

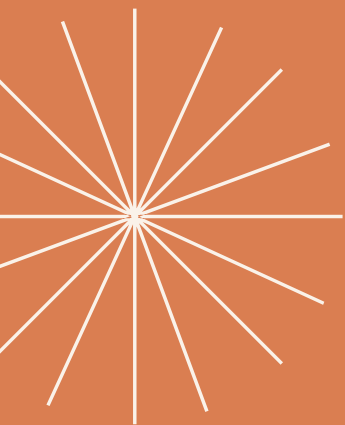
FAIRBANKS NORTH STAR BOROUGH FOOD ASSISTANCE PROGRAMS



USAG Alaska

September 2023





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Soldiers and Family Members,

Sometimes life can be difficult and unforeseen circumstances can cause hardship. If and when that time comes, ACS is here to help. We understand that everyone needs a little help once in a while, and that's OK.

This guide is designed to assist you in locating information regarding food assistance programs throughout the community to provide a little help when life throws you a curveball. If you are unable to locate information or resources in this guide, please call ACS at 907-353-4ACS (4227).

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FAIRBANKS COMMUNITY FOOD BANK



Fairbanks Community Food Bank

The Fairbanks Community Food Bank collects and redistributes donated food to individuals and agencies.

The Fairbanks Food Bank has several different Food Assistance Programs for the FNSB Community to include:

- Emergency Food Box
- Food is Medicine
- Thanksgiving Food Box
- Christmas Food Box
- Bone Builders
- Commodity Supplemental Food Program (CSFP)
- Temporary Emergency Food Assistance Program (TEFAP)

Emergency Food Box

The Emergency Food Box program allows for families to receive approximately 20 pounds of food per person in the house which is enough for three days. Families and individuals may receive up to 10 emergency food boxes per person per calendar year with a minimum three day wait period between each request. The Fairbanks Food Bank is unable to pack special requests – if there is an item in the box you are unable to eat, please share with a neighbor in need. **All you need to bring is a photo ID for all adults (18 and older) as well as names and birthdates for children in the household included on your food box order. Must call between 10a.m and 12p.m.**

The Fairbanks Food Bank is able to pack up to 60 orders each day. When they reach 60 orders for the day, they close the ordering time even if it is before noon on that day. Please call earlier rather than later. If you place an order but do not pick up your food box, you will be unable to receive further food boxes until you speak with the Fairbanks community food bank.

On the next page is the location and contact number to request and pickup orders.



Fairbanks Community Food Bank

457-4273

Food Box Distribution Churches and Agencies



PLEASE CALL THE CHURCH TO PLACE YOUR ORDER BETWEEN 10 AM AND NOON

DAY OF THE WEEK:	FAIRBANKS LOCATION:	FAIRBANKS LOCATION:	NORTH POLE LOCATION:
<u>MONDAY</u>	Fairbanks Lutheran 1012 Cowles 907-452-3425	Ken Kunkel Center (Goldstream Valley) 907-457-4273	
	Community Covenant 2136 McCullam Ave. 907-456-6553		
<u>TUESDAY</u>	Christ Lutheran Church Farmers Loop at Iniakuk Ave 907-479-4954	Salvation Army 1602 10th Ave 907-452-5005	St Jude's Episcopal 3408 Laurance Road 907-488-9329
	Feb. Mar. Apr. / Aug. Sept. Oct		
	First Church of the Nazarene 1524 Westwood Way 907-479-6734 May, June July / Nov. Dec. Jan.	The Lighthouse AK 215 Kniffen Road 907-590-9334	
<u>WEDNESDAY</u>	First Presbyterian Church 547 7th Avenue 907-452-2406		Lord of Life Lutheran Church 1005 St. Nicholas Dr. 907-488-6720
<u>THURSDAY</u>	Bible Baptist Church 32 Adak 907-452-1407	**Call in between 8am and 10 am only** Fairbanks Native Association 319 1 st Ave 907-452-5225	Summit Church Alaska 3340 Badger Rd Beaver Brook Mall 907-488-9084
	Fairbanks Community Health Center Call the Food Bank		
<u>FRIDAY</u>	Shannon Park Baptist 409 Lazelle Rd 907-452-4098	Sacred Heart Cathedral 1300 Peger Road 374-0572	Moose Creek Baptist Church 3518 Hope St. 488-2407
			Plack Road Baptist Church 1997 W Athena Circle 488-6697





