



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.

| 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 | \$1,473 | \$2,096 |
| 2 | \$1,984 | \$2,823 |
| 3 | \$2,495 | \$3,551 |
| 4 | \$3,007 | \$4,279 |
| 5 | \$3,518 | \$5,006 |
| 6 | \$4,029 | \$5,734 |
| 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 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



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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
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
Website: 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 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