

FIGHTING SENIOR HUNGER COALITION

BENTON AND WASHINGTON COUNTIES

This booklet contains information to help residents of Benton and Washington Counties in Northwest Arkansas obtain food. The information will share where the food resources are located, and how to get food from them for your family.

The entire community has joined together to provide this information and we urge you to stop by or call to let us help you get the most benefit from this resource tool.



Arkansas has the fourth-highest rate of senior citizens among its population, and the rate is even higher in Washington and Benton Counties. Between the two counties, there are an estimated 63,500 people age 60 and older.

About 16% of our senior population is considered "hungry", a rate that is about the same throughout the state of Arkansas. Arkansas ranks third in the nation for the number of seniors with chronic diseases, and third in seniors who report a disability.



The Walmart Foundation has launched a campaign called "*Fighting Hunger Together*" and Area Agency on Aging of Northwest Arkansas has joined them to improve access to food in Washington and Benton Counties.

The first thing we learned is that the food is out there and available. So, the goal became to combat hunger among seniors by connecting them with the resources, programs, services, and activities that currently exist. We have come together as a community coalition of providers from both counties to commit to work together to keep the community informed of what is offered through local programs and the food pantries that are operating in the area. We also want to share nutrition ideas to help everyone make the best choices and improve the nutritional value of what is eaten, whenever possible. We've compiled this information to help you access all the resources available in our community.

Please know you are not alone.

The coalition of agencies and organizations in this brochure are here because we want to help make sure that people have the food they need and become aware of the resources in our community. We want to reach as many of the people in need of food as humanly possible because there is no reason anyone should go without. There is no



shame in getting a little help now and then when it is needed. When you're able, you'll help someone else, and probably have already done so many times during your lifetime. That is what being a community is all about, reaching out to help each other and *Fighting Hunger Together*.

RESOURCES

Providing information about services, programs and resources available for people ages 60 and older.

**Area Agency on Aging of Northwest Arkansas
Regional Office**

1510 Rock Springs Road
Harrison, AR 72602
(870) 741-1144 or (800) 432-9721

Supplemental Nutrition Assistance Program (SNAP)

(formerly known as Food Stamps)

Department of Human Services
(501) 682-1001
Monday through Friday, 8:00 AM – 4:30 PM

Prescreening tool for SNAP and other assistance programs: <https://access.arkansas.gov/Welcome.aspx>

English application: http://humanservices.arkansas.gov/dco/dco_docs/DCO-215/Request for Assistance 1108.pdf

Spanish application: [http://humanservices.arkansas.gov/dco/dco_docs/DCO-215SP\(R11-07\).pdf](http://humanservices.arkansas.gov/dco/dco_docs/DCO-215SP(R11-07).pdf)

Access this document at: <http://www.aaanwar.org/news/view/9>

BENTON COUNTY

**Area Agency on Aging of Northwest Arkansas
Benton County Branch**

1410 SE 14th Street
Bentonville, AR 72712
(479) 273-9424 or (888) 286-3610
Monday through Friday, 8:00 AM – 4:30 PM

**Department of Human Services
Benton County**

900 SE 13th Court
Bentonville, AR 72712
(479) 273-9011
Monday through Friday, 8:00 AM – 4:30 PM

WASHINGTON COUNTY

**Area Agency on Aging of Northwest Arkansas
Washington County Branch**

4332 North Waterside Court
Fayetteville, AR 72703
(479) 442-5194 or (888) 286-3611
Monday through Friday, 8:00 AM – 4:30 PM

