

Kiowa County Healthy Choices

A Food Program for the Family



What is Kiowa County *Healthy Choices*?

Healthy Choices is a Kiowa County voucher food program to improve the diets of low-income families while providing an additional food supplement resource to the current programs being offered by the Department of Social Services.

The goal of the *Healthy Choices* program is to make a contribution to household food budgets while helping families or individuals to increase the amount and variety of fruits and vegetables they eat.



Who is eligible for *Healthy Choices*?

Any household that falls into the 125% of the Federal Poverty guidelines is eligible for the *Healthy Choices Program*



2017 125% of Federal Poverty Level	
Number of Persons in Household	Annual Income Limit
1	\$15,075
2	\$20,300
3	\$25,525
4	\$30,750
5	\$35,975
6	\$41,200
7	\$46,425
8	\$51,650
Add for Each Additional Person	Add \$5,225/ person

What can I buy with my *Healthy Choices* food vouchers?

Fruits and Vegetables:

- Plain fresh or frozen fruits or vegetables. These can be whole or chopped, packaged or loose.
- Starchy vegetables such as potatoes, sweet potatoes, yams, and other starchy roots.

Milk:

- Plain cow's milk: whole milk, semi-skimmed milk, 1% fat milk, skimmed milk, or Silk milk.

Items that CANNOT be purchased:

- Fruits or Vegetables which are dried, canned, juiced or pre-cooked. Fruit juices, smoothies, fruit or vegetables which have added ingredients such as fat (oil), salt, sugar or flavorings – including oven chips and battered onion rings. Fruit-flavored items such as some yogurts.



How do the vouchers work for *Healthy Choices*?

Healthy Choices food vouchers can be used to buy foods from three important food groups:

- Milk from the “milk and dairy foods” group
- Potatoes from the “bread, rice, potatoes, and pasta” group
- Fresh or frozen plain fruits and vegetables from the “fruit and vegetables” group

Healthy Choices households will receive monthly vouchers that can be exchanged for fresh and/or frozen fruits and vegetables, and milk. The vouchers can be used at our local Kiowa County grocery store, *Crow's Stop and Shop*.

Vouchers are worth \$25 for the first member of the household, plus \$10 for each additional member of the household. A family of four would receive a \$55 voucher each month!



How Do I apply for *Healthy Choices*?

A short, one-page application may be picked up at
Kiowa County Public Health
1309 Maine Street
Eads, Colorado

or may be downloaded from the Kiowa County website:
www.colorado.gov/kiowacounty

***A Special Thanks to Krissy Ray for developing
this program and to our local CSBG Board for
its Implementation!***

Kiowa County Healthy Choices Program

Administered by

Kiowa County Public Health Office

1309 Maine Street PO Box 414

Eads, CO 81036

Phone: (719) 438-5782

Fax: (719) 438-2208

www.colorado.gov/kiowacounty

Program Funded by CSBG Funds