Food Is Medicine

The purpose of the Food is Medicine program is to improve the health of Tanana Valley Neighbors with the availability of healthy fresh foods for those who are medically referred into the program.

The Food is Medicine program provides six pounds of fresh produce a day, up to 30 pounds of fresh produce per person each week to those that are referred to the program. **This program is available to local people of any age who are medically referred into the program.**

Location: 2216 South Cushman St., Fairbanks
open Monday through Friday from 11 a.m. to 3 p.m.
Please call the Food Bank at **907-457-4273** for more information.

Thanksgiving Food Boxes

On November 24th (the day before Thanksgiving), food boxes will be distributed at the following locations for those that need it:

First Presbyterian Church
547 7th Avenue, Fairbanks
9 a.m. to 4 p.m.
NO SIGN UP OR REGISTRATION REQUIRED!

Lord of Life Lutheran Church
1005 St. Nicholas Dr, North Pole
12 p.m.-2 p.m.
NO SIGN UP OR REGISTRATION REQUIRED!

Journey Christian Church
1201 Hoselton Rd, Fairbanks
Please Contact Journey Christian Church at 907-455-4433 to order a Thanksgiving box. **Must reserve a box in advance.**

Christmas Food Boxes

For a Christmas Food Box please contact:

Salvation Army
Application for families must be completed online at: www.saangeltree.org
Applications are open through December 11 Please contact the Salvation Army with questions.
phone: 452-5005



Bone Builders

Without a summer school lunch program, many kids could go hungry. Since the summer of 2002, the Food Bank has filled sacks with about 5lbs of kid-friendly snacks such as juice, fruit and granola bars.

To sign up for a summer Bone builders pack, please contact one of the following agencies:

The Salvation Army
1602 10th Ave, Fairbanks
Phone: 907-452-5005

JP Jones Community Center
2400 Rickert St, Fairbanks
Phone: 907-328-2280

CSFP Commodity Supplemental Food Program

The commodity supplemental food program provides monthly packages of nutritious food and nutrition education for seniors.

Who qualifies for CSFP?

Seniors over 60 years who are at or below the CSFP got income guidelines can apply for CSFP. If you have any questions regarding the CSFP program or the application, please contact: Pam 374-0555

Applications can be found at:

<https://www.fairbanksfoodbank.org/programs/commodity-supplemental-food-programs/>

Temporary Emergency Food Assistance Program

The Temporary Emergency Food Assistance Program (TEFAP, USDA Commodities program) assists families who meet USDA federal poverty guidelines. Each month the Food Bank organizes about 50 volunteers to distribute food. Items include such staples as applesauce, dried beans, corn flake cereal, canned vegetables, etc. In addition to the 450-plus families who pick up the food at the Food Bank, the Salvation Army helps pack and deliver 100 boxes to local home-bound recipients.

If you would like to apply for TEFAP, please download the TEFAP program overview letter and the TEFAP application packet. The TEFAP brochure has additional information about the program. Please fill out the TEFAP application according to the letter of instruction included with the application. If you have any questions regarding the TEFAP program or the application, please contact the Fairbanks Community Food Bank.

Who is Qualified for TEFAP

You must qualify within the annual income guidelines.

