

# Need Food Help?

## Kane & Washington Counties

### Federal Nutrition Programs

#### SNAP (Food Stamps)

SNAP, or the Supplemental Nutrition Assistance Program (formerly known as food stamps) provides monthly food assistance to low-income individuals and households through an electronic benefits transfer card (EBT) known as the Horizon Card. SNAP benefits can be used to purchase any foods other than hot prepared meals. Most grocery stores in Utah accept SNAP.

See *Chart A* below for eligibility. You can apply for SNAP online at <https://jobs.utah.gov/mycase/> or in person (Monday-Friday 8am-5pm) at your local Department of Workforce Services (DWS) Employment Center:

**DWS – Employment Center**  
468 East 300 South  
Kanab, UT 84741  
(435) 644-8911

**DWS – Employment Center**  
162 North 400 East  
St. George, UT 84770  
(866) 435-7414

#### Expedited SNAP

Normally, SNAP (food stamp) applications are processed within 30 days. However, you can receive your SNAP benefits in 7 days, if:

- You are in a household with less than \$150 in monthly gross income and have less than \$100 cash on hand.
- You are in a household whose combined monthly gross income and liquid assets are less than the household's monthly utilities and rent/mortgage.
- No verification is required at the time of application. Any necessary verification must be submitted within 30 days of initial application.

Same day benefit issuance is possible if you already have an EBT card.

### Using SNAP at Farmers Markets

You can use your SNAP EBT benefits at over 20 farmers markets and farm stands across Utah. Some locations also match SNAP benefits (up to \$30 per market day) with Double Up Food Bucks tokens that can be used to purchase fresh fruits and veggies. Find a participating farmers market & farm stand near you at <https://www.uah.org/get-help/snap-farmers-market>

### Create Better Health SNAP Education

Create Better Health provides nutrition education to SNAP recipients and eligible households. Create Better Health offers a variety of classes to expand participants' knowledge of nutrition, budgeting, cooking, food safety, and physical activity for persons eligible for SNAP. Learn more at <https://extension.usu.edu/createbetterhealth>

**Kane County**  
180 West 300 North  
Kanab, UT 84741  
(435) 644-4901

**Washington County**  
339 South 5500 West  
Hurricane, UT 84737  
(435) 634-5706

### Free & Reduced Price School Meals

The National School Lunch Program and School Breakfast Program operate in most public and nonprofit private schools and residential child care institutions. Immigration, migrant, citizenship or refugee status is not asked for during the application process. Families can apply at any time during the year. Parents and children do not need to be citizens to be eligible for school meal programs. See Charts A & B for eligibility. Contact your child's school to apply, or find a link to your school application here: <https://uah.org/get-help/school-meals>

### Summer Food Program

The Summer Nutrition Program provides free meals and snacks to all children 18 and under when school is not in session. To find a summer food location near you, text FOOD to 304304 or call 1-800-453-3663

### WIC (Women, Infants & Children) Supplemental Food Program

The WIC program provides supplemental food such as milk, infant formula, eggs, cheese, juice, cereals, beans, fruits, and vegetables to pregnant women, nursing mothers, infants, and children under the age of 5, who are low income and at nutritional risk. WIC benefits are redeemable at most grocery stores. See *Chart B* for eligibility.

To apply for WIC benefits call your local WIC office to set up an appointment:

**Kanab**  
445 North Main Street  
Kanab, UT 84741  
(435) 644-2537

**St. George**  
620 South 400 East Ste. 400  
St. George, UT 84770  
(435) 673-3528

Are You Eligible?		
	Chart A 130% of poverty SNAP & Free School Meals, CSFP Boxes	Chart B 185% of poverty WIC & Reduced-Price School Meals
Household Size	To qualify, your gross monthly income must be less than:	
1	\$1,580	\$2,248
2	\$2,137	\$3,041
3	\$2,694	\$3,833
4	\$3,250	\$4,625
5	\$3,807	\$5,418
6	\$4,364	\$6,210
CHART A: For additional family member add \$557 CHART B: For additional family member add \$793		



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### Emergency Food & Community Resources

#### 2-1-1 Utah Information & Referral

2-1-1 Utah provides information and referrals for social services, medical services, utility and housing assistance, and other low-income resources. For more information call 2-1-1 or visit <http://211utah.org/>

#### Emergency Food Pantries

**Big Water**

175 Aaron Burr  
Big Water, UT 84741  
(435) 691-0228

**Hurricane Valley**

450 East 800 North Ste. 8  
Hurricane, UT 84737  
(435) 628-1181

**Kane County**

56 West 450 North  
Kanab, UT 84741  
(435) 691-0228

**Long Valley**

415 East State Street Hwy 89  
Orderville, UT 84758 (435)  
628-2504

**Solomon's Porch**

1495 South Blackridge Dr.  
St. George, UT 84770  
(435) 669-9070

**Piute Central Utah**

**Food Sharing**  
180 West 500 North  
Junction, UT 84740 (435)  
896-5225

#### Prepared Meals/Soup Kitchens

**Community Soup Kitchen**

1072 East 900 South  
St. George, UT 84790  
(435) 767-1201

#### Utahns Against Hunger

Utahns Against Hunger (UAH) is a non-profit organization that works to increase food access through advocacy, outreach, and education. You can call UAH with questions related to accessing any of the resources or nutrition programs included on this flier.

Phone: (801) 328-2561

Toll-free: 1-800-453-FOOD (3663)

Email: [info@uah.org](mailto:info@uah.org)

Website: [www.uah.org](http://www.uah.org)

#### Utah Food Bank Mobile Pantry Program

The Utah Food Bank's Mobile Pantry provide support to Utahns living in areas that are classified as food deserts or are inaccessible or underserved by traditional food pantries. Call to find a mobile pantry location at (801)978-2452 or visit <https://www.utahfoodbank.org/programs/mobile-pantry/>

#### Utah Food Bank Food Box Program

The Utah Food Bank's Food Box Program provides free monthly food assistance to homebound people with disabilities and seniors living in poverty, delivered right to the client's home. To find out if you are eligible, call (801) 887-1271 or visit

<https://www.utahfoodbank.org/ufb-food-box-program/>

#### Food Assistance for Seniors

##### Commodity Supplemental Food Program (CSFP)

CSFP is a free monthly food box program for low-income (self- declared) seniors 60+. See *Chart A* for eligibility.

Learn more about CSFP at [www.utahfoodbank.org/csfp](http://www.utahfoodbank.org/csfp) and call (801) 887-1275 for an application and to find a distribution center near you.

#### Congregate Meals

Congregate Meals are served free to those 60+ at senior centers. Donations are suggested but not required to participate.

**Orderville Senior Center**

419 East State North  
Orderville, UT 84758  
(435) 648-2504

**Kanab Senior Center**

56 West 450 North  
Kanab, UT 84741  
(435) 644-5250

#### Meals on Wheels

The Meals on Wheels program prepares and delivers free meals to seniors who are homebound and 60+. Apply by calling your local Aging & Adult Services office at:

**Meals on Wheels Offices**

1070 West 1600 South, Bldg. B  
St. George, UT 84770  
(435) 673-3548