

NEED FOOD HELP?

Federal Nutrition Programs

SNAP (Food Stamps)

SNAP, or the Supplemental Nutrition Assistance Program (formerly '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 at your local Department of Workforce Services (DWS) Employment Center, Monday-Friday 8am- 5 pm

DWS – Employment Center 69 North 600 West, Ste. C Heber City, UT 84032 801-526-0950	DWS – Employment Center 557 West State Street Lehi, UT 84043 801-526-0950
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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 SNAP & Free School Meals, CSFP Boxes	Chart B WIC & Reduced-Price School Meals
Household Size	To qualify, your gross monthly income must be less than:	
1	\$1,354	\$1,926
2	\$1,832	\$2,607
3	\$2,311	\$3,289
4	\$2,790	\$3,970
5	\$3,329	\$4,652
6	\$3,748	\$5,333

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CHART A: for additional family member add \$479
 CHART B: for additional family member add \$682

Using SNAP at Farmers Markets

You can use your SNAP EBT benefits at over twenty farmers markets and farm stands across Utah. Some locations also match SNAP benefits (up to \$10 per 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>

Food \$ense SNAP Nutrition Education

Food \$ense (SNAP-Ed) provides nutrition education to SNAP recipients and eligible households. Food \$ense 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/foodsense/>

Summit County 45 East 100 North Coalville, UT 84017 435-336-3217	Utah County 100 E Center Street, RM. L400, 4H Provo, UT 84606 801-851-8460
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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 vouchers 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:

Orem 816 North 980 West Orem, UT 84057 801-851-7300	Park City 650 Round Valley Drive Park City, UT 84060 435-333-1500
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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. They provide nutritionally balanced, low-cost or free breakfast and lunches to children each school day. Families can apply at any time during the year. Parents do not need to be citizens for their kids to be eligible for school meal programs. See Charts A & B for eligibility. Contact your child's school to apply.

Summer Food Program

Utah, Summit, Wasatch

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 877-877 or call 1-800-453-3663

Emergency Food & Community Resources

Emergency Food Pantries

Agape Community Center 765 East 100 North Payson, UT 84651 801-658-5158	Compassionate Sheep Charity Center 1620 South State Street Orem, UT 84097 801-691-0166
Feed the Poor 291 East 4500 South Murray, UT 84107 801-556-2223	Saturday Grace 239 South Main Street Springville, UT 84663 801-491-8440
Heber Valley Center Stage 55 East Center Street Heber, UT 84032 435-657-9493	Park City Food Pantry 1283 Deer Valley Drive Park City, UT 84060 435-649-2260

See attached for more locations or call 801-328-2561 or visit uah.org/get-help/emergency-food

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/>

Prepared Meals/Soup Kitchens

Food & Care Coalition 299 East 900 South Provo, UT 84606 801-373-1825

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

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 Office 586 East 800 North Orem, UT 84097 801-229-3802

Congregate Meals

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

North Summit Senior Citizen 150 East Park Road Coalville, UT 84017 435-336-3014	Lehi Senior Citizens Center 123 North Center Street Lehi, UT 84043 385-201-1065
Goshen Senior Center 79 South Center Street Goshen, UT 84633 801-667-3477	Santaquin Senior Center 45 West 100 South Santaquin, UT 84655 801-754-1700

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 Call 801-887-1275 for an application and to find a distribution center near you.

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/>

Utahns Against Hunger

Utahns Against Hunger (UAH) is a non-profit organization that works on advocacy, outreach and education around federal and state nutrition



Counties

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programs. 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
Website: www.uah.org

Action Services 30 South Main Street Kamas, UT 84036 435-783-4303	Action Services 815 South Freedom Blvd. Provo, UT 84601 801-373-8200
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Emergency Food & Community Resources

DWS – Employment Center 1910 Prospector Ave, #100 Park City, UT 84060 801-526-0950	DWS – Employment Center 1550 North 200 West Provo, UT 84604 801-526-0950
DWS – Employment Center 1185 North Canyon Creek Spanish Fork, UT 84660 801-526-0950	Wasatch County Food Sense 55 South 500 East Heber City, UT 84032 435-657-3235
WIC – American Fork 599 South 500 East American Fork, UT 84003 801-851-7320	WIC - Coalville 85 North 50 East Coalville, UT 84017 435-333-1515
WIC – Heber City 55 South 500 East Heber City, UT 84032 435-654-2700	WIC - Kamas 228 West 200 South, Ste. B Kamas, UT 84036 435-783-3161
WIC - Payson 910 East 100 North, #125 Payson, UT 84651 801-851-7360	WIC - Provo 151 South University Av #2100 Provo, UT 84601 801-851-7300
Coalville – Community Action Services 17 South Main Street Coalville, UT 84017 435-336-4277	Heber – Community Action Services 34 West 200 South Ste. 4 Heber, UT 84032 435-654-2182
Kamas – Community	Provo – Community

Transient Services 702 West Columbia Lane Provo, UT 84604 801-818-6156	American Fork – Tabitha’s Way 920 East State Road, Ste. C American Fork, UT 84003 801-692-1881
Spanish Fork – Tabitha’s Way 140 North Main Street Spanish Fork, UT 84660 801-709-8573	Lindon City Senior Center 25 North Main Street Lindon, UT 84042 801-769-8625
Salem City Senior Center 60 North 100 East Salem, UT 84653 801-423-1035	Spanish Fork Senior Center 167 West Center Street Spanish Fork, UT 84660 801-798-5015
American Fork Senior Center 54 East Main Street American Fork, UT 84003 801-763-3090	Payson Senior Center 439 West Utah Ave. Payson, UT 84651 801-465-5215
Orem Senior Friendship Center 93 North 400 East Orem, UT 84097 801-229-7111	Provo City Senior Center 320 West 500 North Provo, UT 84601 801-852-6620
Pleasant Grove Senior Center	Springville Senior Center

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242 West 200 South Pleasant Grove, UT 84062 801-785-2818	65 East 200 South Springville, UT 84663 801-489-8738
Wasatch County Senior Citizens Center 465 East 1200 South Heber City, UT 84032 435-654-4920	Park City Senior Center 1361 Woodside Ave. Park City, UT 84060 435-649-7261

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