



Need Food Help?

San Juan 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 Center
 544 North 100 East
 Blanding, UT 84511
 (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>

San Juan County
 117 South Main Street
 Courthouse
 Monticello, UT 84535
 (435) 587-3239 ext. 9

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:

Blanding
 (435) 359-0038

Montezuma Creek
 (435) 359-0038

WIC - Monticello
 (435) 359-0038

WIC – Monument Valley
 (435) 359-0038



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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

Aneth Mobile Pantry
Aneth Chapter House
HWY 162 E
Aneth, UT 84510
(801) 887-1242

Blanding Mobile Pantry
San Juan HS
311 North 100 East
Blanding, UT 84511
801-887-1242

Goshen Mobile Pantry
Goshen Senior Center
79 South Center Street
Goshen, UT 84633
(801) 887-1242

La Sal Mobile Pantry
La Sal Recreation Community Center
HWY 46
La Sal, UT 84530
(801) 887-1242

Montezuma Creek Mobile Pantry
400 North 50 East HWY 292
Montezuma Creek, UT 84534
(801) 887-1242

Monticello Mobile Food Pantry
200 South 100 East
Courthouse Parking Lot
Monticello, UT 84535
(801) 887-1242

Monument Valley Mobile Food Pantry
Monument Valley Visitor Center
US HWY 163
Monument Valley, UT
(801) 887-1242

Red Mesa Mobile Food Pantry
Red Mesa Senior Center
Montezuma Creek, UT 84534
(801) 887-1242

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.

Blanding Senior Center
177 East 200 North
Blanding, UT 84511
(435) 678-2427

Bluff Senior Center
198 North 300 East
Bluff, UT 84512
(435)972-2390

La Sal Senior Center
200 South Firehouse Rd.
La Sal, UT 84530
(435) 686-9990

Bluff Senior Center
198 North 300 East
Bluff, UT 84512
(435) 972-2390

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
117 South Main Street
Monticello, UT 84535
(435) 587-3225

Navajo Nation Senior Centers

Aneth Senior Center
(435) 651-3527

Dennehotso Senior Center
(928) 658-3303

Navajo Mtn. Senior Ctr.
(928) 672-2357

Ojato Senior Center
(435) 727-5856

Red Mesa Senior Center
(928) 656-3593

Teec Nos Pos Senior Center
(928) 656-3285

Ute Mountain Ute Tribe Senior Ctr.
(435) 678-3396