

Food & Nutrition



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For additional information on:

Senior Centers / Nutrition sites and home delivered meals for seniors, please see pages 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.
- Consider eligibility for free or reduced school lunches or meals available for school age children.
- 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.
- 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 49)

Food Stamp Program

Program Description:

Food Stamps are funds that can be spent to buy nutritious food. For most households, Food Stamps 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 Food Stamp 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 Food Stamps if you and the people in your household*:

- are income and resource eligible
- are US Citizens or Qualified Legal Immigrants and an 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 Food Stamps you will get depends on the number of people in your household and how much monthly income is left after certain deductions.

If your household is categorically eligible for Food Stamps resources are not countable.

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 property is 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 in counted property. As a condition of eligibility, the household member selected as Head of Household will be required to work 20 hours a week. Activities that qualify as work include: unpaid work, paid work and volunteer activities totaling 20 hours a week. For definition of work activity, see page 29.

If you live in parts of Maricopa or Pima County and are an unemployed, able-bodied person between the ages of 18 and 50 with no dependents, you will only be eligible for Food Stamps for 3 months out of a 3 year period unless you are working or volunteering 20 hours a week or more.

Once you begin receiving Food Stamps 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
Outside Maricopa County

602-542-9935
1-800-352-8401

How to Apply

You can 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 Food Stamp Application and other Food Stamp 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 Needed

You will need certain documents to see if you qualify. These documents will be kept confidential and include:

- Social Security numbers for all household members including children.
- I.D. (Driver's License, Birth Certificate or proof of qualified immigrant status.)
- 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 90)
1-800-352-8401
Navajo and Hopi Nations
1-800-819-3046

Food Stamp EBT Card Reinstatements and
602-542-3451
Spanish translation services for Food Stamps

You can also download an application at:
www.arizonaselfhelp.org or www.asdes.gov/faa

Note: If you are receiving Food Stamps, 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	520-562-3849
Whiteriver	928-338-4964
Window Rock	928-871-6537
Sells	520-383-6275
Yuma	760-572-0740
San Carlos	928-475-2303

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, new mother, child less than 6 years of age, or a senior citizen 60 years of age or older.
- Not be 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. For example, low blood iron, under- or overweight, or dental problems.
- 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, Food Stamps, Cash Assistance (TANF), or Public Housing.

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 Needed

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, Food Stamps, Cash Assistance (TANF), or Public Housing. To prove your income eligibility, bring pay stubs or a program acceptance letter from AHCCCS, TANF, Food Stamps or Public Housing.

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 Farmer'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, Food stamp customers may also shop at participating markets statewide using their Food Stamp EBT cards.

For more information, please call 1-800-252-5942.

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.

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, and day care homes 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 after school or evening snacks or meals 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
623-344-2161

Mesa
United Food Bank
480-926-4897

Tucson
Community Food Bank
520-622-0525

Yuma
Yuma Community Food Bank
928-343-1243

Senior Brown Bag Program

Program Description

The Senior Brown Bag Program is only available in Maricopa County and 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 senior and disabled individuals 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 senior citizens, 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 at 602-242-3663

Food Buying Cooperatives

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 or, in many cases, food stamps. You receive a food package containing food worth 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.

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.

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.

How to Apply

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

Association of Arizona Food Banks	1-800-445-1914
Community Information & Referral	
Within Maricopa County	602-263-8856
Outside of Maricopa County	1-800-352-3792
Pima, Cochise, Graham, Greenlee and Santa Cruz Counties	520-881-1794 1-800-362-3474

Food Value Club

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

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

Help Yourself

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

United Food Bank 480-926-4897

Value Food Stores

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

Tucson Community Information & Referral
520-881-1794 1-800-362-3474
-or-
Community Food Bank 520-622-0525

Harvest Club

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

Yuma Community Food Bank 928-343-1243

Healthy Native Box

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

St. Jude Food Bank 928-283-6886

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 Food Banks:

- Emergency Food Boxes
- Food Buying Cooperatives
- Brown Bag
- Food Plus Program
- Produce Distribution Networks

Many Community Action Programs (see page 4) also offer emergency food.

