

GARDENING PROJECTS & PRODUCE

Garden City Harvest 103 Hickory 523-FOOD
Grows, harvests & distributes produce to families through local agencies. GCH operates a community farm, school & neighborhood gardens. CSA shares available.

Missoula Urban Demonstration 629 Phillips 721-7513
MUD provides workshops for start to finish gardening, food processing & preservation.

County Extension 2825 Santa Fe 258-4213
Master Gardener course, local growing & weed control.

Missoula Farmers Market Railroad & Alder 777-2636
Clark Fork Market East of Higgins Bridge 396-0593
Venues for growers to sell locally grown fruits & vegetables, plants, flowers, local organic meat, chickens, eggs, dairy products & much more. May through October; Sat am. 8-1 Tues. 6-7 EBT cards, WIC & Senior coupons accepted

Farmers Market Nutrition Program WIC 258-4740
WIC families & seniors receive coupons **Seniors** 728-7682 for fresh fruits & vegetables sold at the Farmer's Markets.

BREASTFEEDING RESOURCES

Community Medical Center 327-4219
Outpatient breastfeeding consultation & monthly classes.

Breastfeeding Specialists 301 W Alder 258-4740
Breastfeeding helpline 207-4357. Information, support & peer counselors and breast pumps available for WIC clients.

Le Leche League 721-6111, 549-8018 or 549-1779
Mother to mother breastfeeding information & support.

Missoula Breastfeeding Coalition 721-5440
Advocates for a breastfeeding friendly community.

WEIGHT MANAGEMENT

Overeaters Anonymous 531-8172
This 12 step program & support group addresses physical, emotional & spiritual well-being.

Eating Disorder Support Program 243-4711
Provides education, support, counseling for UM students.

Be Your Best 301 W Alder 258-4935
A nutrition, exercise & weight loss program for those at risk of diabetes & heart disease. Group and individual support are provided by a registered dietitian and group exercise specialist.

MEDICAL & MENTAL HEALTH SERVICES

Partnership Health Center 323 W Alder 258-4789
Medical / dental care, well child exams, medications & mental health services. Sliding fee scale, Medicaid, CHIP & private insurance accepted.

Planned Parenthood 219 E Main 728-5490
Health care for men & women incl. contraception, pap smears, annual exams, STD testing & treatment. Sliding fee scale, Medicaid, CHIP, Medicare & private insurance accepted.

Immunizations 301 W Alder 258-4745
Immunizations for children at low / no cost. TB testing, adult vaccines, travel vaccines (e.g. flu, shingles, pneumonia & others). Medicaid & CHIP accepted.

Office of Public Assistance 2677 Palmer 329-1200
Provides SNAP (formerly known as food stamps) & health care coverage to eligible children & pregnant women.

Montana Healthy Kids 1-877-KIDS-NOW
Montana Children's Health Insurance Plan offers free / low cost health insurance for kids not eligible for Medicaid.

CareNet 1515 Fairview Ave # 250 549-0406
Referral, counseling, & support services for pregnant women. Free pregnancy tests, ultrasounds; maternity & baby clothes.

Maternal & Child Health 301 W Alder 258-4750
Early intervention program for pregnant & nursing mothers & children 0-5. Developmental screening & parenting assistance.

Tobacco Quit Line 866-485-7848
Program for all tobacco users regardless of income. DPHHS counseling, free medications, gum & patches available.

Missoula Indian Center 33 Ft Missoula Rd 829-9515
Information, support & counseling including drug & alcohol programs, HIV/AIDS services, diabetes services, mental health services, support groups & more for Native Americans.

Turning Point 1325 Wyoming St 532-9800
Substance abuse & mental health treatment center.

Winds of Change Mental Health Center 721-2038
2200 S Grant 24 hour crisis line 529-4997
Strength based recovery services for adults with mental illness. Case management, group home, psychiatric and rehab services.

Western MT Mental Health 532-9710
Suicide Crisis Line 1-800-273-TALK (8255)
Outpatient services: medication management, day treatment, case management, crisis stabilization, therapeutic group home, vocational services. & 24 hour crisis line.

INCOME GUIDELINES

The following chart lists annual income in comparison to the Federal poverty level. Some services in this brochure follow income guidelines.