- You must qualify EVERY October.
- Once you are qualified in October, you are eligible through the following September.
- You must pick up your box of food in person, presenting a photo ID card.
- If you are unable to pick up your box in person, a letter must be in the file prior to the distribution day and the designated person must present their photo ID.
- No casework will be done on the distribution day. If your paperwork is not on file, the volunteers who distribute the food will not give you a food box.
- Each household will only be served once a month.
- The quantity of food is limited to the verified household size. No exceptions and no exchanges of food.
- We cannot hold your box for distribution on any other day

Applications can be found at: <https://www.fairbanksfoodbank.org/programs/temporary-emergency-food-assistance-program/>

Application Drop Off

WHEN? Third Saturday of each month

WHERE? Fairbanks Community Food Bank, 725 26th Avenue, USDA warehouse end of the building (look for signs on the door.)

WHAT TIME? Opens no sooner than noon and closes no later than 2:00 pm. Last applicants accepted no later than 1:45 pm. Please plan for at least one hour, especially if you arrive at noon. The line is shorter at 1:00 pm.

WOMEN, INFANTS & CHILDREN (WIC) SUPPLEMENTARY FOOD PROGRAM

WIC Supplementary Food Program is a nutrition program that helps pregnant women, postpartum/breastfeeding mothers and young children under the age of 5 eat well, learn about nutrition, and stay healthy.

WIC provides check that can be used to purchase healthy foods such as:

- Whole grains
- Fruits and vegetables
- Milk or Soymilk
- Cheese
- Soy Milk
- Tofu
- Juice
- Eggs
- Cereal or oatmeal
- Beans—Either dried or canned
- Jarred baby food & Infant cereal after 6 months old
- Peanut butter
- Infant Formula

WIC is for all kinds of families: married & single parents, working and not working. if you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5 years of age you can apply for your child.

. You can participate in WIC if you:

- Live in Alaska AND
- Have a nutritional need (WIC staff can help determine this) AND
- Have a family income meeting WIC Income Eligibility Guidelines AND
- are one of the following client types:
 1. Pregnant
 2. Breastfeeding woman of an infant up to 12 months of age
 3. Less than 6 months postpartum with a formula-fed infant
 4. Have a child under 5, including foster children

For instructions on how to apply please visit:

<https://www.rcpcfairbanks.org/wic-program/how-to-apply-for-wic/>

Midnight Sun WIC Office

Phone: 907-500-8451

Alaska WIC Income Eligibility Guidelines Effective from July 1, 2023 to June 30, 2024

Household Size	Annually	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$33,689	\$2,808	\$1,404	\$1,296	\$648
2	\$45,584	\$3,799	\$1,900	\$1,754	\$877
3	\$57,480	\$4,790	\$2,395	\$2,211	\$1,106
4	\$69,375	\$5,782	\$2,891	\$2,669	\$1,335

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

The Alaska Supplemental Nutrition Assistance Program provides food benefits to low-income households. The Division of Public Assistance issues SNAP benefits via the Alaska Quest card. **The amount a household receives** each month depends on the household's size and countable income. Eligible households use SNAP benefits to buy food products from authorized stores statewide.

Eligible applicants must pass income and assets tests. The gross monthly income test is based on 130% of the current Alaska poverty standard.

Alaska has special rules that allow for higher SNAP benefits in rural areas and the use of benefits to purchase certain hunting and fishing subsistence supplies.

For more information, please contact the State of Alaska Fairbanks Regional Office Building, 675 7th Ave # D, Fairbanks, AK 99701

Phone: (800)-478-7778

Or visit their website:

[https://health.alaska.gov/dpa/Pages/\\$NAP/default.aspx#benefits](https://health.alaska.gov/dpa/Pages/$NAP/default.aspx#benefits)



