



SNAC REPORT 2017

STATE NUTRITION ACTION COALITION

COMPILED BY
EXTENSION  **FOOD** SNAP-ED
UtahStateUniversity **\$ENSE**

TABLE OF CONTENTS

Introduction to SNAC	1
SNAC Projects	2
Double Up Food Bucks Partnership // Farmers' Market Outreach.....	3
Intergenerational Poverty.....	4
Healthy Retail Initiatives.....	4
Utah Breakfast Expansion Team	5
(UBET).....	6
Benefits of SNAC	7
Agency Highlights	
Utah Department of Health (UDOH), Healthy Living Through Environment,	8
Policy, & Improved Clinical Care Program (EPICC).....	9
Utah Department of Workforce Services (DWS).....	10
Utah State Board of Education: Child Nutrition Programs (CNP).....	11
Utah State University Expanded Food & Nutrition Program	12
(EFNEP).....	13
Utah State University Extension Impacts - 4-H Youth Cooking Camp Class.....	14
Utah State University Food \$ense (SNAP-	15
Ed).....	16
Utah State University Nutrition, Dietetics & Food Sciences (NDFS).....	17
Utahns Against Hunger (UAH).....	
Women, Infants, and Children	
(WIC).....	
Agency Contact	
Information	

Introduction to Utah's

State Nutrition Action Coalition

Throughout the United States, State Nutrition Action Coalitions, or SNAC groups, are becoming more popular as a way to provide a wide range of quality nutrition programming to state residents. SNAC groups allow agencies with similar nutrition and wellness missions to leverage resources and knowledge, while reducing duplicative efforts, ultimately increasing the reach and impact of all the agencies involved. Utah's SNAC group was initially formed in 2005, but has continued to evolve and grow with the changing demographics and needs of Utah's population. Its mission is to unite Utah agencies to improve food security, nutrition, and health for Utahns. Utah's SNAC group now includes members from the following organizations:



SNAC PROJECTS

The following are projects and partnerships that resulted from the work of our SNAC coalition.

DOUBLE UP FOOD BUCKS PARTNERSHIP // FARMERS' MARKET OUTREACH

During the 2017 farmers' market season, Utahns Against Hunger managed the Double Up Food Bucks (DUFB) program. The program has seen tremendous growth since its inception in 2015 in Utah. DUFB will be managed by Utah Produce Initiative Coalition (UPIC) in 2018.

DOUBLE UP FOOD BUCKS SUCCESS STORIES

“We went to the farmers' market twice. We haven't eaten fresh fruit in 6 months, just couldn't afford it. With this matching program (Double Up Food Bucks) we could finally pick a few things. We even made peach smoothies.”

Double Up & Food \$ense participant

“Double Up really helps stretch my food dollars; it helps me feed my family fresh produce, and I love supporting farmers in the community. We're grateful for it.”

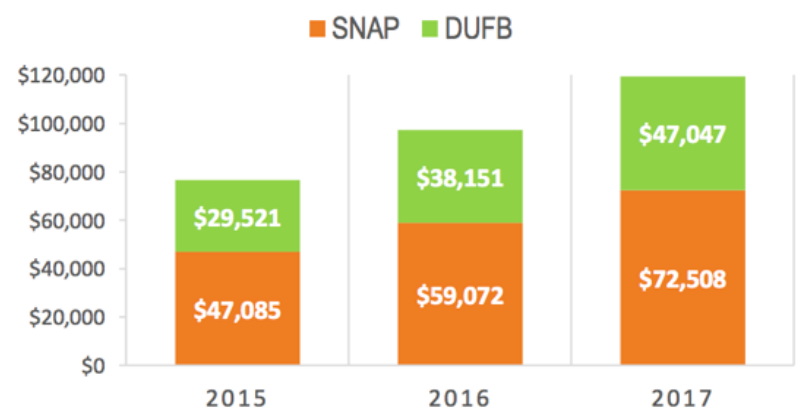
Double Up participant

“It (Double Up Food Bucks) makes eating healthier easier and helps control my diabetes.”