**Department of Human Services
Washington County**

4044 Frontage Road
Fayetteville, AR 72703
(479) 521-1270
Monday through Friday, 8:00 AM – 4:30 PM

BENTON COUNTY RESOURCES

LOCATION & SERVICE AREA	SERVICES	HOURS	INTAKE	ELIGIBILITY	DOCUMENTS	FEE
BELLA VISTA						
Oasis Food Pantry Village Bible Evangelical Free Church 210 Town Center SE Bella Vista, AR 72714 (479) 876-5764	Food Pantry	Wednesday 10:00 am – 1:00 pm	Walk-In	Benton & Washington County Residents Only	None Required	None
BENTONVILLE						
Benton County Senior Activity & Wellness Center 3501 SE “L” Street Bentonville, AR 72712 (479) 273-7348	Food Pantry Congregate Meals & Home Delivered Meals for Homebound	2 nd Thurs. every month 9:00 am – 10:00 am Mon – Fri 8:00 am – 4:00 pm	Walk-In	Age 60+	Food Pantry Requirements: Name, Address, DOB, Income	Suggested Donation \$3.00/meal
Bentonville Nazarene Church Food Pantry 220 NW “A” Street Bentonville, AR 72712 (479) 273-2132	Food Pantry	Mondays 10:00 am – 12:00 pm	Walk-In	None Required	Photo ID	None
Community Thrift Store 1100 North Walton Boulevard Bentonville, AR 72712 (479) 464-9400	Food Pantry	Monday 10:00 am – 12:00 pm	Call for info	Benton & Washington County Residents Only	Photo ID	None
First Presbyterian Church of Bentonville 901 Northeast “J” Street Bentonville, AR 72712 (479) 273-5450	Food Pantry	Saturdays 9:00 am – 11:00 am	Call for info	None Required	Picture ID Utility Bill	None
Helping Hands 320 Airport Road Bentonville, AR 72712 (479) 273-2511	Food Pantry	Mon – Fri 12:00 pm – 3:00 pm	Walk-In	Call for Requirements	Photo ID Social Security Card Proof of Residence	None

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BENTONVILLE						
The Salvation Army Homeless Shelter 3305 Southwest I Street Bentonville, AR 72712 (479) 271-9545	Congregate Meals USDA Commodities	Daily: Breakfast 6:00 - 6:30 am Mon-Sat: Sack Lunch 12:00 pm Sun: Hot Lunch 1 pm; Dinner 6:00 - 6:30 pm	Call for info	None Required	Photo ID	None
CENTERTON						
Servants Heart of Northwest Arkansas, Inc. 421 West Centerton Boulevard Centerton, AR 72719 (479) 616-1729 info@servantsheartnwa.org www.servantsheartnwa.org	Food and Household Goods Pantry	Every Wed. and the 1st, 2nd and 3rd Sat. of each month 11:00 am – 12:30 pm	Call for info	Benton & Washington County Residents Only	None Required	None
DECATUR						
United Christian Charities 307 North Main Street Decatur, AR 72722 (479) 435-5699	Food Pantry	Monday & Wednesday 9:00 am – 12:00 pm	Walk-in	None Required	Photo ID Proof of Address	None
GARFIELD						
First Baptist Church of Garfield 17784 Marshall Street Garfield, AR 72732 (479) 381-5193	Food Pantry	Tuesday 10:00 am – 1:00 pm	Call for info	None Required	Photo ID	None
GENTRY						
Gentry Senior Activity Center 121 East Main Gentry, AR 72734 (479) 736-0378	Congregate Meals & Home Delivered Meals for the Home Bound	Mon – Fri 9:00 am – 4:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal

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GRAVETTE						
Billy V. Hall Senior Activity & Wellness Center 1870 Limekiln Road Gravette, AR 72736 (479) 787-5950	Congregate Meals & Home Delivered Meals for the Home Bound	Mon – Fri 8:00 am – 4:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal
Care & Share 103 Huntington Street SW Gravette, AR 72736 (479) 344-6114	Food Pantry	Tues – Fri 9:00 am – 1:00 pm	Application	Gravette Residents Only	Photo ID Proof of Residency	None
Share the Harvest Food Bank Harvest Baptist Church 11036 North Highway 59 Gravette, AR 72736 (479) 721-1650	Food Pantry USDA Com-modities	Thursdays 1:00 pm – 5:00 pm	Walk-In	Income Guidelines	Photo ID	None
LOWELL						
First Baptist Church of Lowell 409 Johnson Avenue Lowell, AR 72745 (479) 770-0151	Food Pantry	1st & 3rd Tuesday Each Month 8:00 am – 11:30 am & 1:00 pm – 4:00 pm	Call for info	Lowell Residents Only	Proof of Residence	None
JB Hunt Transport Senior Activity Center 704 East Monroe Street Lowell, AR 72745 (479) 365-2755	Congregate Meals & Home Delivered Meals for the Home Bound	Mon – Fri 9:00 am – 2:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal
PEA RIDGE						
Pea Ridge Ministerial Alliance First Baptist Church – Pea Ridge 1650 Slack Street Pea Ridge, AR 72751 (479) 451-8192	Food Pantry	Mondays 1:00 pm – 4:00 pm Wednesdays 9:00 am – 12:00 pm	Call for info	Pea Ridge, Garfield & Avoca Residents Only	Photo ID Proof of Residence	None

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ROGERS						
Centro Cristiano Assemblies of Dios – Rogers 2121 South 1 st Street Rogers, AR 72758 (479) 631-2259	Food Pantry	Last Wednesday of the Month: 9:00 am – varies English and Spanish	Call for info	NW Arkansas	None Required	None
Charity Southern Baptist Church 2901 West Olive Street Rogers, AR 72756 (479) 636-8906	Food Pantry	Tuesday 9:00 am – 11:00 am	Call for info	Once Every 4 Months Only	Photo ID	None
First Christian Church of Rogers 905 South 13 th Street Rogers, AR 72758 (479) 636-2230	Food Pantry English and Spanish	Tuesday 9:00 am – 12:00 pm	Walk-In	Benton County Residents Only	Photo ID Proof of Benton County Residence	None
First Church of the Nazarene of Rogers 1003 North 6th Street Rogers, AR 72756 (479) 636-1050	Food Pantry	Wednesday 10:00 am – 2:00 pm	Walk-In	Low Income	Photo ID Proof of Income	None
Grace United Methodist Church-Rogers 1801 South Dixieland Road Rogers, AR 72758 (479) 636-7045	Food Pantry Soup Kitchen	Tues. & Thurs. 9:00 am – 12:00 pm 4 th Sunday of Month 4:00 pm – 6:00 pm	Walk-In	Benton & Washington County Residents Only	Photo ID Address Date of Birth Number in Family	None
Peace Lutheran Church - Rogers 805 West Olrich Street Rogers, AR 72756 (479) 636-2140	Food Pantry	Mon. & Wed. 1:00 pm – 3:00 pm	Walk-In	Once A Month Only	Photo ID Current Utility Bill	None
Rogers Christian Church 2501 West Oak Street Rogers, AR 72758 (479) 636-9067	Food Pantry	Mon – Fri 9:00 am – 12:00 pm & 1:00 pm – 3:00 pm	Walk-In	Rogers Residents Only	None Required	None