Alaska Department of Health
Division of Public Assistance

ALASKA SNAP STANDARDS INCOME LIMITS AND STANDARD DEDUCTIONS EFFECTIVE 10/1/2023

HOUSEHOLD SIZE	GROSS LIMIT	NET LIMIT	165% POVERTY	STANDARD DEDUCTION
1	\$1,973	\$1,518	\$2,504	\$338
2	\$2,670	\$2,054	\$3,388	\$338
3	\$3,366	\$2,590	\$4,273	\$338
4	\$4,063	\$3,125	\$5,157	\$338
5	\$4,760	\$3,661	\$6,041	\$338
6	\$5,456	\$4,197	\$6,925	\$349
7	\$6,153	\$4,733	\$7,809	\$349
8	\$6,849	\$5,269	\$8,693	\$349
Additional Member	+ \$697	+ \$536	+ \$885	+ \$349

MAXIMUM and MINIMUM SNAP ALLOTMENTS

HOUSEHOLD SIZE	URBAN	URBAN Minimum	RURAL I	RURAL I Minimum	RURAL II	RURAL II Minimum
1	\$374	\$30	\$477	\$38	\$581	\$46
2	\$686	\$30	\$875	\$38	\$1,065	\$46
3	\$983	N/A	\$1,253	N/A	\$1,525	N/A
4	\$1,248	N/A	\$1,591	N/A	\$1,937	N/A
5	\$1,482	N/A	\$1,890	N/A	\$2,300	N/A
6	\$1,778	N/A	\$2,268	N/A	\$2,760	N/A
7	\$1,966	N/A	\$2,506	N/A	\$3,051	N/A
8	\$2,246	N/A	\$2,865	N/A	\$3,487	N/A
Additional Member	\$281	N/A	\$358	N/A	\$436	N/A

MORE FOOD RESOURCES

Ft. Wainwright ASYMCA Market place

The ASYMCA Market Place is available to Active Duty, National Guard, and Reserve service members and their dependents—no questions asked. No referral or financial documents are needed. Any information collected during sign-in is completely confidential.

For more information, please call

Phone: 907-353-5962 Or stop by 1047 Nysteen Rd., #4, Ft. Wainwright, Alaska

UAF Food Pantry

The UAF Food Pantry serves any UAF student with a Polar Express Card. Students may pick up one bag of food per week.

The food pantry is stocked with canned food (beans, soup, vegetables, etc.), other shelf stable food items (pasta, granola bars, oatmeal, etc.), and hygiene products (toilet paper, shampoo, soap, etc.).

For more information please call: 907-474-5070, or Visit the Wood Center on campus on Tuesdays 2 p.m.– 4 p.m. and Wednesday 4 p.m.–6 p.m

FNSB Pet Food Pantry

The Pet Pantry is very similar to a food/supply bank. Items that are often donated are pet food, cages, accessories, leashes, bowls, blankets, etc. The items are available to those in need and donated items are greatly appreciated by the community. Our Pet Pantry is located on the far side of the building near the Intake door and is completely self-serve.

FNSB Animal Control
2408 Davis Road
Fairbanks, AK 99701
Phone: 907-459-1451

Operation Helping Hands

Operation Helping Hands provides commissary voucher cards to Service Members and families who are in need of extra assistance for food and necessities.

Service Members must Coordinate with Unit Chaplain

Phone: 907-353-6278/2088

Location: 1051 Gaffney Rd. Unit 10, Ft. Wainwright AK

FNSB School District Free and reduced Meal

If a student qualified for benefits during the prior school year and is officially enrolled in the school district on the last day of school, those students will have a thirty-day grace period going into the next school year. We encourage families to apply as early as possible in July to ensure benefits are available for students when school starts.