Double Up participant



SNAP & DUFB REDEMPTIONS



Program support is provided by several organizations involved in SNAC through the provision of:

- Marketing and advertising of markets that provide DUFB to SNAP recipients to increase their spending power for fresh fruits and vegetables.
- Direct nutrition education raising awareness of markets, DUFB, and how to use fresh produce to make delicious meals provided to SNAP recipients.
- Nutrition education booths at farmers' markets providing consumers with ideas and tips about how to use available produce.
- Support in the evaluation of the DUFB program.
- Mass mailing of information about DUFB during the summer of 2017. Flyers informed SNAP customers about participating farmers' markets in their local areas. Increased outreach may have been part of the growth seen during the 2017 season.

INTERGENERATIONAL POVERTY

Intergenerational Poverty (IGP)

SNAC partnerships continue to reach families in a cycle of intergenerational poverty with nutrition and food budgeting education. Families are invited to participate in free, hands-on cooking classes that encourage increased family mealtime. IGP families also receive monthly newsletters about how to eat and live well on a budget. Newsletters also inform families about resources and events happening in their area that could help improve their current situation.



HEALTHY RETAIL INITIATIVES



Healthy Retail Initiatives

SNAC partnerships are involved in a healthy retail initiative throughout the state. The healthy retail initiative, Thumbs Up for Healthy Choices developed by Utah's SNAP-Ed program, aims to improve availability, visibility, and appeal of healthy foods in small retail settings that accept SNAP benefits. The partnership has allowed for the leveraging of resources, consistent implementation, and increased reach for the new healthy stores initiative.

UTAH BREAKFAST EXPANSION TEAM (UBET)

The goal of UBET is to

INCREASE PARTICIPATION

in the School Breakfast Program.

UBET was formed in 2014 in response to Utah's consistently low participation in the School Breakfast Program (SBP). While Utah ranks last in the nation for the third year in a row, participation has increased annually.

7.7%

Participation in the SBP increased by 7.7% in the 2016-2017 school year.



UBET PROJECTS

SCHOOL BREAKFAST REPORTS

UBET has developed and released its School Breakfast Reports, *Starting the Day Right* and *Best Practices for Increasing School Breakfast Participation in Utah Schools*. School breakfast reports are used throughout the nation to encourage and assist schools interested in implementing alternative school breakfast service models, including breakfast in the classroom or breakfast after the bell. Alternative school breakfast models are known to increase breakfast participation.

RESEARCH

Members of UBET have conducted research about barriers to participating in the SBP as experienced by parents of school aged children, school food service managers, and district administration.

BREAKFAST IN THE CLASSROOM

UBET also works with Partners for Breakfast in the Classroom which provides technical assistance and financial support to help school districts to increase SBP participation by implementing breakfast in the classroom programs.



For more information on UBET visit uah.org/our-work/child-nutrition.

UBET is a collaboration of the following organizations: Utahns Against Hunger, Utah State Board of Education Child Nutrition Programs, Utah State University Extension - Food Sense (SNAP-Ed), Utah State University Extension - Salt Lake County, Dairy Council of Utah Nevada, Utah Department of Health - Healthy Living Through Environment, Policy & Improved Clinic Care Program, Brigham Young University - Nutrition, Dietetics, and Food Science and Health Sciences departments, School Nutrition Association Utah, Canyons School District and Granite Education Association - NEA Healthy Futures.

BENEFITS OF SNAC

“Maintaining solid relationships in complex, multi-agency partnerships take time and effort, but is important. When you build relationships and partnerships with other similar programs, the mission becomes bigger than the mission of one single program. Relationships/partnerships help programs share methods, mechanisms, and/or tools to create more resources.”

Paula Scott - EFNEP

“Being a part of the SNAC has allowed our UDOH to be connected to other organizations that share the same mission. We have found this has been an excellent group to work with since we are all working on similar projects and activities; this has allowed us to leverage our efforts and be more efficient and effective in our work across the state. This has been one of the best working groups we have partnered with and we love the professional and hardworking individuals that make the shared work enjoyable and fun!”

Judy Harris - Utah Department of Health, EPICC

“SNAC provides Utahns Against Hunger access to a great network of agencies that work to increase access to food via federal nutrition programs. This group is instrumental in keeping all members informed on the work the other agencies are doing and it provides us the opportunity to collaborate in a way that wasn't possible before.”