Income Level	# in Family	Annual Income	Assistance you may qualify for
Poverty	1	10,890	
	2	14,710	WIC
	3	18,530	SNAP-Food Stamps
	4	22,350	EFNEP
	5	26,170	Head Start, Early Head Start Free School Meals
125% of Poverty Level	1	13,613	
	2	18,388	WIC
	3	23,163	SNAP-Food Stamps
	4	27,938	EFNEP
	5	32,713	Free School Meals
150% of Poverty Level	1	16,335	
	2	22,065	WIC
	3	27,795	SNAP-Food Stamps
	4	33,525	EFNEP
	5	39,255	Free School Meals
185% of Poverty Level	1	20,147	
	2	27,214	WIC
	3	34,281	SNAP-Food Stamps
	4	41,348	EFNEP
	5	48,415	Reduced School Meals

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These institutions are an equal opportunity providers

www.co.missoula.mt.us/healthservices/WIC

MISSOULA NUTRITION RESOURCES

FOOD & NUTRITION, HEALTH & SOCIAL SERVICES IN MISSOULA



Missoula Nutrition Resource agencies collaborate to eliminate hunger & improve nutrition in Missoula County

*Call 258-4740 for information
Or dial 211 for First Call for Help
(406) 549-5555*

FOOD, NUTRITION & EDUCATION PROGRAMS

WIC 301 W Alder 258-4740
Women Infants & Children's Special Nutrition Program. Nutrition education, healthy foods, referrals, access to health & social services for pregnant, breastfeeding, postpartum women, infants & children under age five.

School Meals 728-2400 x3051
Healthy lunches & breakfasts are available at free or reduced rates. Contact your local school for applications.

SNAP 2677 Palmer Suite 100 329-1200
Supplemental Nutrition Assistance Program (SNAP) formerly known as the Food Stamp Program.

EFNEP 2825 Santa Fe 258-4208
The Expanded Food & Nutrition Education Program for limited income families with children. Classes on stretching food dollars & meal preparation.

Kids Table 219 S 3rd W 549-0543
Provides meals to children during school vacation. Call for location nearest you & hours of meal service.

Eat Smart Program 301 W Alder 258-3827
Free supermarket tours, weekly e-nutrition newsletter, healthy nutrition presentations at worksites, social service agencies, churches & health fairs.

ROOTS at the Food Bank 219 S 3rd W 549-0543
The Missoula Food Bank provides commodities monthly for children graduated from WIC until ages 5-6 & for seniors age 60 & older.

Summer Meals Program 728-2400 x3051
Free lunches mid-June to mid-August at qualifying schools. Children up to 18 yrs may participate regardless of income.

CATCH 500 W Broadway 329-5759
Coordinated Approach to Child Health, an alliance of parents, teachers & food staff teaching skills to maintain health through good food choices and physical activity.

Dickenson Lifelong Learning Center 549-8765
Offers a variety of cooking & nutrition classes on a quarterly basis on evenings & weekends.

DIABETES SERVICES

Diabetes & Nutrition Center 2827 Ft Missoula 327-4325

St. Patrick Diabetes Care 500 W Broadway 329-5781

American Diabetes Association Hotline 800-DIABETES

Missoula Indian Center Ft Missoula Rd #33 829-9515

PRESCHOOL & CHILDCARE SERVICES

Child Care Resources 105 East Pine St 728-6446
Licensed child care referrals, provider education, assists qualified families with child care costs, professional providers training and reimbursement for nutritious meals.

Head Start 1001 Worden 728-5460
Child development program for ages 3-5; medical, dental, meals, family and mental health services.

Early Head Start 2121 39th St 251-9410
Child development program for prenatal women & kids to age 3; medical, dental, mental health services, meals & family services.

SHELTERS

Poverello Center 535 Ryman Ave 728-1809
Health care, showers, laundry, & food pantry hours available.

Youth Homes Inc. 550 N California St 721-2704
Short term shelter for children ages 10 to 18 years old.

Watson Children's Shelter 2901 Ft Msla 549-0058
Provides emergency shelter for infants to 14 year old.

Maclay Commons 2405 McIntosh Loop 549-6158
Provides transitional housing for homeless families.