To apply visit: <https://www.k12northstar.org/page/9846>

Please see below for the Federal Eligibility Income Chart

Household Size	Annual	Monthly	Weekly
1	\$ 33,689	\$ 2,808	\$ 648
2	\$ 45,584	\$ 3,799	\$ 877
3	\$ 57,480	\$ 4,790	\$ 1,106
4	\$ 69,375	\$ 5,782	\$ 1,335
5	\$ 81,271	\$ 6,773	\$ 1,563
6	\$ 93,166	\$ 7,764	\$ 1,792
7	\$ 105,062	\$ 8,756	\$ 2,021
8	\$ 116,957	\$ 9,747	\$ 2,250
For each additional family member add:	\$ 11,896	\$ 992	\$ 229



HOT MEALS

The Breadline, Inc. Stone Soup Cafe

Phone: 907-452-1974

Location: 507 Gaffney Rd. Fairbanks, Alaska

Five days a week, Stone Soup Cafe serves free, nutritious breakfasts and sack lunches to those in need. Volunteers serve an average of 28,000 meals per year. Their guests teach them that poverty does not discriminate. They serve mothers and young children, the elderly, homeless, unemployed, and those who are working but can't make ends meet.

Fairbank Native Association

Phone: 907-452-5225

Location: 319 First Avenue, Fairbanks, Alaska

Lunch is served daily to Alaska Natives
from 1130 a.m.-1230 p.m.

Fairbanks Rescue Mission

Phone: 907-331-6292

Location: 723 27th Ave, Fairbanks Alaska

Breakfast: 7 a.m.- 7:30 a.m.
Lunch: 12 p.m.-12:30 p.m.
Dinner: 5:30 p.m.- 6 p.m.

The Well

Phone: 907-452-2406

Location: 547th Ave First Presbyterian Church,
Fairbanks

Free hot meals on Wednesdays, 6 p.m.-7:00 p.m.
Only September-May

Summer Food Program

Phone: 907-452-4267 x234

1949 Gillam Way, Fairbanks, AK

Free meals for anyone under 18 and individuals over 18 with a disability.

Lunch: M-F 11 a.m.-1 p.m.

Snack: M-F 3 p.m.-4 p.m.

Immaculate Conception Church

Phone: 907-452-3533

Location: 115 N Cushman St, Fairbanks Alaska

Serving hot meals Wednesday-Sunday 11. a.m.-1 p.m.

ADDITIONAL RESOURCES

FT Wainwright Wellness Center

The Wellness Center can assist with:

- Body Composition Analysis– Various methods including the Bod Pod, ultrasound, bioelectrical impedance, or skinfold calipers are used to determine body fat percentage.
- Metabolic Testing– Results provide the exact number of calories required for weight loss, gain, or maintenance.
- Fitness Testing– An assessment of biometrics and the four components of health-related physical fitness: aerobic fitness, body composition, muscular fitness and flexibility. Results are used as a planning tool for exercise prescription and motivation to assist clients in establishing and meeting physical activity, fitness and health goals.
- Stress Management– Includes stress management and biofeedback sessions. With biofeedback, you're connected to a LED sensor that helps receive information about your body in real time on a screen in front of you.
- Educational Classes: Healthy Eating, Stress Management, Upping Your Metabolism and Sleep Education.

Free services and classes available for: Active-Duty Soldiers (all branches), Family Members, Retirees, DA Civilians, 18 years and older

Location: Preventative Medicine
BLDG 4077, RM 140, Neely Rd
Ft. Wainwright, Alaska

Hours of Operation:
Monday–Thursday: 0715– 1600 & Friday: 0715–1230
Lunch Hours– 1230–1330: Closed
Federal & Training Holidays: Closed

Call For Your Appointment Today
(907)–361–2234

Nutritionist

Bassett Army Community Hospital

Location: 4076 Neely Rd, Ft. Wainwright, Alaska

Phone: (907)–361–5163

American Red Cross of Alaska

The American Red Cross of Alaska serves the entire state of Alaska, and you can count on them to be there to help you in times of need. As a member of the local, national and international network of the Red Cross Movement, the American Red Cross of Alaska is Committed to providing relief to victims of disasters and helping people, prepare for and respond to emergencies. They can also assist with finding food resources.

Phone: 1-888-316-4272