Marti Woolford - Utah's Against Hunger

“USU Extension benefits as a member of the SNAC coalition to be well connected to the many agencies represented. It is hard to push change as an individual, but with support and more individuals we are able to help get research-based nutrition information out to the communities.”

Jaqueline Neid Avila - USU Extension

“Being part of SNAC has allowed USBE to network and collaborate with other agencies that all have the same goal in mind.”

Kathleen Britton - Utah State Board of Education, CNP

“SNAC provides invaluable opportunities to share information, collaborate on common goals, and network. Agencies across the state, who wouldn't likely connect on a regular basis, get to work as an effective team and tackle nutrition concerns. The programs who participate in this coalition not only strengthen the coalition, but each of their individual agencies and programs.”

Jess Church - Utah Department of Health, EPICC

AGENCY HIGHLIGHTS

Real results from Utah's best

UTAH DEPARTMENT OF HEALTH (UDOH), HEALTHY LIVING THROUGH ENVIRONMENT, POLICY & IMPROVED CLINICAL CARE PROGRAM (EPICC)

EPICC 1422 ACTIVITIES



FOOD PANTRY SURVEY & COORDINATION WITH USU FOOD SENSE (SNAP-ED)

UDOH EPICC, in collaboration with Local Health Departments (LHDs), coordinated a state-wide food pantry survey. Findings from Utah Food Pantry Survey indicate that pantries' greatest challenges receiving healthy food donations are insufficient donation quantities (54%, n=31) and spoiled/over ripe produce (68%, n=31).



HEALTHY CHECKOUT LANES

Located in 42 corporately-owned Associated Retail Outlets stores. The majority of these stores are reporting more transactions in the healthy checkout lanes than any other lanes. Sales of the healthier items featured in these lanes have increased by more than 50%. These stores have also gone a step further by swapping the top shelf (eye-level) of every checkout lane with "better-for-you" items.



PRODUCE PRESCRIPTION PROGRAM

UDOH EPICC Piloted a Produce Prescription Incentive Program with 50 refugee patients. Program participants were also SNAP recipients. Each participant received four \$10 prescription vouchers to redeem at Sunnyvale Farmers' Market (where SLC IRC New Roots Farm Program offers ethnic crops grown specifically for this population).

EPICC 1305 ACTIVITES



Working to increase the number of farmers' markets that accept SNAP EBT and have implemented the Double-Up Food Bucks Program. Encourage farmers' markets to sign up for the Utah's Own website to promote local foods.



Leads the Childcare Obesity Prevention Workgroup, which aims at improving Early Childcare Education (ECE) environments to reduce obesity risks through nutrition and physical activity strategies.



Provide TOP Star: Teaching Obesity Prevention in Early Child Care Settings, an endorsement program for child care centers, homes and preschools. It provides training and professional development opportunities for ECE staff/teachers regarding nutrition standards in ECE settings and continues to support web-based training options.



Staff serves on the Board of Directors of the Mountain West Mothers' Milk Bank. In the past year, 26 milk collection centers distributed over 130,000 ounces of donated breastmilk. Approximately 2,000 babies benefited from these donations.



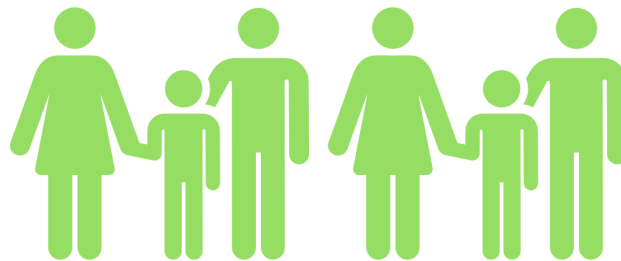
UDOH's Stepping Up for Utah Babies program requires participating hospitals to promote the initiation of breastfeeding of newborns. Currently there are 21 hospitals that have implemented a minimum of one step and are continuing to work toward completing the full five-step recognition.

UTAH DEPARTMENT OF WORKFORCE SERVICES

Between January 1, 2017 and September 30, 2017, an average of



83,595 Utah households or, **196,384**



people received SNAP benefits each month in Utah.

.....

