

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 468 East 300 South Kanab, UT 84741 435-644-8911	DWS - Employment Center 162 North 400 East St. George, UT 84770 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/>

Kane County 180 West 300 North Kanab, UT 84741 435-644-4901	Washington County 339 South 5500 West Hurricane, UT 84737 435-634-5706
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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

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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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

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	Switchpoint 948 North 1300 West St. George, UT 84770 435-629-9310

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

Community Soup Kitchen 1072 East 900 South St. George, UT 84790 435-767-1201
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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 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.

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
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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 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

UTAHNS AGAINST HUNGER

Kane, Washington Counties