



# Need Food Help? Salt Lake County

## Federal Nutrition Programs

Federal Poverty Level Food Stamp WIC, School Meal Eligibility		
<p>To determine your eligibility for food assistance programs: Find your family size in the most-left column, then follow right to your desired program. If your gross <i>monthly income</i> is less than the amount indicated, you are eligible to apply.</p>		
<p>Try our Food Stamp Calculator at <a href="http://www.uah.org">www.uah.org</a></p>		
Family Size	Chart A 130% of Poverty Effective October 1, 2009	Chart B 185% of Poverty Effective July, 2009
	Food Stamps & Free School Meals	WIC & Reduced-Priced School Meals
1	\$1,174	\$1,670
2	\$1,579	\$2,247
3	\$1,984	\$2,823
4	\$2,389	\$3,400
5	\$2,794	\$3,976
6	\$3,200	\$4,553
<p>Chart A: for additional family member add \$406 Chart B: for additional family member add \$576</p>		

To apply online, visit the Department of Workforce Services at [www.utahhelps.utah.gov](http://www.utahhelps.utah.gov)

### WIC (Women, Infants & Children Supplemental Food Program)

The WIC program provides supplemental food such as *Milk, Infant Formula, Eggs, Cheese, Juices, Cereals, Beans, Fruits and Vegetables* to pregnant women, nursing mothers, infants and children under the age of 5, who are low income (see Chart B to the left) and at nutritional risk. WIC vouchers are redeemable for these food items at most grocery stores. Salt Lake County WIC offers services from six offices, with some evening hours. Salt Lake County WIC has six offices:

Call WIC-KIDS 801-942-5437

<b>South Main:</b>	3690 S Main St.	801-468-3500
<b>South East:</b>	9340 S 700 E	801-256-1978
<b>Ellis Shipp:</b>	4535 S 5600 W	801-963-7306
<b>Downtown:</b>	610 S 200 E, Suite 11	801-534-4629
<b>Rose Park:</b>	1625 W 700 N, Suite H,	801-322-0502
<b>West Jordan:</b>	1740 W 7800 S	801-569-4360

### Food Stamp Program

See if you qualify at [www.uah.org](http://www.uah.org), or apply online at [www.utahhelps.utah.gov](http://www.utahhelps.utah.gov).

You can also apply at any Department of Workforce Services (DWS) office or request an application be sent by mail. Offices open Monday-Thursday 7:00 am-6:00 pm

**Expo Mart** 801-524-9000  
158 S 200 W

**South County** 801-269-4700  
5735 S Redwood Rd

**Metro** 801-536-7000  
720 S 200 E

**Midvale** 801-567-3800  
7292 S State Street

**WVC** 801-840-4400  
2750 S 5600 W, Suite A

Constituent Services for the Department of Workforce Services resolves problems for DWS customers. Contact them at **801-526-4390**. Statewide call toll-free **1-800-331-4341**.

### Expedited Food Stamps -

If you have less than \$150 income for the month you apply, and your cash on hand is less than \$100, OR if your shelter costs exceed your monthly income, you should ask about expedited food stamps within 7 days.

### School Lunch & Breakfast Programs

The School Lunch Program is served in almost all Utah schools. Breakfast is served in some locations. Students from low-income families may receive free or reduced-price school meals (see income Charts A & B). Contact your school office at any time during the school year to apply.

### Summer Food Program

Offers free nutritious meals and snacks during the summer to children under the age of 18 throughout Utah. There are no income criteria for participation. Call UAH at 801-328-2561 or (800) 453-3663 for details.

### Salt Lake Division of Aging

**Meals on Wheels** 801-468-2450, which prepares and delivers free meals to elderly who are homebound 60+.

**Congregate Meals**, 801-468-2496, are served free to 60+ at senior centers. Donations are suggested, but not required to participate in these programs.

Call your local division of aging at 801-468-2480 for more information on all programs and services available.

### Child & Adult Care Food Program (CACFP)

Reimburses day care providers for food served to children in their care. Speak with your day care provider or call the State Child Nutrition Office at (801) 538-7680 for local contacts.