In addition to administering the SNAP program in Utah, DWS also provides financial, child care, medical, housing and community development, unemployment, employment development, employer and vocational rehabilitation services. DWS staff have also been instrumental in providing services to homeless customers as part of the Operation Rio Grande initiative in Salt Lake City.

CHILD NUTRITION PROGRAMS (CNP)

Child Nutrition Programs (CNP) help to ensure the children of Utah have access to safe and nutritious foods. CNP encompasses 14 federal food programs and subprograms that provide reimbursement for healthy meals served to children and chronically disabled adults. The programs are being operated at a total of 2,653 sites in the state, ranging from public/private nonprofit schools, child care centers, after-school programs, summer feeding sites, and more.

The programs have an additional benefit by supporting and stabilizing the state and national agricultural market through the Food Distribution Program. The programs also provide information that can be used to educate children about the positive outcomes that can be realized through healthful living.



Program funding received through CNP significantly offsets a sponsor's operating costs which frees up existing funding. This funding can then be used to:

- Enhance the quality of foods
- Increase staff wages and training
- Implement and maintain an edible garden
- Charge less money per meal at school sites

NATIONAL SCHOOL LUNCH PROGRAM - FFY 2017

Total Sites.....	967
Breakfast.....	14,294,797
Lunch.....	54,809,101
Snacks.....	921,123
Special Milk.....	272,503

CHILD & ADULT CARE FOOD PROGRAM

Total Sites.....	1,400
Breakfast.....	3,621,807
Lunch.....	4,986,986
Supper.....	2,827,694
Snacks.....	6,44,547

SUMMER FOOD SERVICE PROGRAM & SEAMLESS SUMMER OPTION

Total Sites.....	286
Breakfast.....	111,287
Lunch.....	887,014
Supper.....	51,769
Snacks.....	37,337

GRAND TOTAL MEALS & SNACKS SERVED

Total.....	89,265,965
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EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)

Using a research-based, interactive approach, USU EFNEP NEAs worked



DIRECTLY
with



674 adults
6,877 children

and reached

more than 2,646
family members

INDIRECTLY



REACHED
LOW-INCOME
FAMILIES

76% of EFNEP participants who reported income were at or below 100% of poverty, earning \$24,250 a year or less for a family of four.



REACHED
DIVERSE
POPULATIONS

At least 58% of all EFNEP adults are minorities.

CHANGED ADULT BEHAVIOR



NUTRITION 91%
Percentage of adults improving nutrition practices



FOOD SAVINGS 88%
Percentage of adults bettering food resource management practices



FOOD SAFETY 76%
Percentage of adults improving food safety practices



PHYSICAL ACTIVITY 46%
Percentage of adults with a positive change in physical activity

YOUTH PROGRAM

Increased Nutrition Knowledge/Ability

78%

Improved Food Safety Knowledge/Practices

56%

Improved Physical Activity Knowledge/Practices

42%

Increased Knowledge/Ability to prepare low-cost, nutritious foods

46%



USU EXTENSION IMPACTS - 4H YOUTH COOKING CAMP

4-H YOUTH COOKING CAMP

The Davis County After School Cooking Camp was designed to improve youth's ability to feel confident in the kitchen and improve their fruit and vegetable intake. These classes addressed specific cooking techniques and nutrition education as outlined by the current USDA Dietary Guidelines and MyPlate. This pilot year provided a great deal of valuable information on how to improve camps in the future.

WHAT IS THE 4-H YOUTH COOKING CAMP?

The after school 4-H youth cooking camp was grounded in an experiential learning framework, which emphasized autonomous, active participation in the selection, preparation, and consumption of regional and culturally diverse food. The camp's primary emphasis was the development of culinary skills (e.g., knife skills, food preparation, and safe food handling).

WHY?

A needs assessment completed by Davis County Health Department in December of 2012 found that residents in Davis County listed obesity/healthy weight as a primary health concern in both adults and children. Among the top four barriers related to health, knowledge/education/awareness were listed at number four. Residents also stated nutrition and youth programs were two of the public issues not receiving enough attention.