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ROGERS						
The Salvation Army-Rogers Corps 2223 Walnut Rogers, AR 72756 (479) 636-8522	Food Pantry Bilingual Personnel Available	9:00 am - 12 pm & 1:00 pm - 3:00 pm	Call for Appointment	Low Income	Photo ID Last 6 digits of Social Security No. Proof of Residence	None
Samaritan Community Center 1211 West Hudson Road Rogers, AR 72756 (479) 636-4198	Food Pantry Soup Kitchen	Tues/Wed/Thurs 9:00 am – 11:00 am Once A Month Only Tues/Wed/Thurs/Sat 10:30 am–12:30 pm	Walk-In	None Required	None Required	None
Society of Saint Vincent De Paul – Food Pantry 1413 West Poplar Street Rogers, AR 72758 (479) 616-1242	Food Pantry & USDA Commodities	Mon. 4:30 pm - 6:30 pm; Tues. 10:00 am - 12:00 pm; Thurs. 9:00 am - 11:00 am; Sat. 9:00 am - 11:00 am	Walk-In	Low Income	Photo ID Proof of Income Proof of Residence	None
SILOAM SPRINGS						
The Manna Center 670 Heritage Court Siloam Springs, AR 72761 (479) 524-9825	Food Pantry & USDA Commodities	Mon – Fri 9:00 am – 11:30 am	Walk-In	Genuine Need Based on Client Interview Emergency Situations 15 Mile Radius of Manna Center	Photo ID Proof of Residence	None
The Salvation Army-Siloam Springs 1971 Highway 412 East Siloam Springs, AR 72761 (479) 524-2084	Food Pantry	Mon. – Fri. 9:00 am – 2:00 pm	Call for info	Call for Requirements	None Required	None
Siloam Springs Senior Activity Center 750 Heritage Court Siloam Springs, AR 72761 (479) 524-5735	Congregate Meals & Home Delivered Meals for the Home Bound	Mon. – Fri. 8:00 am – 4:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal
Total Life Community Center 13710 South Highway 59 Siloam Springs, AR 72761 (479) 736-8231	Food Pantry	Mon. & Wed. 8:30 am – 4:30 pm	Call for info	Western Benton County	None Required	None

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BELLA VISTA						
Oasis Food Pantry Village Bible Evangelical Free Church 210 Town Center SE Bella Vista, AR 72714 (479) 876-5764	Food Pantry	Wednesday 10:00 am – 1:00 pm	Walk-In	Benton & Washington County Residents Only	None Required	None
BENTONVILLE						
Community Thrift Store 1100 North Walton Boulevard Bentonville, AR 72712 (479) 464-9400	Food Pantry	Monday 10:00 am - 12:00 pm	Call for info	Benton & Washington County Residents Only	Photo ID	None
CENTERTON						
Servants Heart of Northwest Arkansas, Inc. 421 West Centerton Boulevard Centerton, AR 72719 (479) 616-1729 info@servantsheartnwa.org	Food Pantry	Every Wed. and the 1st, 2nd, 3rd Sat. of each month from 11:00 am - 12:30 pm	Call for info	Benton & Washington County Residents Only	None Required	None
ELKINS						
Elkins Senior Activity Center 149 West 1 st Street Elkins, AR 72727 (479) 643-2741	Congregate Meals & Home Delivered Meals for the Home Bound	Mon. – Fri. 8:00 am – 2:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal
FARMINGTON						
Farmington Senior Activity Center 340 West Main Street Farmington, AR 72730 (479) 267-5709	Congregate Meals & Home Delivered Meals for the Home Bound	Mon. – Fri. 8:00 am – 2:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal

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FAYETTEVILLE						
Central United Methodist Church of Fayetteville 6 West Dickson Street Fayetteville, AR 72702 (479) 442-4237	Soup Kitchen	Tues & Thurs 11:30 am–12:00 pm	Call for info	None Required	Photo ID	None
Cooperative Emergency Outreach (CEO) 1649 East Huntsville Road Fayetteville, AR 72702 (479) 444-7500	Food Pantry	Mon – Fri 1:00 pm – 3:00 pm	Walk-In	Low Income Limit of 3 Visits Every 6 Months Washington County Residents Only, Excluding Springdale	Photo ID Social Security card	None
Fayetteville Senior Activity & Wellness Center 945 South College Fayetteville, AR 72701 (479) 571-2920	Congregate Meals & Home Delivered Meals for the Home Bound	Mon – Fri 8:00 am – 4:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal
First Church of the Nazarene 2857 North Old Missouri Road Fayetteville, AR 72703 (479) 521-5870 Church (479) 957-1598	Grocery Relief at Discounted Cost Through Baskets of Blessings Food Ministry	Hours Vary	Walk-In to Pick Up Order Form Call for info	None Required	None Required	\$14 - \$30
Hillcrest Towers Senior Activity Center #1 North School Avenue Fayetteville, AR 72701 (479) 443-3512	Congregate Meals & Home Delivered Meals for the Home Bound	Mon – Fri 8:00 am – 4:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal
LifeSource International 602 South School Avenue Fayetteville, AR 72701 (479) 521-4000	Food Pantry & Commodities Senior Luncheon	Mon/Wed/Thurs: 8:30 am - 11:30 am Thurs. 5:00 pm (for Spanish Speaking Community) 1 st & 3 rd Sat. monthly	Walk-In	None Required	Photo ID	None