# Emergency Food & Community Resources

## Emergency Food & Prepared Meals

### Community Action Program Pantries

**Magna CAP:** 801-250-6414

M-F 8:30-12:00, 1:00-5:00

3441 S 8400 W Suite D

**South County CAP:** 801-255-3516,

Copperview Multi-Purpose Center

M-F 8:30-12:00, 1:00-5:00

8446 S Harrison (300 W - turn at Champion Ford)

**Murray CAP:** Closed temporarily while relocating

**Northwest CAP:** 801-359-8741

M-F 8:30-12:00, 1:00-5:00

Northwest Multi-Purpose Center 1300 W 300 N

**Redwood CAP:** 801-972-6661

(Redwood Multi-Purpose Center)

M-F 8:30-12:00, 1:00-5:00, Sat 10:30-2, 3-7

3060 S Lester (1585 W)

### Downtown

**Crossroads Urban Center** 801-364-7765

M-F 9-5 347 S 400 E

**Rescue Mission** 801-355-1302

M-Sat 9-11, 2-4, Sun 2-4, 463 S 400 W

**St. Vincent de Paul** 801-363-7710 Food card applications T, F 9-1

437 W 200 S

**Hildegard's:** 801-328-2303

T, W, F, 11:00-1:30, Th 5-6:30, 231 E 100 S

**Salvation Army** 801-322-1253, 428 S 900 W

T - F 9-11:30, 1-3:30 *new hours starting August -*

*M 1-6 Wed, Fri 9-11:30, 1-4*

**St. Paul's** Sat only 9:00 -1:00 261 S 900 E

**Eagle Ranch** 801-254-4945

Tues 12-3 or by appointment

Dream Center 1624 S 1000 W

**Reach or Baptist Concern Center** 801-972-5708,

Appointment only, 1235 W California Ave.

**Indian Walk-In** 801-486-4877

T, W, F, 8:30-4:30, Th 8:30-3, 120 W 1300 S

### South and West of Downtown

**St. Therese Catholic Pantry** 801-255-3721

M, Fr 12-2, 7832 S Allen St. (600 W)

**St. Joseph Catholic Church** (West Jordan) call Frank 801-739-3169

**Nueva Esperanza** 7681 S 2200 W, W 5-7, Th 5-6:30

**Kearns Baptist** 801-968-1471, 4445 W 5175 S

M,W, F 11-3 (closed 12-1) Th 1-3

**Granger Church** 3232 W 4100 S M-5:30-7 Sat 10-12

**Taylorville Pantry** 4775 S Plymouth View Dr. (1625 W)

M 1-3, W 4-6, Sat 10-12

**Iglesia Apostolica** 801-259-2106 658 W Fine Dr. (3720 S)

Fridays 3-6pm

## Utah Food Bank Services

### Senior Food Box Program, Drops & Kids Cafe

For more information on these programs, please call

801-908-8660 or 2-1-1.

**Senior Food Box Program:** Talk to complex coordinator at your senior housing complex. Income guideline is \$1,300 for one, \$1,750 for two. Call 801-887-1275

**DROPS** monthly food boxes for low-income people at the Utah Food Bank. 801-908-8660

**Services for Seniors** Monthly food boxes for homebound elderly (60+) and disabled. Income guideline \$1,300 for one, \$1,750 for two. 801-887-1275

## Low-Cost Food

There are two low-cost food co-ops in Salt Lake County.

Utah Food Co-op: 801-746-7878 1469 S 700 W. Accepts food stamps.

Utah Co-op: 801-556-2223 4892 S Commerce Dr. (300 W) #B Th 11-2 Fri, Sat 11-6. Cash only.

## Other Community Services

### Salt Lake Community Action Program:

Housing/Rental Assistance: 801-359-4029

Heat & Utility Assistance: 801-521-6107

Head Start 801-977-1122

Advocacy (main number) 801-359-2444

Weatherization: 801-359-2444 ext. 215

### Catholic Community Services (CCS):

Provides a broad spectrum of services and counseling programs for migrants, immigrants and low-income people. Phone Number: 801-977-9119

### Utah Legal Services 801-328-8891

Provides legal assistance on employment, consumer, housing, utilities, welfare, and problems of senior citizens. Located at 205 N 400 W

### Information & Referral

Information and Referral provides information about social services, medical services and other low-income resources in Salt Lake County.

Please call 801-978-3333 or call 211.

Visit them online at [www.informationandreferral.org](http://www.informationandreferral.org)

### Domestic Violence Information Line:

1-800-897-5465

**YWCA:** 801-537-8600

**South Valley Sanctuary:** 801-255-1095

### Utah State University Extension Program

#### Expanded Food and Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed-behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being. Contact Paula 801-451-3405.

### Food Stamp Nutrition Education

#### now called Food Sense

Food Stamp Nutrition Education is a federal/state partnership that supports nutrition education for persons eligible for food stamps. Call Sara 801-468-3176

### Utahns Against Hunger

Utahns Against Hunger is a non-profit which works on public policy advocacy, outreach and education regarding federal and state food programs.

455 E 400 S, Suite 407.

801-328-2561 1-800-453-3663 [www.uah.org](http://www.uah.org)