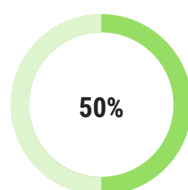
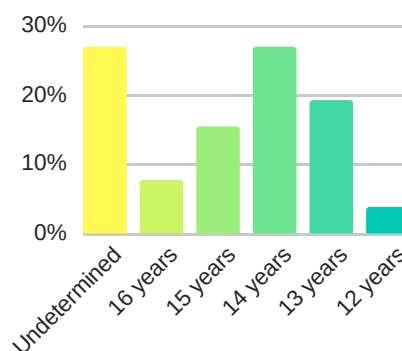
The 4-H youth cooking camp's main purpose was to increase their nutrition knowledge and improve culinary skills, increase the number of times young adolescents ate fruits and vegetables at home and to improve their attitudes, self-efficacy, behavioral expectancies, perceived cooking ability, and perceptions of parents' worry regarding cooking.

EVALUATION & RESULTS

Improvements in knowledge and perceived cooking ability were significant. Several attendees stated the food prepared was "great" and that they "loved the camp." Many of the attendees requested the camp sessions be longer. The format of the camp, therefore, elicited high responsiveness—audience participation, enthusiasm, positive beliefs and attitudes toward the program—core components of implementation fidelity.

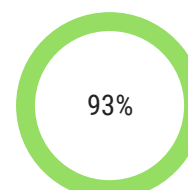
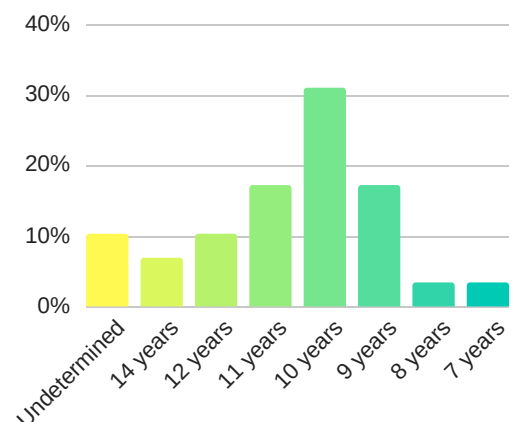


AFTER SCHOOL 4-H CAMP



Youth that came
4 or more times

TINY CHEF 4-H CAMP



Youth that came
4 or more times

UTAH STATE UNIVERSITY

FOOD \$ENSE (SNAP-Ed)

7,757,549



INDIRECT IMPRESSIONS



SOCIAL MEDIA



158%

INCREASE IN TOTAL
NUMBER OF TWITTER
IMPRESSIONS



199%

INCREASE OF
YOUTUBE VIEWS

MORE THAN 1 MILLION REACHED



10,786 ADULTS

DIRECT EDUCATION

After participating in classes

77%

have enough food to
last through the month

81%

eat more fruits and
vegetables

75%

shop with a list

77%

eat family meals at
least 3 x a week

"I didn't know I
was such a good
cook!"

"I have learned
different exercises
that can be used while
sitting or standing."

"It really works!"

"We love getting
good recipes so
our kids are
excited to help
prepare healthy
meals."

"It's
amazing
what little
changes
can do!"

26,537 YOUTH

DIRECT EDUCATION

Parents reported an increased

55%

intake of fruits and
vegetables

49%

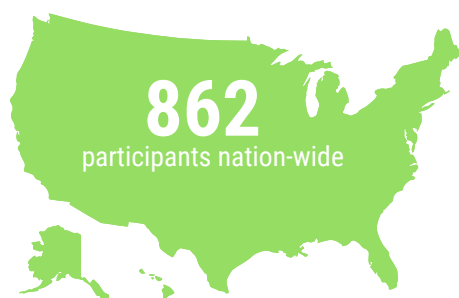
intake of whole grains

48%

intake of low-fat dairy

NNCP

National Nutrition
Certification Program



Over
97%
passing rate
(for those
who complete
the course)

EXTENSION  UTAH STATE UNIVERSITY
FOOD \$ENSE SNAP-Ed

THUMBS UP FOR HEALTHY CHOICES

in Food Pantries (Policy, Systems, and Environment (PSE))

87%

Food pantry participants
strongly agree/agree that
making healthy choices at the
food pantry is important

57%

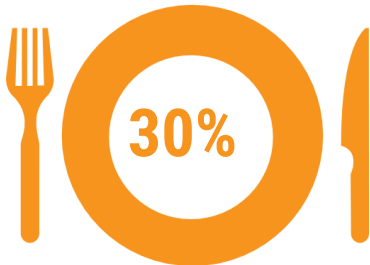
strongly agree/agree they
eat healthier since Thumbs
Up was introduced



22
PANTRIES

UTAH STATE UNIVERSITY NUTRITION, DIETETICS & FOOD SCIENCES

Over the past few decades, family meal frequency has declined by



Additionally, fewer meals these days are cooked at home.

