores

- No restrictions or qualifications
- Accepts cash or food stamps for payment
- Available in Cochise, Pima, and Santa Cruz counties

Call Tucson Community Information & Referral
520-881-1794 1-800-362-3474

-or-

Call Community Food Bank 520-622-0525

Harvest Club

- No restrictions or qualifications
- Accepts cash or food stamps for payment
- Available in Yuma and La Paz Counties

Call Yuma Community Food Bank 928-343-1243

Healthy Native Box

- No restrictions or qualifications
- Accepts cash or Food Stamps for payment
- Available in Coconino, Navajo, and Apache Counties

Call St. Jude Food Bank 928-283-6886

Bountiful Baskets

- No restrictions or qualifications
- Accepts credit or debit cards for payment, and basket must be pre-ordered online
- Available at various locations throughout Arizona
- Organic baskets available at many locations for a slightly higher cost

To order or find answers to frequently asked questions, visit www.bountifulbaskets.org

Emergency Food & Meals

Food Banks And Nutrition Resources

Food Banks are found in communities throughout Arizona and can provide a variety of food assistance to help feed you and your family in an emergency situation. Food Banks come in many sizes and vary in what programs they offer - but all are available to help you. Some programs require income eligibility and some do not. Below we have listed some of the largest Food Banks in Arizona.

Programs And Services Available At Most Emergency Food and Meal Sites May Include:

- Emergency Food Boxes (EFB)
- USDA-The Emergency Food Assistance Program (USDA/TEFAP)
- Home Delivered Meals (HDM)
- Infant Boxes (IB)
- On-Site Meals (OSM)
- Soup Kitchen (SK)

Many **Community Action Programs** (see page 4) also offer emergency food. Major food banks/pantries are listed at the top of each county's listings, followed by other providers, which are broken down by city in some instances.

Apache County

Round Valley Cares
Springerville
928-333-2660
EFB, USDA/TEFAP

St. Anne's Mission
Ganado
928-652-3264
EFB, SK, HDM

Community Services-Springerville
Springerville
928-333-5185
USDA/TEFAP, OSM, HDM

Seventh Day Adventist
Springerville
928-333-5118
EFB, USDA/TEFAP, IB

New Covenant Church-Our Father's House of Hope
St. Johns
928-245-0286
EFB, USDA/TEFAP

Jooba Hogan
Chinle
928-674-5413
EFB

Old Concho Community Assistance Center
Concho
928-337-3663
EFB

Cochise County

Benson Food Bank
370 S Huachuca
Benson, AZ 85602
520-586-4208
EFB, IB

Benson Food Bank
370 S. Huachuca
Benson, AZ 85602
520-586-4208
EFB, IB

Community Food Pantry of Benson
451 N Easy St
Benson, AZ 85602
520-364-4170
EFB, USDA/TEFAP, IB

Douglas Area Food Bank
660-G Ave
Douglas, AZ 85607
520-805-0259
EFB, USDA/TEFAP

Food Bank of Tombstone
15 N. San Diego St.
Tombstone, AZ 85638
702-920-5290
EFB, USDA/TEFAP

St. Vincent de Paul Community Food Bank
614 Bartow Dr
Sierra Vista, AZ 85635
520-458-9725
EFB, USDA/TEFAP

Southeast AZ Food Bank
401 E Maley St
Willcox, AZ 85643
520-384-4433
EFB, IB

Bisbee Coalition for the Homeless, Inc.
Bisbee
520-432-7839
EFB, USDA/TEFAP, SK, OSM

