

Utah Food Resources Fact Sheet

A quick look at what's available for hungry college students



Utah EBT Card

SNAP Income Guidelines

Household size	Max. Monthly Income (130% of poverty line) Effective Oct. 1, 2017- Sept. 30, 2018
1	\$1,307
2	\$1,760
3	\$2,213
4	\$2,665
5	\$3,118

For each additional family member add \$453.

UTAHNS
AGAINST
HUNGER

Utahns Against Hunger
764 South 200 West
Salt Lake City, UT 84101
Tel: (801) 328-2561
Toll-Free: (800) 453-3663
www.uah.org

Students and SNAP*

In general, the following students are not eligible for SNAP:

- Age 18-49
- Physically and mentally able to work
- Enrolled at least half time in an institution of higher learning

However, there are several exceptions. You may be eligible for SNAP if one or more of the following are true:

- Working an average of 20 hours per week (earning minimum wage)
- Having a physical or mental disability
- Participating in State or Federal Work Study
- Caring for a dependent child under age 6
- Receiving Family Employment Program (FEP) or Workforce Investment Act (WIA) funds
- Responsible for care of a dependent child from age 6 through 11, who does not have adequate child care
- The student is a single parent enrolled full-time who is responsible for the care of a dependent child under age 12

**Apply at www.jobs.utah.gov

Farmers Markets & Food Co-ops

Over twenty **Utah farmers markets and farm stands accept SNAP benefits** and they will **match what you spend, up to \$10 every** market day to purchase fruits & vegetables. Visit our website to find a location near you!

Food Co-ops are a great way to cut your food bill by pooling buying power to buy fresh, healthy food.

Bountiful Baskets Food Co-op offers weekly orders across the state of Utah with pick-up times on early Saturday mornings. They do not accept SNAP at this time.

www.bountifulbaskets.org

The Community Co-op offers monthly orders with various pick-up locations across Northern Utah. They also have warehouse sales and home delivery. 216 S. 1300 E. Salt Lake City, Utah 84102 (801) 746-7878

www.thecommunitycoop.com

The **Utah Co-Op** is a retail store in Murray. They accept SNAP and offer deeply discounted groceries including cheese, breads, and drinks.

291 E 4500 S, Murray, UT 84107

801-556-2223

www.utahcoop.org

Want more info?

Visit Utahns Against Hunger's website for more information on SNAP, food pantries, WIC, farmers markets, and co-ops at www.uah.org. Or call us!

*Supplemental Nutrition Assistance Program, formerly known as food stamps

Tips for Living on a Food Budget

What's in Season

Spring

Asparagus
Green Leafy
Veggies

Summer

Berries
Peaches
Cherries
Melon
Tomatoes
Peppers
Carrots
Beans

Fall

Squash
Pears
Apples

Winter

Apples
Oranges
Potatoes
Beets
Broccoli
Carrots

College Pantries

Always bring a student ID.

Utah Valley University

Located in Student Center (SC) 105.
Call 801-863-8786 for more information.

Salt Lake Community College, South Campus

Located across from Financial Aid Office. Email bruincampuscup-board@gmail.com for more information.

Salt Lake Community College, Redwood Campus

Located in the Thayne Center.

Utah State University

Located in the Taggart Student Center (TSC) Room 333. Email snac@aggiemail.usu.edu for more information.

Weber State University

Located in the Shepard Union Bldg., Rm 402. Call 801-626-7737 for more information.

University of Utah

Located in A. Ray Olpin Union Basement. Contact feedu@utah.edu for more information.

SHOP SMART

- Plan ahead. Make a list and stick to it.
- Don't shop hungry; this will help you avoid impulse buys.
- Compare prices and buy in bulk when it makes sense. Checking the unit price makes this easy.
- Buy more whole foods (flour, produce, oil, grains), and less processed foods (chips, candy, pastries, microwave meals, cookies). Shopping the perimeter of the store will help.
- Buy generic brands.
- Buy frozen or canned veggies.
- Buy fruits and vegetables in season.

RETHINK PROTEIN

- Eat less meat—focus on inexpensive proteins such as legumes, beans, milk, nuts, and eggs.
- Buy meat in the large packages when on sale and freeze it.
- Buy inexpensive cuts of meat and slow cook it.

AT HOME

- Cook your own food as much as possible.
- Prepare extra meals when you have time; freeze for later.
- Add leftovers to new meals or eat leftovers for breakfast or lunch.
- Bring your lunch and snacks with you instead of going out to eat.
- Avoid processed foods and snacks. Make your own!
- Drink tap water. If you like filtered water, invest in a Brita water filter for the fridge. Try to avoid soda, juices, and sports drinks.
- Grow your own food.

For more information on healthy eating on a budget check out these internet resources:

- <http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf>
- <http://www.extension.usu.edu/foodsense/>
- <http://utahefnep.org/>
- <http://www.affordablecollegesonline.org/college-resource-center/college-student-fitness-and-nutrition/>