Family meals are associated with positive outcomes for children, such as better performance in school, a healthier diet, less likelihood of obesity, and fewer behavioral problems. Home cooked meals are known to be healthier and cheaper, and if you can get children involved in cooking, they are more likely to eat what is served and have a healthier diet. USU Extension created the *Healthy Family Fun* program to encourage families to eat more meals together at home.

USU EXTENSION RESPONSE

PROGRAM IMPLEMENTATION & PARTICIPATION FROM 2014-2017

	YEAR 1	YEAR 2	YEAR 3	TOTAL
EVENTS	19	24	54	107 (ORIGINAL GOAL = 100)
SERIES*	4	8	16	26 (ORIGINAL GOAL = 25)
UNIQUE INDIVIDUALS	186	205	565	956 (ORIGINAL GOAL = 565)
COMPLETERS*	35	59	280	374 (ORIGINAL GOAL = 250)

*

From 2014-2017, the *Healthy Family Fun* program brought families together to cook together, eat together, and learn together. It focuses on using active learning and fun to make learning enjoyable. The major objective of the program is to encourage family meal times.

*A series of 4 family fun evenings or events
**Number of individuals who attended 3 out of 4 family fun evenings.

IMPACT

BEHAVIOR CHANGE IMPACT

USUALLY/ALWAYS

SOMETIMES/SELDOM/NEVER

EAT MEALS
AS A FAMILY
AT LEAST
3X/WEEK

20%

80%

% BEFORE

13%

87%

% AFTER

PREPARE
MEALS AT
HOME AT
LEAST
3X/WEEK

32%

68%

% BEFORE

19%

81%

% AFTER

CONFIDENT
I CAN
PREPARE
MEALS AT
HOME

19%

81%

% BEFORE

6%

94%

% AFTER

CONFIDENT I
CAN GET THE
WHOLE FAMILY
INVOLVED IN
PREPARING
MEALS

90%

10%

% BEFORE

46%

54%

% AFTER

Participating in the USU Extension Healthy Family Fun Program increases the number of meals eaten as a family and meals prepared at home, which in turn may reduce a number of health and success risk factors for children.

UTAHNS AGAINST HUNGER

SNAP OUTREACH

- Added 4 outreach sites in 2017
- Outreach sites helped 123 households apply online for SNAP
- Conducted 14 SNAP application & eligibility trainings

SCHOOL BREAKFAST PROGRAM

Chaired the Utah Breakfast Expansion Team (UBET), which met 10 times in 2017. UBET released the 2nd Utah School Breakfast Report and planned an event for National School Breakfast Week.

DOUBLE UP FOOD BUCKS (DUFEB) & FARMERS' MARKETS

- In 2017, 25 farmers' markets and farm stands participated in Double Up Food Bucks (DUFEB) in 11 counties across the state of Utah
- In 2017 there were more than 5,600 SNAP/DUFEB transactions
 - \$72,508 in SNAP sales
 - \$47,047 in DUFEB incentives redeemed for fresh local produce – a 23% increase over 2016 totals
- From 2015 through 2017 there were 13,663 transactions
 - \$178,665 in SNAP sales
 - \$114,719 in DUFEB incentives spent at local farmers' markets (\$293,384)

CONGRESSIONAL DELEGATION

- Helped organize and facilitate an advocates training led by Senator Orrin Hatch's staff. More than 40 low-income and disability advocates were in attendance.
- Met with Representative Mia Love to discuss our work. From this meeting, we were able to secure her commitment to co-sponsor the Military Hunger Prevention Act.
- Met with Representative Chris Stewart to discuss his positions on federal nutrition programs, and to get his commitment that he would work more closely with our staff on issues that pertain to hunger and food insecurity. We also asked him to co-sponsor the Military Hunger Prevention Act; he signed on as a co-sponsor in May 2017.

