

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 666 North Main Street Panguitch, UT 84759 866-435-7414	DWS – Employment Center 176 East 200 North Cedar City, UT 84721 866-435-7414
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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
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/>

Garfield County 55 South Main Street Courthouse Panguitch, UT 84759 435-676-1113	Iron County 585 North Main Street, #5 Cedar City, UT 84721 435-586-8132
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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:

Panguitch 601 East Center Street Kanab, UT 84759 435-676-8800	Cedar City 260 DL Sargent Drive Cedar City, UT 84720 435-586-2437
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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

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

Escalante Food Pantry 75 North 100 West, Unit 4 Escalante, UT 84726 435-826-4317	Garfield County Care and Share Panguitch 87 North 50 West Panguitch, UT 84759 435-676-2509
Iron County Care & Share Food Bank 222 West 900 North Cedar City, UT 84720 435-586-4962	LDS Transitional Services Cedar City 600 West Center Street Cedar City, UT 84720 435-592-2870
Panguitch Food Pantry 87 North 50 West Panguitch, UT 84759 435-676-2509	True Life Center Food Pantry 2111 North Main Street Cedar City, UT 84721 435-867-0405

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/>

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/>

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

Congregate Meals

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

Henrieville Senior Center 70 West Main Street Garfield, UT 84736 435-679-8666	Escalante Senior Citizens Center 89 North 100 West Escalante, UT 84726 435-826-4317
Parowan Senior Center 685 North 300 East Parowan, UT 84761 435-477-8925	Cedar City Senior Citizen Center 489 East 200 South Cedar City, UT 84720 435-586-0832
Panguitch Senior Center 87 North 40 West Panguitch, UT 84759 435-676-1140	

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.

Utahns Against Hunger

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