Apache County

Old Concho Community Assistance Center
Corner of 180A & 61 Hwy
Concho, AZ 85924
928-337-3663

Round Valley Cares
109B "C" St
Springerville, AZ 85938
928-333-2660

Vernon Food Bank
#5 CR 3142
Vernon, AZ 85940
928-537-8727

Cochise County

Community Food Pantry of Benson
451 N Easy St
Benson, AZ 85602
520-586-7636

Bisbee Coalition for the Homeless
509 Romero St
Bisbee, AZ 85603
520-432-7839

Rural Accent, Inc.
219 W Bus Loop I-10
Bowie, AZ 85605
520-847-0847

Douglas Area Food Bank
660-G Ave
Douglas, AZ 85607
520-805-0259
Valley Food Bank
10293 Central Hwy
Elfrida, AZ 85610
520-642-3749

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

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

Coconino County

Care & Share Food Bank
1409 E Butler Ave
Flagstaff, AZ 86001
928-779-7066

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

Williams Food Bank
200 S 9th St
Williams, AZ 86046
928-635-2913

Gila County

Gila Community Food Bank
317 Hackney Ave
Globe, AZ 85501
928-425-3639

Miami Food Bank
501 1/2 Live Oak St
Miami, AZ 85539
928-473-3851

St. Vincent DePaul Food Bank
511 S St Phillips St
Payson, AZ 85541
928-474-9104

Graham County

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

Greenlee County

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

La Paz County

Parker Food Bank
1124 Geronimo
Parker, AZ 85344
928-941-2250

Quartzsite Food Bank
40 Moon Mountain Rd
Quartzsite, AZ 85346
928-927-3663

Maricopa County

Agua Fria Food Bank
405 E Harrison
Avondale, AZ 85323
623-932-9135

Chandler Christian
Community Center
345 S California
Chandler, AZ 85225
480-963-1423

Extended Hands Food Pantry
16524 E Laser Dr
Fountain Hills, AZ 85268
480-837-0303

New Life Family Church
202 S Gilbert Dr
Gilbert, AZ 85234
480-456-9200

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

Salvation Army
241 E 6th St
Mesa, AZ 85201
480-833-8322

Highways & Hedges
Ministries
2515 E Thomas Rd
Phoenix, AZ 85016
602-212-0850

Salvation Army
2702 E Washington St
Phoenix, AZ 85034
602-267-4122

Society of St. Vincent de Paul
420 W Watkins
Phoenix, AZ 85003
602-254-3338

Mount of Olives Lutheran
Church
3546 E Thomas Rd
Phoenix, AZ 85018
602-956-1620

Desert Mission Food Bank
9229 N 4th St
Phoenix, AZ 85020
602-870-6062

Paradise Valley Emergency
Food Bank
10862 N 32nd St
Phoenix, AZ 85028
602-867-9228

Phoenix Rescue Mission
1468 N 26th Ave
Phoenix, AZ 85009
602-233-3000

Rio Vista Center
1431 E Southern Ave
Phoenix, AZ 85042
602-243-1866

St. Matthew's Episcopal
Church
901 W Erie St
Chandler, AZ 85225
480-899-7386

Tanner Chapel A.M.E. Church
20 S 8th St
Phoenix, AZ 85034
602-253-8426

Phoenix Food Bank
4211 N 43rd Ave
Phoenix, AZ 85031
602-272-6326

Salt River Pima Maricopa
Indian Community
1952 N Longmore
Scottsdale, AZ 85256
480-850-4718