Rural Accent, Inc.
Bowie
520-847-0847
EFB, USDA/TEFAP

Wynne Chapel
Cochise
520-826-3353
EFB, USDA/TEFAP

First Assembly of God
Sunizona
520-824-4196
USDA/TEFAP, OSM

Marantha Church
Douglas
520-805-0259
EFB, OSM

Society of St. Vincent de Paul – Douglas
Douglas
520-364-7573
EFB, IB, SK, OSM

Loaves and Fishes Food Bank
Bisbee
520-432-3872
EFB

St. Jude – Society of St. Vincent de Paul
Pearce
520-826-3869
EFB

St. David Food Bank
St. David
520-720-4755
EFB

Sacred Heart Church – Society of St. Vincent de Paul
Tombstone
520-457-3364
EFB

Willcox Community Food Pantry
Willcox
520-384-2114
EFB

Valley Food Bank
Elfrida
520-642-3749
USDA/TEFAP

Dragoon Women's Club
Dragoon
520-586-0165
USDA/TEFAP

Commodities Distribution Satellite
St. David
520-720-9670
USDA/TEFAP

Coconino County

Northern Arizona Food Bank
3805 E Huntington Dr
Flagstaff, AZ 86004
928-526-2211
EFB

St Mary's Food Bank Alliance
1409 E Butler Ave
Flagstaff, AZ 86001
928-779-7066
EFB, USDA/TEFAP

St. Jude Food Bank
100 Aspen Dr
Tuba City, AZ 86045
928-283-6886
EFB, USDA/TEFAP

Williams Food Bank
200 S 9th St
Williams, AZ 86046
928-635-2913
EFB, USDA/TEFAP

Flagstaff:

Coconino County Community Services
928-679-7425
EFB, USDA/TEFAP, OSM, HDM

Flagstaff Family Food Center
928-774-3188
SK, OSM
Salvation Army
928-774-1403
EFB, IB

Society of St Vincent de Paul
928-779-4353
EFB, IB

Sunshine Rescue Mission
928-774-1403
EFB, IB

Think Jesus Fellowship, Inc.
928-380-2565
EFB, SK, OSM

Balance of County:

Fredonia Food Bank
Fredonia
928-643-7431
USDA/TEFAP

Page Food Pantry
Page
928-645-9533
EFB, SK

Sedona Community Food Bank
Sedona
928-204-2808
EFB

Navajo Nation Dept. of Behavioral Health
Tuba City
928-283-3346
EFB, SK

Angels Corner
Williams
928-890-4515
EFB, USDA/TEFAP

Gila County

Gila Community Food Bank
317 Hackney Ave
Globe, AZ 85501
928-425-3639
EFB, USDA/TEFAP

St. Vincent de Paul Food Bank
511 S St Phillips St
Payson, AZ 85541
928-474-9104
EFB, USDA/TEFAP

Pine/Strawbery Food Bank
Pine Community Center
Pine, AZ 85544
928-978-1020
EFB, USDA/TEFAP

Tonto Basin Kiwanis
Tonto Basin
928-978-2423
EFB

Graham County

Odd Fellow and Rebekah
302 7th St
Safford, AZ 85546
928-428-3417
EFB, USDA/TEFAP

SEACAP
Safford
928-428-2872
EFB

Greenlee County

Clifton/Morenci Food Bank
Shannon Hill Complex
Clifton, AZ 85533
928-687-1168
EFB, USDA/TEFAP

La Paz County

Contact Yuma Community Food Bank or see Aging Services Section page 00

Maricopa County

Agua Fria Food Bank
405 E Harrison
Avondale, AZ 85323
623-932-9135
EFB, USDA/TEFAP, IB

Foothills Food Bank & Resource Center
6920 E Cave Creek Rd
Cave Creek, AZ 85331
480-488-1145
EFB, IB

Glendale Food Bank
5605 N 55th Ave
Glendale, AZ 85301
623-934-5331
EFB

East Mesa Food Bank
752 S Ellsworth
Mesa, AZ 85208
480-986-9827
EFB

United Food Bank
358 E Javelina
Mesa, AZ 85210
480-926-4897
USDA/TEFAP

Cultural Cup Food Bank
537 E Osborn Rd, Suite 1
Phoenix, AZ 85012
602-266-8370
EFB, USDA/TEFAP, IB

Interfaith Cooperative Ministries Food & Clothing Bank
501 s 9th Ave
Phoenix, AZ 85007
602-254-7450
EFB, USDA/TEFAP, IB

Salvation Army
2702 E Washington St
Phoenix, AZ 85034
602-267-4122
EFB, USDA/TEFAP

