

# Need Food Help?

## Salt Lake County

### 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 Centers

Metro: 720 East 200 South  
Midvale: 7992 South State Street  
South County: 5735 South Redwood Road

#### 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.

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		

#### 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>

##### Salt Lake County

2001 South State Street, Ste. S-1 300  
Salt Lake City, UT 84114  
(385) 468-4820

#### 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:

##### Ellis Shipp

4535 South 5600 West  
West Valley City, UT 84120  
(385) 468-3710

##### South Main

3690 South Main Street  
Salt Lake City, UT 84110  
(385) 468-3660



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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

See pages 3 for a list of Salt Lake County emergency food pantries.

#### Prepared Meals/Soup Kitchens

##### Chuckwagon Sunday Brunch

500 South 600 West  
Salt Lake City, UT 84126  
(801) 254-4945

#### 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.

Learn more about Congregate Meals at <https://slco.org/aging-adult-services/meals-on-wheels/> and call (385) 468-3200 for an application and to find a senior center near you.

#### 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

2001 South State Street St.S3-300  
Salt Lake City, UT 84114  
(385) 468-3200



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### Emergency Food & Community Resources

**Casa de Oracion - SLC**  
1946 West Parkway Blvd.  
West Valley, UT 84119  
(801) 674-7241

**Central Compassion Center**  
1076 West Indiana Ave.  
Salt Lake City, UT 84104  
(801) 328-0768

**Crossroads Urban Center**  
347 South 400 East  
Salt Lake City, UT 84111  
(801) 364-7765

**Crossroads Urban Center  
Westside Pantry**  
1358 West Indiana Avenue  
Salt Lake City, UT 84104  
(801) 935-4079

**House of His Glory Pantry**  
213 West 4800 South  
Murray, UT 84107  
(801) 994-2308

**First Baptist Church Kearns**  
4445 West 5175 South  
Kearns, UT 84118  
(801) 981-8717

**Granger Community  
Food Pantry**  
3232 West 4100 South  
West Valley, UT 84119  
(801) 968-3301

**Hidegarde's Food Pantry**  
231 East 100 South  
Salt Lake City, UT 84111  
(801) 328-2303

**Hope Unlimited  
Community Pantry**  
4140 West Sams Blvd.  
Kearns, UT 84118  
(801) 455-7972

**Mesopotamia Community  
Pantry**  
3422 South 300 West Salt  
Lake City, UT 84115  
(385) 444-8861

**House of Prayer  
Food Pantry**  
829 South 200 West Salt  
Lake City, UT 84101  
(801) 414-3942

**Jewish Family Service Food  
Pantry**  
495 E 4500 S Ste 100  
Salt Lake City, UT 84106  
(801) 746-4334

**Magna FACT**  
9113 West Magna Main  
Magna, UT 84044  
(801) 250-4811

**Manna Market  
Indoors/Outdoors**  
3278 S 500 E  
Salt Lake City, UT 84106  
(801) 588-0139

**Rescue Mission  
of Salt Lake**  
463 South 400 West Salt  
Lake City, UT 84101  
(801) 355-1302

**Mt. Calvary Worship Center  
Food Pantry**  
3050 South 3200 West  
West Valley, UT 84419  
(801) 679-0466

**Murray Park Church  
Food Pantry**  
494 East 5300 South  
Murray, UT 84107  
(801) 293-7000

**Nueva Esperanza  
Food Pantry**  
7681 South 2200 West  
West Jordan, UT 84084  
(385) 232-9066

**Palmer Court Food Pantry**  
999 South Main Street  
Salt Lake City, UT 84111  
(801) 505-7637

**St. James Episcopal  
Church Food Pantry**  
7486 Union Park Avenue  
Midvale, UT 84047  
(801) 566-1311

**Salt Lake City Mission  
Food Pantry**  
1151 S Redwood Rd #106  
SLC, UT 84104  
(801) 355-6310

**Somali Community Self-  
Management Agency**  
1151 South, Redwood Road,  
Unit 102 SLC, UT 84115  
(801) 487-0822

**South Valley Jesus Feeds  
Food Pantry**  
352 West 12300 South  
Draper, UT 84020  
(801) 688-7251

**St. Andrew's Food Pantry**  
11835 South 3600 West  
Riverton, UT 84065  
(801) 871-5080

**The Salvation Army  
Salt Lake**  
438 South 900 West Salt  
Lake City, UT 84104  
(801) 988-4204

**St. Paul's Episcopal  
Church Food Pantry**  
261 South 900 East Salt  
Lake City, UT 84102  
(801) 355-6203

**St. Vincent de Paul Dining  
Hall – Soup Kitchen**  
437 West 200 South Salt  
Lake City, UT 84101  
(801) 363-7710

**The Concern Center**  
1235 West California Ave.  
Salt Lake City, UT 84104  
(801) 972-5708

**The Islamic Society of  
Greater Salt Lake**  
1019 West Parkway Ave.  
West Valley, UT 84119  
(801) 879-5313

**The UNP Hartland  
Partnership Ctr. Pantry**  
1578 West 1700 South Salt  
Lake City, UT 84104  
(801) 864-2483

**VOA – Youth  
Resource Center**  
888 South 400 West Salt  
Lake City, UT 84101  
(801) 364-0744