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FAYETTEVILLE						
LifeSource International Yvonne Richardson Center 240 East Rock Street Fayetteville, AR 72701 (479) 444-3461	Congregate Meal & Food Basket	Last Monday each month 6:00 pm– 8:00 pm	Walk-In	None Required	Photo ID	None
Mt. Comfort Church of Christ 3281 West Mt. Comfort Road Fayetteville, AR 72704 (479) 442-9171	Food Pantry	Wednesday 9:00 am – 11:00 am	Walk-In	None Required	Photo ID Social Security Card	None
The Salvation Army – Fayetteville – NW Arkansas Area Command 219 West 15 th Street Fayetteville, AR 72701 (479) 521-2151 ext 116	Food Pantry Soup Kitchen	Mon – Fri 9:00 am–12:00 pm, 1:00 pm – 2:00 pm; Soup Kitchen Daily 6:00 pm	Appointment Only	Fayetteville Residents Only	Photo ID Proof of Income Proof of Residence (mail with name & address)	None
Second Mile Ministry – The Benefit Bank of Arkansas University Baptist Church 315 West Maple Fayetteville, AR 72701 (479) 521-4787	Food Pantry	Mon/Wed/Fri 9:00 am–12:00 pm	Walk in	Genuine Need Northwest Arkansas	Photo ID	None
St. Paul's Episcopal Church 224 North East Avenue Fayetteville, AR 72701 (479) 442-7373	Soup Kitchen	Monday and Wednesday 12:00 pm	Walk-In	None Required	None Required	None
GREENLAND						
Greenland Volunteer Senior Activity Center Greenland Community Center 170 Letitia Street Greenland, AR 72737 (479) 267-5709	Congregate Meals & Home Delivered Meals for the Home Bound	Mon. - Fri. 8:00 am - 2:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal

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LINCOLN						
Lincoln Senior Activity Center 116 East Park Street Lincoln, AR 72744 (479) 824-3861	Congregate Meals & Home Delivered Meals for Home Bound	Mon – Fri 9:00 am – 4:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal
PRAIRIE GROVE						
First Presbyterian Church – Prairie Grove 122 North Main Avenue Prairie Grove, AR 72753 (479) 824-3338	Food Pantry	1st Saturday each month 8:00 am – 12:00 pm	Walk-In	Low Income	None Required	None
Life Ministries – The Benefit Bank of Arkansas 881 Stills Road Prairie Grove, AR 72753 (479) 846-5433	Food Pantry	Tues & Thurs 9:00 am–12:00 pm Senior Food Day 3rd Sat. of every month from 10:00 am - 12:00 pm	Walk-In	Residents of Prairie Grove, Lincoln, Farmington, Morrow, Canehill, Summers, Evansville, West Fork, Winslow & Greenland Income Guidelines Age 65+ for Sr. Food Day	Social Security Card Photo ID	None
Prairie Grove Senior Activity & Wellness Center 475 Ed Staggs Drive Prairie Grove, AR 72753 (479) 846-2794	Congregate Meals & Home Delivered Meals for the Home Bound	Mon – Fri 8:00 am – 2:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal
ROGERS						
Grace United Methodist Church-Rogers 1801 South Dixieland Road Rogers, AR 72758 (479) 636-7045	Food Pantry Soup Kitchen	Tues & Thurs 9:00 am–12:00 pm 4 th Sun. each month 4:00 pm – 6:00 pm	Walk-In	Benton & Washington County Residents Only	Food Pantry Only: Photo ID Address, Family Size, Age Group	None