Society of St. Vincent de Paul
420 W Watkins
Phoenix, AZ 85003
602-321-7284
OSM

Desert Mission Food Bank
9229 N 4th St
Phoenix, AZ 85020
602-870-6062
EFB, USDA/TEFAP, IB

Paradise Valley Emergency Food Bank
10862 N 32nd St
Phoenix, AZ 85028
602-867-9228
EFB, USDA/TEFAP, IB

St. Mary's Food Bank Alliance
Multiple Locations
Please Call 602-242-3663
EFB, USDA/TEFAP

Tolleson Food Bank
10 S 93rd Ave
Tolleson, AZ 85353
602-936-1169
EFB, USDA/TEFAP, IB

Avondale:

Avondale Social Services
623-333-2700
USDA/TEFAP

Buckeye:

All Faith Community Services
623-386-3513
EFB, USDA/TEFAP, IB

Chandler:

Chandler Christian Community Center
480-963-1423
EFB, USDA/TEFAP, IB

Compassion in Action
480-220-0602
EFB, USDA/TEFAP

Food Bank at Matthew's Crossing
480-857-2296
EFB, USDA/TEFAP

Living by the Word Community Distribution
480-786-0165
EFB, USDA/TEFAP

Taiwan Buddhist Tzu Chi Foundation USA
480-838-6556
EFB, USDA/TEFAP

Trinity Christian Fellowship
480-963-7698
EFB

Voyage Church
480-707-1592
EFB

Fountain Hills:

Extended Hands Community Food Pantry
480-837-0303
EFB

Gilbert:

New Life Family Church
480-456-9200
EFB, USDA/TEFAP

Open Arms Care Center
480-539-0175
EFB

Vineyard Community Church
480-892-5828
EFB

Glendale:

Cathedral Christian Center Pastor's Pantry
602-439-8700
EFB

Glendale Family Development
623-934-7001
EFB, USDA/TEFAP

Lutheran Social Ministries West Food Pantry
623-848-8278
EFB

Pure Heart Christian Fellowship-NAOS Inc.
602-866-8850
EFB

Vineyard Food & Clothing Bank
623-934-4000
EFB

YWCA of Maricopa County – Valley West
623-931-7436
USDA/TEFAP, OSM, HDM

Goodyear:

Christ Evangelical Lutheran Church
623-932-2394
EFB
Laveen:

District 7 Service Center
520-430-4780
EFB, USDA/TEFAP, OSM, HDM

New Destiny Christian Church
602-237-3927
EFB, USDA/TEFAP, OSM

Mesa:

Broadway Christian Church
480-807-1668
EFB, USDA/TEFAP

Calvary Free Lutheran Food Pantry
480-981-3993
EFB, USDA/TEFAP

Canaan Ministry Baptist Church
480-835-6320
EFB, USDA/TEFAP

CARE Partnership Opportunity Center
480-833-8987
EFB, USDA/TEFAP

Christ the King Catholic Church – Hope
480-964-1719
EFB, USDA/TEFAP, IB

Iglesia Christiana El Buen Pastor
480-964-0014
EFB, USDA/TEFAP

Life's Destiny Christian Bible Church
480-600-2777
EFB, USDA/TEFAP

Lutheran Social Service of Southwest
480-332-5589
EFB, USDA/TEFAP

Manna Food Bank – Without Walls Christian Center
480-838-2587
EFB, USDA/TEFAP

Paz De Christo
480-464-2370
EFB, USDA/TEFAP, SK

Pueblo de Dios
480-218-2221
EFB

Seventh Day Adventist Church – Mesa
480-668-3000
EFB

St. Mark's Episcopal Church
480-964-5820
EFB, USDA/TEFAP

St. Peter Lutheran Church – Lord's Pantry
480-833-4251
EFB, USDA/TEFAP

Peoria:

Lighthouse Church
623-979-4392
EFB

Phoenix:

Agape Network
602-234-6143
EFB, USDA/TEFAP, HDM

All Tribes Assembly of God Church
602-728-0699
EFB

Andre House of Arizona, Inc.
602-255-0580
SK

Central Arizona Shelter Services
602-256-6945
EFB, SK, OSM

Church on Fillmore
602-252-1423
EFB

Desert Christian Fellowship
602-861-4008
EFB

FIBCO Family Services, Inc.
602-385-3900
EFB, IB

First Southern Baptist Church Benevolence Center
602-242-6104
EFB

Friendly House
602-257-1870
EFB, IB

Highways & Hedges Ministries
602-212-0850
EFB, USDA/TEFAP

Joshua Tree Feeding Program
602-264-0223
EFB, USDA/TEFAP, OSM
Living Streams Church Food Pantry
602-957-7500
EFB

Neighborhood Ministries, Inc.
602-252-5225
EFB

Open Door Fellowship Church
602-791-3236
EFB

Phoenix Indian Center
602-263-1017
EFB, IB

Phoenix Rescue Mission
602-272-4582
EFB, IB

Set Free Baptist Fellowship
602-267-1511
OSM

Seventh Day Adventist Community Center
602-258-9951
EFB, USDA/TEFAP, IB

Sword of the Spirit Ministries
602-269-7911
EFB

Arizona Center for the Blind & Visually Impaired
602-273-7411
OSM

Gateway Church of God
602-267-0663
EFB, SK

Mount Olives Lutheran Church
602-956-1620
EFB, USDA/TEFAP

St. Stephens Episcopal Church
602-840-0437
EFB

Bethel Lutheran Church
602-995-0629
USDA/TEFAP

Covenant of Grace Ministries
602-678-0999
EFB

Life Bridge Resource Center
602-864-3408
EFB, IB

Operation Care – Valley Heights
602-866-0135
EFB

Black Family & Child Services
602-243-1773
EFB

Circle of Life Development
602-722-5212
EFB

First Pentecostal Church Community Center
602-276-2126
EFB

Phoenix Rescue Mission
602-233-3000
EFB, USDA/TEFAP, IB, OSM

Rio Vista Center
602-243-1866
EFB

South Phoenix Baptist Church – Bernard Black Ministries
602-268-2512
EFB, OSM

Tanner Chapel A.M.E. Church
602-253-8426
EFB, USDA/TEFAP

Unity March Corporation
602-780-0727
EFB, USDA/TEFAP, IB, OSM

Valley Christian Centers, Inc.
602-258-5163
EFB, IB, HDM

Queen Creek:

Epic Food Mission
480-882-9530
EFB, USDA/TEFAP, IB

Scottsdale:

Rock Church
480-945-8155
EFB, USDA/TEFAP, OSM

Salt River Pima Maricopa Indian Community
480-850-4718
EFB, USDA/TEFAP, HDM

Surprise:

Catholic Outreach Center
623-532-2981
EFB

Tempe:

Abiding Savior/Shepherd's Warehouse
480-945-5250
EFB, IB

Community Economic Development Alliance (CEDA)
480-921-1990
EFB, USDA/TEFAP

Cross PoinTempe Church
480-838-5700
USDA/TEFAP

Tempe First United Methodist Church
480-967-3376
SK

Tempe Meals on Wheels
480-756-5835
HDM

Wickenburg:

First Southern Baptist Church
928-668-0227
EFB

Wickenburg Social Services
928-684-7894
EFB

Wittman:

Saguaro Jane's
623-388-2683
EFB, USDA/TEFAP

Youngtown:

Valley View Community Assistance
623-933-3358
EFB

Mohave County

Kingman Area Food Bank
2930 E Butler
Kingman, AZ 86409
928-718-2600
EFB, USDA/TEFAP

Lake Havasu Community Food Bank
1940 Mesquite Ave, Suite H
Lake Havasu City, AZ 86403
928-453-5800
EFB, USDA/TEFAP

Bullhead City/Riviera:

HELP Organization
928-758-2445
EFB, USDA/TEFAP

Praise Chapel Food for Families
928-758-8986
EFB, IB

Kingman:

Cornerstone Mission Project
928-757-1535
EFB, USDA/TEFAP, SK

Kingman VFW Food Distribution
928-757-9191
USDA/TEFAP

Balance of County:

Lake Havasu City Interagency
Lake Havasu City
928-453-5800
EFB

First Southern Baptist Church
Mohave
928-768-4490
Mohave Valley
EFB, USDA/TEFAP

St. Vincent de Paul:

Bullhead City/Riviera
928-758-5251
EFB, IB

Dolan Springs
928-767-4727
EFB, USDA/TEFAP

Kingman
928-753-6449
EFB

Lake Havasu City
928-680-2874
EFB

Salvation Army:
Bullhead City/Riviera
928-758-3141
EFB

Kingman
928-718-2600
EFB, IB

Navajo County

Holbrook Emergency Food Bank

216 Joy Nevin Ave.
Holbrook, AZ
928-524-6044
EFB, USDA/TEFAP, OSM,
HDM

Shepherd's Kitchen Food Bank

344 W. 4th St. South
Snowflake, AZ 85937
928-536-3086
EFB, USDA/TEFAP

Our Lady of the Assumption

Overgaard
928-535-3457
USDA/TEFAP

Bread of Life Mission

Holbrook
928-524-3874
EFB, SK, OSM

Desert View Ministries

Holbrook
928-297-0057
EFB, USDA/TEFAP

White Mountain Catholic Charities

McNary
928-367-2244
EFB, USDA/TEFAP

First Baptist Church

Pinetop
928-367-0766
EFB

Love Kitchen, Inc.

Pinetop
928-367-6505
EFB, SK, HDM

First Baptist Church

Show Low
928-537-4749
EFB, USDA/TEFAP

Cedar Hills

Snowflake
928-536-3213
EFB, USDA/TEFAP

Hope Center

Whiteriver
928-338-4961
EFB, USDA/TEFAP

Society of St. Vincent de Paul

Winslow
928-289-0146
EFB, USDA/TEFAP

Whitemountain Apache Food Distribution Program

Whitewater
928-338-4964
USDA/TEFAP

Pima County

Ajo Community Food Bank

421 Esperanza
Ajo, AZ 85321
520-387-4916
EFB, USDA/TEFAP

Catalina Community Services

3414 E Golder Ranch Rd
Tucson, AZ 85739
520-825-0009
EFB, USDA/TEFAP, IB, OSM,
HDM

Community Food Bank

3003 S Country Club
Tucson, AZ 85713
520-622-0525
EFB, USDA/TEFAP

Green Valley Community Food Bank

250 E Continental Rd, #101
Green Valley, AZ 85614
520-625-5252
EFB, USDA/TEFAP

Marana Community Food Bank

11734 W Grier
Marana, AZ 85653
520-682-3001
EFB, USDA/TEFAP

Arivaca Food Pantry

Arivaca
520-398-2771
EFB, USDA/TEFAP

Tucson:

El Rio Neighborhood Center

520-791-4683
EFB, USDA/TEFAP

Pio Decimo Center

520-624-0551
EFB, USDA/TEFAP

Interfaith Community Services

520-297-6049
EFB

Caring Ministries

520-882-2645
EFB, USDA/TEFAP

Christ Church United Methodist

520-327-1116
EFB, USDA/TEFAP

Christian Faith Center

520-722-2217
EFB, USDA/TEFAP, OSM

Grace-St. Paul's Joseph's Pantry

520-327-6857
EFB, USDA/TEFAP

Hope of Glory Ministries

520-471-1720
USDA/TEFAP, SK

Mobile Meals of Tucson, Inc.

