In This Section You Will Find Information on:

- Food & Nutrition Tips
- Nutrition Assistance Program (Formerly the Food Stamp Program)
- Food Distribution Programs on Indian Reservations
- Food Plus - The Commodity Supplemental Food Program
- WIC - Special Supplemental Nutrition Program for Women Infants & Children
- Arizona Farmers’ Market Nutrition Program
- Meals for Children
  - School Lunch & Breakfast Programs
  - Summer Food Service Program
  - Child And Adult Care Food Programs
  - Kids Café
- Senior Brown Bag Program- Food Buying Cooperatives
- Emergency Food & Meals
  - Food Banks
  - Soup Kitchens
  - Other Food Assistance Resources
- Community Gardening
- Arizona Cooperative Extension

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’s 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/farmers markets/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

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:
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

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 Food Bank
600-G Ave
Douglas, AZ 85607
520-654-4208
EFB, USDA/TEFAP

Food Bank of Tombstone
15 N. San Diego St.
Tombstone, AZ 85638
520-926-3872
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
520-458-9725
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 J Butler Ave
Flagstaff, AZ 86001
928-779-7066
EFB, USDA/TEFAP

St. Jude Food Bank
100 Aspen Dr
Tuba City, AZ 86045
928-283-3346
EFB, SK

Angels Corner
Williams
928-890-4515
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

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

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/Strawberry 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
3609 N 55th Ave
Glendale, AZ 85301
623-934-5331
EFB

East Mesa Food Bank
752 S Ellsworth
Mesa, AZ 85508
480-986-9827
EFB

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

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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       |                        |
Péoria:                                                                |                      |                        |
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                      |                        |
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<th>Neighboring Ministers, Inc.</th>
<th>602-252-5225</th>
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<tr>
<td>Open Door Fellowship Church</td>
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<td>Bethel Lutheran Church</td>
<td>602-995-0629</td>
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<td>Highways &amp; Hedges Ministries</td>
<td>602-212-0850</td>
<td>EFB, USDA/TEFAP</td>
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<td>Joshua Tree Feeding Program</td>
<td>602-264-0223</td>
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<tr>
<td>Living Streams Church Food Pantry</td>
<td>602-957-7500</td>
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<tr>
<td>Life Bridge Resource Center</td>
<td>602-864-3408</td>
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<td>Operation Care – Valley Heights</td>
<td>602-866-0135</td>
<td>EFB</td>
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<td>Black Family &amp; Child Services</td>
<td>602-243-1773</td>
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<td>Circle of Life Development</td>
<td>602-722-5212</td>
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<td>First Pentecostal Church Community Center</td>
<td>602-276-2126</td>
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<td>Phoenix Rescue Mission</td>
<td>602-233-3000</td>
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<td>Rio Vista Center</td>
<td>602-243-1866</td>
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<td>South Phoenix Baptist Church – Bernard Black Ministries</td>
<td>602-268-2512</td>
<td>EFB, OSM</td>
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<td>Tanner Chapel A.M.E. Church</td>
<td>602-253-8426</td>
<td>EFB, USDA/TEFAP</td>
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<td>Unity March Corporation</td>
<td>602-780-0727</td>
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<td>Valley Christian Centers, Inc.</td>
<td>602-258-5163</td>
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<td>Epic Food Mission</td>
<td>480-882-9530</td>
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<td>Rock Church</td>
<td>480-945-8155</td>
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<td>Salt River Pima Maricopa Indian Community</td>
<td>480-850-4718</td>
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<td>Surprise:</td>
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<td>Catholic Outreach Center</td>
<td>623-532-2981</td>
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<td>Tempe:</td>
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<td>Abiding Savior/Shepherd’s Warehouse</td>
<td>480-945-5250</td>
<td>EFB, IB</td>
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<td>Community Economic Development Alliance (CEDA)</td>
<td>480-921-1990</td>
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<td>Cross Point Tempe Church</td>
<td>480-838-5700</td>
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<td>Tempe First United Methodist Church</td>
<td>480-967-3376</td>
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<td>Tempe Meals on Wheels</td>
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<td>Wickenburg:</td>
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<td>First Southern Baptist Church</td>
<td>928-668-0227</td>
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<td>Wickenburg Social Services</td>
<td>928-684-7894</td>
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<td>Saguarito Jane’s</td>
<td>623-388-2683</td>
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<td>Valley View Community Assistance</td>
<td>623-933-3358</td>
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<td>Scottsdale:</td>
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<td>St. Vincent de Paul:</td>
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<td>Kingman</td>
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<td>Queen Creek:</td>
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<td>Lake Havasu City Interagency</td>
<td>Lake Havasu City</td>
<td>928-453-5800</td>
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<td>Dodge Springs</td>
<td>928-767-4727</td>
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<td>Salivation Army:</td>
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<td>Kingman</td>
<td>928-913-2600</td>
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<td>Lake Havasu Community Food Bank</td>
<td>1940 Mesquite Ave, Suite H</td>
<td>Lake Havasu City, AZ 86403</td>
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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
EFB, 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

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

Arizona City:

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
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 Apache Nation Food Bank
3364 W. Hamalay Ave.
Chino Valley, AZ 86322
928-567-3649
EFB

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

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

Yavapai County
Chino Valley Food Bank
1942 Voss Dr
Chino Valley, AZ 86323
928-634-8478
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

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
EFB, 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
Prescott Valley Food Bank, Inc.
928-772-4490
EFB, USDA/TEFAP, IB

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

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