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SPRINGDALE						
Bread of Life First United Methodist Church 208 West Emma Avenue Springdale, AR 72764 (479) 750-5229	Food Pantry & Commodities Soup Kitchen English, Marshallese, Spanish	Wed & Thurs 9:00 am - 11:30 am 2 nd Wed each month 5:00 pm - 7:00 pm Wed. 11:00 am - 12:45 pm	Walk-In	Washington County Residents Only Low Income or Crisis Situations	Commodities Photo ID Proof of Residence (mail with name & address) Pantry-Photo ID	None
Christian United Food Pantry – Springdale Christian Church 714 West Huntsville Avenue Springdale, AR 72766 (479) 756-5687	Food Pantry	Monday 9:00 am – 2:00 pm	Walk-In	Low Income	Photo ID	None
Cross Church Compassion Center 2407 South Thompson Springdale, AR 72764 (479) 717-5662	Food Pantry	Monday & Thursday by Appointment Only 8:30 am – 11:30 am	Call for Appointment on Mondays and Thursdays	Benton & Washington County Residents Only Low Income	Photo ID	None
Mercy Center of Northwest Arkansas Mercy and Grace Cathedral Church 5185 Apple Road Springdale, AR 72762 (479) 756-2174	Food Pantry	Tuesday 10:00 am – 1:00 pm	Call for Appointment and info	Seniors	Photo ID Proof of Residence Proof of Income Family Size Employment	None
Restoration Center Victory Church 5320 Sunset, Suite 170 Springdale, AR 72762 (479) 751-7926	Food Pantry English and Spanish	Sundays 10:00 am Wednesdays 7:00 pm	Call for Info Application	Benton & Washington County Residents Only Fill out Info Sheet & Family Size	Photo ID	None

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SPRINGDALE						
St. Raphael Catholic Church 1386 South West End Street Springdale, AR 72764 (479) 756-6711	Food Pantry English and Spanish	Tue/Thu 5:30 pm-6:30 pm Sat. 10:00 am - 11:00 am Closed the weeks of Easter, Thanksgiving and Christmas	Call for info	Springdale Area Residents Only Call for Requirements	Photo ID Current Address	None
St. Thomas Episcopal Church 2898 South 48 th Street Springdale, AR 72762 (479) 751-9184	Free Lunch	Tuesdays 11:00 am - 1:00 pm	Call for info Application	None Required	Photo ID Utility Bill	None
Salvation Army – Springdale 315 Holcomb Street Springdale, AR 72764 (479) 751-2077	Food Pantry	By Appointment Only Mon – Fri 9:00 am – 12:00 pm, 1:00 pm – 2:00 pm	Call for Appointment	Low Income	Photo ID Proof of Residence	None
Samaritan Community Center 1300 North Thompson Ave, Ste G Springdale, AR 72762 (479) 872-1115	Food Pantry Soup Kitchen	Tues & Thurs 9:00 am – 11:00 am Mon, Tues & Thurs 10:30 am – 12:30 pm	Walk-In	None Required	None Required	None
Springdale Senior Activity & Wellness Center 203 Park Street Springdale, AR 72764 (479) 751-1521	Congregate Meals & Home Delivered Meals for the Home Bound	Mon – Fri 8:00 am – 4:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal

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TONTITOWN						
American Red Cross-NW AR Chapter 250 Industrial Circle East Tontitown, AR 72770 (479) 633-8330	Food Pantry	Mon – Fri 8:00 am – 4:00 pm	Walk in to Apply; Call for info	No Requirements	Photo ID	None
WEST FORK						
West Fork Volunteer Senior Activity Center Frank Wenzel Community Center 222 Webber Street West Fork, AR 72774 (479) 267-5709	Congregate Meals & Home Delivered Meals for the Home Bound	Monday-Friday 8:00 am - 2:00 pm	Walk-In	Age 60+	None Required	Suggested Donation \$3.00/meal