- Met with congressional staff 18 times throughout the year.

STATE LEGISLATIVE WORK

- Worked with other advocates to defeat efforts to increase the sales tax on food.
- Prevented the Social Services Appropriations Sub-committee from cutting \$200,000 of state funding to emergency food pantries and food banks.
- Worked to pass a bill that formed the Local Food Advisory Council, and to ensure that there was an anti-hunger representative included as a member. UAH was appointed to serve on the council.



WOMEN, INFANTS, AND CHILDREN (WIC)

EXPANDED BREASTFEEDING SUPPORT IN UTAH WIC

The Utah WIC program is committed to educating and supporting pregnant and breastfeeding women. As part of the Maternal and Child Health Block Grant, WIC intensified efforts to increase referrals to breastfeeding peer counselors as illustrated in the table below. Breastfeeding peer counselors are WIC employees who are current or former WIC participants. They’ve successfully breastfed their own children and receive training to support and mentor other WIC breastfeeding mothers. The number of statewide WIC Peer Counselors increased from 38 to 43.

YEAR	# OF REFERRALS TO WIC PEER COUNSELORS BY UTAH WIC AGENCIES
2015	10,191
2016	10,426
2017	10,757

AWARDS In 2017, two local WIC agencies received awards from USDA for their outstanding Loving Support Peer Counseling Programs. Bear River received the Gold Premier Award and Salt Lake County received the Gold Award.

In 2016, USDA released a new curriculum for peer counselors entitled Loving Support through Peer Counseling: A Journey Together for WIC Managers. This curriculum was designed to help State and local WIC agencies implement and sustain successful peer counseling programs that help WIC participants reach their breastfeeding goals. Utah WIC implemented this new curriculum as soon as it was released and provided training and support for all peer counseling managers and supervisors. As a result, the Utah WIC Breastfeeding Peer Counselors formed a Facebook page as a means of networking and sharing information, and participated in two conference calls to engage in peer learning. Since 2016, Utah WIC has sponsored two 45-Hour Lactation Courses for WIC staff, peer counselors, as well as community staff who serve WIC participants. This resulted in over 100 employees of WIC agencies, hospitals, and other prenatal and pediatric programs attending from around the state, many of whom pursued their International Board Certified Lactation Consultant (IBCLC) credential. Now these individuals, with their enhanced breastfeeding training, can better serve pregnant and breastfeeding mothers in the state of Utah.



AGENCY CONTACT INFORMATION



DEPARTMENT OF WORKFORCE SERVICES

ADDRESS P.O. Box 45249
Salt Lake City, UT 84145-0249

PHONE (801) 526-WORK (9675)

EMAIL dwscontactus@utah.gov



EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

ADDRESS 8700 Old Main Hill
Logan, UT 84322-8700

PHONE (435) 919-1328



EXTENSION, UTAH STATE UNIVERSITY

ADDRESS 4900 Old Main Hill
Logan, UT 84322-4900

PHONE (435) 797-2200



EXTENSION, UTAH STATE UNIVERSITY FOOD \$ENSE (SNAP-ED)

ADDRESS ECOB 124, 1330 E 700 N Room 124
Logan, UT 84322

PHONE (435) 797-3923



GET HEALTHY UTAH

EMAIL info@gethealthyutah.org

AGENCY CONTACT INFORMATION



INTERNATIONAL RESCUE COMMITTEE

ADDRESS 221 400 W, Salt Lake City, UT 84110

PHONE (801) 328-1091

EMAIL saltlakecity@rescue.org



UTAH DEPARTMENT OF HEALTH, EPICC

ADDRESS 288 North 1460 West
Salt Lake City, UT 84116

PHONE 1 (888) 222-2542



UTAH STATE BOARD OF EDUCATION CHILD NUTRITION PROGRAMS

ADDRESS 250 East 500 South, Salt Lake City, Utah,
84111-3204

PHONE (801) 538-7500



UTAHNS AGAINST HUNGER

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Salt Lake City, Utah 84101

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WOMEN, INFANTS, & CHILDREN (WIC)

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This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
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