Salvation Army
714 S Myrtle
Tempe, AZ 85281
480-967-8649

Wickenburg Food Pantry
255 N Washington
Wickenburg, AZ 85390
623-684-7894

Mohave County

HELP Organization
2275 Trane Rd
Bullhead City, AZ 86442
928-758-2445

Salvation Army
309 E Beale St
Kingman, AZ 86402
928-718-2600

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

Navajo County

Love Kitchen, Inc.
1715 S Penrod Ln
Pinetop, AZ 85935
928-367-6505

New Life Community Food
Bank
601 S Clark Rd
Show Low, AZ 85901
928-537-4091

Whitemountain Apache Food
Distribution Program
1101 S Maverick Ave
Whiteriver, AZ 85941
928-338-4964

Pima County

Ajo Community Food Bank
421 Esperanza
Ajo, AZ 85321
520-387-4916

Arivaca Food Pantry
17252 W 5th St
Arivaca, AZ 85601
520-398-2771

Catalina Community Services
3414 E Golder Ranch Rd
Tucson, AZ 85739
520-825-0009

Green Valley Community
Food Bank
250 E Continental Rd, #101
Green Valley, AZ 85614
520-625-5252

Marana Community Food
Bank
11734 W Grier
Marana, AZ 85653
520-682-3001
El Rio Neighborhood Center
1390 W Speedway
Tucson, AZ 85745
520-791-4683

Pio Decimo Center
848 S 7th Ave
Tucson, AZ 85701
520-624-0551

Interfaith Community
Services
2820 W Ina Rd
Tucson, AZ 85741
520-297-6049

Community Food Bank
3003 S Country Club
Tucson, AZ 85713
520-622-0525

Southwest Family Resource &
Wellness Center
6855 S Mark Rd
Tucson, AZ 85746
520-908-3980

Rincon Valley F.D.
8850 S Camino Loma
Vail, AZ 85641
520-647-3760

Pinal County

Apache Junction Reach Out
Food Bank
575 N Idaho Rd, Suite 701
Apache Junction, AZ 85219
480-983-2995

Society of St. Vincent de Paul
405 E 2nd St
Casa Grande, AZ 85222
520-836-2009

Sharing Hands Food Bank
340 S Main
Coolidge, AZ 85228
520-723-4711

Santa Cruz Valley Food Bank
313 N Main St
Eloy, AZ 85231
520-466-1112

Border Food Pantry
1112 Tillbury Dr
Kearny, AZ 85237
520-363-7273

Tri-Community Food Bank
220 Main St
Mammoth, AZ 85618
520-487-2010

Santa Cruz County

Amado Community Food Bank
28720 S Nogales Hwy
Amado, AZ 85645
520-398-2479

Wilson-Batiz Borderland Food Bank
180 E Produce Terminal Dr
Nogales, AZ 85621
520-287-2627

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

Yavapai County

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

Old Town Mission
116 E Pinal
Cottonwood, AZ 86326
928-634-7869

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

Yavapai Food Bank
8400 E Spouse Dr
Prescott Valley, AZ 86314
928-775-5255

Yuma County

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

Yuma Community Food Bank
2325 S Engler Ave
Yuma, AZ 85365
928-343-1243

Soup Kitchens

Soup Kitchens serve prepared food. Some serve breakfast, some a noon meal and some an evening meal. Some programs are only for homeless persons and some serve everyone. Check with the individual Soup Kitchens listed for more information.

Apache County

St. Anne's Mission
Unit 50, HC58, Box 90
Ganado, AZ 86505
928-652-3264

Cochise County

Renaissance House
240 O'Hara Ave
Bisbee, AZ 85603
520-432-1771

Bisbee Coalition for the Homeless, Inc.
509 Romero St
Bisbee, AZ 85603
520-432-7839

Society of St. Vincent de Paul
543 G Ave
Douglas, AZ 85607
520-364-7573

Coconino County

Page Food Pantry
801 Aqua Ave
Page, AZ 86040
928-645-9533

Flagstaff Family Food Center
1903 N Second St
Flagstaff, AZ 86004
928-774-3188

Salvation Army
507 N Humphreys St
Flagstaff, az 86001
928-774-1403

Sunshine Rescue Mission Inc.
124 S San Francisco St
Flagstaff, AZ 86001
928-774-3512