Additional Resources

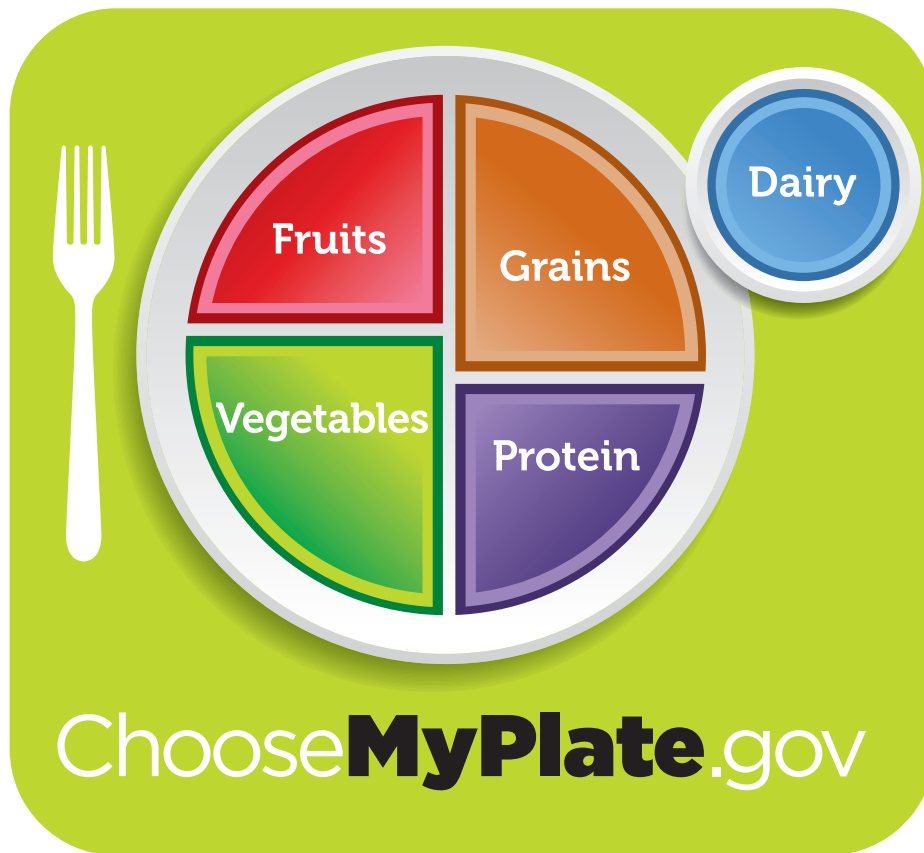


Northwest Arkansas 211

By just dialing 211 from any phone in the area, an easy-to-remember telephone number, you can get information that will help you connect to people for help with important community services and volunteer opportunities. These services and opportunities include basic home-need resources like utilities (gas and electric assistance), food pantries, clothing closets, shelters, furniture, rent assistance and many other types of assistance. If you have a computer or can use one at the library, you can learn more about this at their website: <http://www.arkansas211.org/default.aspx>

USDA Food and Nutrition Service

The USDA Food and Nutrition Service website provides information on all of the government's food assistance programs, as well as gives food education about so that people know how to get the best balance of nutrition. The USDA's new MyPlate food guide system is comprised of the new MyPlate symbol and other materials to help Americans make healthy food choices and be active every day. You can learn more about this at their website: <http://www.fns.usda.gov> or <http://www.choosemyplate.gov>.



- Over the day, try to include foods from each of these food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean proteins (meats).
- Make half your plate fruits and vegetables.
- Vary your protein choices to include a variety: beef, pork, chicken, beans and peas, seafood, and eggs. Drain the fat away and remove the skin while preparing or before eating.
- Cut back on salt and sugar.
- Pick activities you like to do, like walking, swimming, hiking, canoeing and do one of them every day for at least 10 minutes. Try to get a total of 2 ½ hours per week, minimum.