Carole Graham Home 1330 S 4th St W 549-8309
Treatment center for women with children.

Gateway Project 339 W Broadway 549-0710
Provides refuge for homeless families.

Mountain Home 2606 S Ave W 541-4663
A shelter for teen mothers.

Pathways –YWCA 543-6691
Offers shelter for families experiencing domestic violence.

Domestic Violence Assistance Center 542-1944
Offers shelter, advocacy & crisis counseling support for survivors of domestic & sexual violence; life skills training.

OSTEOPOROSIS PREVENTION

Missoula Health Department 301 W Alder 258-4837
Bone density testing, education, referrals for women & men.



PROGRAMS FOR SENIORS

Senior Help Line 800-551-3191 or 728-7682
Free confidential information & assistance service for those 60+. Advocacy & counseling offered.

Senior Dinner Club & Meals On Wheels 728-7682
Meal program for seniors 60+ & homebound folks, fitness classes, liquid nutrition supplements program.

Missoula Senior Center 705 S Higgins 543-7154
Meals, activities, thrift shop, AARP & social resources.

SELA Senior Center Seeley Lake 677-2008
Lolo Community Center Hwy 93 Lolo 777-4450

CHILD & FAMILY SERVICES

Child Developmental Center T-214 Ft Msla 549-6413
Special needs services for children.

Families First 815 E. Front St. Suite 3 721-7690
Parenting classes, separation support, summer camps, consultation, children's museum, educational programs, support groups & much more.

Montana Child & Family Services 1-866-820-KIDS
Report suspected child abuse & neglect.

The Parenting Place 1644 South 8th W 728-5437
Parenting classes & child care.

WORD 2525 Palmer St., Suite 1 543-3550
Programs move women from a place of need / crisis to a place of independence, self-reliance, & choice.

EMERGENCY FOOD SERVICES

Poverello Center 535 Ryman 728-1809
Provides lodging, clothing, meals, basic nursing care. Food pantry hours 12-2 pm M-F & 5-6:30 pm Fridays.

Missoula Food Bank 219 South 3rd W 549-0543
3-day emergency food supply, no income criteria. Open M-Fri 10-1; Mon & Tue 5-7 pm.

Salvation Army 339 W. Broadway 549-0710
Services include food boxes, clothing assistance, some prescription coverage, emergency services for homeless families, emergency travel assistance (if guidelines are met), laundry & shower facilities. Call for schedule.

Additional Missoula Food Pantries:

Clark Fork Church 2811 Latimer 721-7804
Christian Life Center 3801 Russell 542-0353
3:16 **506 Toole Ave** 549-4673

FINANCIAL SERVICES

Child Support Enforcement 2675 Palmer 329-7910
Confirms paternity, enforces medical & financial orders.

Energy Assistance (LIEAP) 801 S Higgins 728-3710
Assists with utility bills & winterizing home.

TANF 2677 Palmer # 100 329-1200
Temporary assistance to needy families (financial / job training).

SSI 700 SW Higgins #101 800-772-1213
Supplemental Security Income assists disabled & low income individuals.

Job Services 539 S 3rd St W 728-7060
Employment counseling, jobs & computer access.

Consumer Credit Counseling 543-1188
Budgeting, managing credit & debt consolidation.

Housing Assistance 801 S Higgins 728-3710
Housing Authority 1235 34th 549-4113
Public housing, Sec. VIII vouchers to offset rent costs.

HomeWORD 127 N Higgins #307 532-4663
Homebuyer, renter & finance classes.

REGISTERD DIETITIAN SERVICES

Community Medical Nutrition Center 327-4325
Private & group medical nutrition therapy & diabetes care.

Missoula Health Department 258-4750
Maternal & child health nutrition counseling individuals enrolled in WIC & MCH. Newborn screening & medical nutrition therapy for children with special needs.

Mary Jeanne Doyle, MS RD Nutritionist 218-8709
Individualized nutrition plans; eating disorders, sports, weight management, allergies, adult & child nutrition.

Western Montana Clinic 721-5600
Nutrition & exercise counseling for adults & children with type I & type II diabetes.

St Patrick Hospital Nutrition Services 543-7271
Inpatient & outpatient nutrition services. Pediatric special needs clinics 1-888-506-9366.