520-622-1600
HDM

Northwest Center

520-791-3247
EFB, USDA/TEFAP, OSM

Pascua Yaqui Tribe

520-883-5060
EFB, USDA/TEFAP

Primavera Foundation

520-623-5111/882-9668
EFB, USDA/TEFAP

Southern Arizona AIDS Foundation

520-628-7223
HDM

Salvation Army Hospitality House

520-622-5411
EFB, USDA/TEFAP

Tucson Area Christian Fellowship

520-325-2045
EFB, USDA/TEFAP

Tucson Indian Center

520-884-7131
EFB, USDA/TEFAP

Victory Assembly of God

520-293-6386
EFB, USDA/TEFAP

Clements Center

520-791-5787
EFB, USDA/TEFAP

Freedom Park Center

520-791-4969
EFB, USDA/TEFAP, OSM

Greater Littleton Human Resource Group

520-574-2263
EFB

New Spirit Lutheran Church

520-296-2461
EFB

St. Paul's UMC

520-296-1927
EFB, USDA/TEFAP

Canyon del Oro Assembly of God

520-742-1168
EFB, USDA/TEFAP

Picture Rocks Community Center

520-682-7166
EFB, USDA/TEFAP, OSM

Casa Maria Free Kitchen

520-624-0312
EFB, SK

El Pueblo Neighborhood Center

520-791-4629
EFB, USDA/TEFAP

Gospel Rescue Mission

520-740-1501
SK

House of Neighborly Service

520-623-0100
EFB, USDA/TEFAP, OSM

Rose Family Center

520-908-4431
EFB, USDA/TEFAP

St. Vincent de Paul Monica Food Pantry

520-741-1230
EFB

Fred Archer Neighborhood Center

520-791-4353
USDA/TEFAP

SW Family Resource & Wellness Center

520-908-3980
USDA/TEFAP

Pinal County

Apache Junction Reach Out Food Bank

575 N Idaho Rd, Suite 701
Apache Junction, AZ 85119
480-983-2995
EFB, USDA/TEFAP

Casa Grande Food Bank

235 E. 4th St.
Casa Grande, AZ
520-836-1347
EFB, USDA/TEFAP

Superior Food Bank

99 Lobb Ave.
Superior, AZ 85173
520-827-9116
EFB, USDA/TEFAP

Tri-Community Food Bank

220 Main St
Mammoth, AZ 85618
520-487-2010
EFB, USDA/TEFAP

Apache Junction:

Salvation Army
480-982-4110
EFB, USDA/TEFAP

The River Christian Center
480-982-9190
EFB, USDA/TEFAP

Arizona City:

Living Hope Helping Hands
520-466-7255
EFB

Casa Grande:

First Baptist Church of Casa Grande
520-426-3903
EFB, USDA/TEFAP

New Beginnings Church of the Nazarene
520-836-7510
EFB, USDA/TEFAP

Seeds of Hope, Inc.
520-836-6335
OSM

Society of St. Vincent de Paul
520-836-2009
EFB, USDA/TEFAP, IB

Coolidge:

Central Community Church of God
520-723-7200
USDA/TEFAP

Warehouse Food Pantry
520-280-2540
EFB

Eloy:

First United Methodist Church
520-466-3445
EFB

Santa Cruz Valley Food Bank
520-466-1112
EFB, USDA/TEFAP, IB

Florence:

Florence Baptist Food Bank
520-868-1728
EFB, USDA/TEFAP, IB

Kearney:

Border Health Foundation Food Pantry
520-363-7273
EFB

Maricopa:

F.O.R. Maricopa
520-251-0226
EFB, USDA/TEFAP

Queen Creek:

J.O. Combs School District
480-987-5304
EFB, TEFAP/USDA

Mountain View Family Church
480-415-9814
EFB

Santa Cruz County

Amado Community Food Bank
28720 S Nogales Hwy
Amado, AZ 85645
520-398-2479
EFB, USDA/TEFAP

Nogales Community Food Bank
284 E. Baffert Dr.
Nogales, AZ 85621
520-281-2790
EFB, USDA/TEFAP, IB

East Santa Cruz County Community Food Bank
296 Duquesne
Patagonia, AZ 85624
520-394-2048
EFB, USDA/TEFAP

Yavapai County

Chino Valley Food Bank
1942 Voss Dr
Chino Valley, AZ 86323
928-636-8478
EFB

Central Arizona Food Bank
654 N. Main St.
Cottonwood, AZ 86326
928-634-7447
EFB, USDA/TEFAP

Prescott Free Methodist Church
2797 Willow Creek Rd
Prescott, AZ 86304
928-445-5271

Yavapai Apache Nation Food Bank

3364 W. Hamalay Ave.
Chino Valley, AZ 86322
928-567-3649
EFB

Old Town Mission
Cottonwood
928-634-7869
EFB, USDA/TEFAP, SK

Bread of Life Missions, Inc.
Camp Verde, AZ
928-567-6931
EFB, USDA/TEFAP, SK

Mayer Area Meals on Wheels
Mayer
928-632-7511
OSM, HDM

Prescott:

Church on the Street
928-771-8428
EFB, SK, OSM

Coalition for Compassion and Justice
928-541-9304
EFB, USDA/TEFAP, SK

Prescott Community Cupboard Food Bank, Inc.
928-778-4622
EBF, IB

Prescott Meals on Wheels
928-445-7630
USDA/TEFAP, OSM, HDM

Salvation Army
928-778-0150
EFB, OSM

Prescott Valley:

First Baptist Church
928-771-7592
EFB, USDA/TEFAP, SK

Precott Valley Food Bank, Inc.
928-772-4490
EFB, OSM

Yavapai Food Bank
928-775-5255
EFB, USDA/TEFAP

Yuma County

San Luis Food Bank
800 E Juan Sanchez Blvd
San Luis, AZ 85349
928-627-9660
EFB, USDA/TEFAP

American Legion #19
928-344-3441
EFB, IB

Salvation Army
928-783-0181
EFB, USDA/TEFAP, SK

Community Gardening

Joining or developing a Community Garden in your area is one way to provide low-cost, fresh and healthy produce for you and your family. A Community Garden is a piece of land used by community members for individual or group gardening activities. Depending on the garden, there may be a small user's fee (to cover water, rent and other overhead costs). Some gardens are sponsored by other community organizations and are free to community members.

In addition to supplying food, Community Gardens are a wonderful way to meet your neighbors, build community, reduce crime, and provide recreational activities for community members of all ages.

To find out more about Community Gardening in Arizona, contact:
University of Arizona Cooperative Extension
Maricopa County Office 602-470-8086

Or visit their Web Site:

www.ag.arizona.edu/maricopa/garden/html/comunity/comunity.htm

Arizona Cooperative Extension

Cooperative Extension offers a variety of nutrition related classes and programs including a Master Gardener Program. Additionally, they offer classes in food safety as well as sponsor 4-H.

Call your county office for more information.

Apache County

845 West 4th North
St. Johns, AZ 85936
928-337-2267

Cochise County

450 S Haskell Ave
Willcox, AZ 85643
520-384-3594

1140 N Colombo Ave
Sierra Vista, AZ 85635
520-458-8278

Coconino County

2304 N 3rd St
Flagstaff, AZ 86004
928-774-1868

Gila County

5515 S Apache Blvd,
#600
Globe, AZ 85502
928-425-7179

107 W Frontier St
Suite B
Payson, AZ 85541
928-474-4160

400 Apache Ave
San Carlos, AZ 85550
928-475-2350

Graham County

2100 S Bowie
Solomon, AZ 85551
928-428-2611

Greenlee County

1684 Fairgrounds Rd
Duncan, AZ 85534
928-359-2261
928-425-7179

Hopi Tribe

Kykotsmori, AZ
928-734-3708

La Paz County

2524 Mutahar St
Parker, AZ 85344
928-669-9843

Maricopa County

4341 E Broadway
Phoenix, AZ 85040
602-470-8086

Mohave County

101 E Beale St
#A
Kingman, AZ 86401
928-753-3788

Navajo County

402 E Hopi
Holbrook, AZ 86025
928-524-6271

1892 Pine Lake Rd
Pinetop, AZ 85935
928-367-4588

Navajo Nation

Hwy 264
Bldg 121D
Window Rock, AZ 86515
928-871-7406

Pima County

4210 N Campbell Ave
Tucson, AZ 85719
520-626-5161

Pinal County

820 E Cottonwood Ln
Casa Grande, AZ 85222
520-836-5221

Santa Cruz County

3241 N Grand Ave,
Suite 6
Nogales, AZ 85621
520-281-2994

2200 W 28th St, #102
Yuma, AZ 85364
928-726-3904

Yavapai County

840 Rodeo Dr
#C
Prescott, AZ 86305
928-445-6590

2657 Village Dr
Cottonwood, AZ 86326
928-646-9113

Yuma County

2200 W 28th St
#102
Yuma, AZ 85364
928-726-3904