Think Jesus Fellowship, Inc.
2300 E. 6th St
Flagstaff, AZ 86004
(928) 380-2565

Aquarian Concepts Community
2050 Yavapai Dr
Sedona, AZ 86336
928-204-1206

Maricopa County

New Destiny Christian Church
7848 S 27th Ave
Laveen, AZ 85339
602-237-3927

Paz de Cristo Community Center
424 W Broadway
Mesa, AZ 85210
480-464-2370

Andre House of Arizona, Inc.
213 S 11th Ave
Phoenix, AZ 85007
602-255-0580

Society of St. Vincent de Paul
1075 W Jackson
Phoenix, AZ 85007
602-261-6886

Society of St. Vincent de Paul
420 W Watkins St
Phoenix, AZ 85003
602-254-3338

Society of St. Vincent de Paul
9227 N 10th Ave
Phoenix, AZ 85021
602-944-0139

Rio Vista Center
1431 E Southern Ave
Phoenix, AZ 85042
602-243-1866

Phoenix Rescue Mission
1468 N 26th Ave
Phoenix, AZ 85009
602-233-3000

Unity March Corporation
Progressive C.O.G.I.C.
2108 E Broadway
Phoenix, AZ 85040
623-780-0727

Society of St. Vincent de Paul
67 W Broadway Rd
Mesa, AZ 85210
480-649-0081

Tempe First United Methodist Church
215 E University
Tempe, AZ 85281
480-967-3376

Central AZ Shelter Services (CASS)
230 S 12th Avenue
Phoenix, AZ 85007
602-256-6945

Rock Church
2012 N Scottsdale Rd, Suite A

Scottsdale, AZ 85257
480-945-8155

Set Free Baptist Fellowship
1034 N 24th St
Phoenix, AZ 85008
602-267-1511

Navajo County

Bread of Life Mission
885 Hermosa Dr
Holbrook, AZ 86025
928-524-3874

Holbrook Emergency Food Service
216 Joy Nevin Ave
Holbrook, AZ 86025
928-524-6044

Love Kitchen, Inc. - Mission of Grace
1715 S Penrod Ln
Pinetop, AZ 85935
928-367-6505

Pima County

Christian Faith Center
4108 E North St
Tucson, AZ 85712
520-722-2217

Picture Rocks Community Center
5615 N Sanders Rd
Tucson, AZ 85743
520-682-7166

Gospel Rescue Mission
312 W 28th St
Tucson, AZ 85713
520-740-1501

Inner-City Harvesters
939 S 10th Ave
Tucson, AZ 85701
520-620-1815

Pinal County

Against Abuse, La Casa de Paz
119 N Florence St
Casa Grande, AZ 85222
520-836-1239

Seeds of Hope Inc.
518 E 2nd St
Casa Grande, AZ 85222
520-836-6335

Yavapai County

Bread of Life Missions, Inc.
Camp Verde Community Center Gym
Camp Verde, AZ 86322
928-567-6931

Old Town Mission
116 E Pinal
Cottonwood, AZ 86326
928-634-7869

Salvation Army – Prescott
237 S Montezuma
Prescott, AZ 86303
928-778-0150

Church on the Street
105 W Carleton
Prescott, AZ 86303
928-771-8428

Prescott Open Door
505 W Gurley St
Prescott, AZ 86301
928-778-1950

Yuma County

Crossroads Mission
944 Arizona Ave
Yuma, AZ 85364
928-726-0491

Salvation Army – Yuma
1701 S Arizona Ave
Yuma, AZ 85365
928-783-0181

Society of St. Vincent de Paul
543 G Ave
Douglas, AZ 85607
520-364-7573

Community Gardening

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

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

To find out more about Community Gardening in Arizona, contact:

University of Arizona Cooperative Extension Maricopa County Office
602-470-8086

Or visit their Web Site:

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

Arizona Cooperative Extension

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

Call your county office for more information.

Apache County

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

Cochise County

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

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

Coconino County

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

Gila County

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

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

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

Graham County

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

Greenlee County

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

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

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