



# Need Food Help? Salt Lake County

## Federal Nutrition Programs

Federal Poverty Level Food Stamp WIC, School Meal Eligibility		
<p><b>To determine your eligibility for food assistance programs:</b> 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>		
Try our Food Stamp Calculator at <a href="http://www.uah.org">www.uah.org</a>		
Family Size	Chart A 130% of Poverty Effective October 1, 2011	Chart B 185% of Poverty Effective July 1, 2011
	Food Stamps & Free School Meals	WIC & Reduced-Priced School Meals
1	\$1,180	\$1,679
2	\$1,594	\$2,268
3	\$2,008	\$2,857
4	\$2,422	\$3,446
5	\$2,836	\$4,035
6	\$3,249	\$4,624
Chart A: for additional family member add \$414 Chart B: for additional family member add \$589		

### Food Stamp Program-- (5 DWS offices)

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-Friday 8:00 am-5:00 pm  
**Eligibility Services 801-526-0950 press #1 then #0**

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

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

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

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

### PROBLEMS

**Constituent Services** solves problems for DWS customers. Salt Lake County residents call **801-526-4390**  
Outside Salt Lake County call toll free **1-800-331-4341**  
To request a **Fair Hearing** call **801-526-9300**

### Expedited Food Stamps - Within 7 Days

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.

(DWS) Department of Workforce Services operates all the following programs/services. (see DWS offices on the right side of this page)

**FOOD STAMPS, FINANCIAL AID** (more than one)  
**CHILD CARE, JOB TRAINING, JOBS**, and medical programs such as **MEDICAID, CHIP, PCN, & UPP**

To apply online for Food Stamps, Financial Aid Programs & Medical Programs visit the (DWS) Department of Workforce Service at [www.utahhelps.utah.gov](http://www.utahhelps.utah.gov)

Unemployment Insurance Benefits: Apply online at [www.jobs.utah.gov](http://www.jobs.utah.gov) call 801-526-4400 (expect phone delays)

### WIC (Women, Infants & Children Supplemental Food Program) 801-942-5437

The WIC program provides supplemental food such as *Milk, Infant Formula, Eggs, Juices, Cereals, Beans, Fruits and Vegetables* to pregnant women, nursing mothers, infants and children under the age of 5, who are low income & at nutritional risk. (See Chart B) Salt Lake County WIC offers services from six clinics. (some evening hours) Call WIC-KIDS 801-942-5437

**Rose Park WIC 801-322-0502**  
1625 W.700 N. Suite H

**Downtown WIC 801-534-4629**  
610 S. 200 E. Suite 11

**South Main WIC 801-468-3500**  
3690 S. Main Street

**Ellis Shipp WIC 801-963-7306**  
4535 S. 5600 W. (WVC)

**West Jordan WIC 801-569-4360**  
1740 W. 7800 S.

**South East WIC 801-256-1978**  
9340 S. 700 E. (Sandy)

### 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). Apply at your school any time during the school year.

### Summer Food Program

Offers free nutritious meals during the summer to all children under the age of 18. No income criteria for participation. Call Utahns Against Hunger 801-328-2561 for more information.

**Salt Lake County Aging Service 801-468-2480**  
**Meals on Wheels 801-468-2450**, which prepares and delivers free meals to elderly who are homebound 60+. (a donation may be requested)

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

### Child & Adult Care Food Program (CACFP) Utah State Office of Education 801-538-7680

Reimburses day care providers for food served to children in their care. Talk to your day care provider or call the Utah State Office of Education, Child Nutrition Program.

**Last updated 2/01/2012**

# Emergency Food & Community Resources

## **Emergency Food Providers**

### **Community Action Program Pantries**

**Magna CAP** (801) 250-6414 (Magna)  
Mon-Fri: 8:30am - 5:00pm  
3441 S 8400 W Magna, UT 84040

**South County CAP** (801) 255-3516 (Midvale)  
Mon-Fri: 8:30am - 5:00pm  
8446 S Harrison (300 W - turn at Champion Ford)  
Midvale, UT 84047 @ Copperview Multi-Purpose Center

**Murray CAP** (801) 281-4937 (Murray)  
Tues.-Sat: 10:30am - 7:00pm (entrance off 5900 South only)  
404 West 6110 South (turn on Stratler St.-380 West)  
Murray, UT 84107

**Northwest CAP** (801) 359-8741 (Fair Park Neighborhood)  
Mon-Fri: 8:30am - 5:00pm  
1300 W 300 N @ Northwest Multi-Purpose Center  
Salt Lake City, UT 84104

**Redwood CAP** 801-972-6661 (West Valley City)  
Mon-Fri: 8:30am-5:00pm  
3060 S Lester (1585 W) @ Redwood Multi-Purpose Center  
West Valley City, UT 84119

### **Downtown**

**Crossroads Urban Center** (801) 364-7765 (bring ID for all)  
Mon-Fri: 9am-5pm 400 E. 347 S. (downtown SLC just north of trax)

**Rescue Mission** (801) 355-1302  
Mon-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., M, T, W, F, 9-1 Need a food card to receive a food box

**Hildegard's:** 801-328-2303  
T, W, F, 11:00-1:30, Thurs. 5-6:30, 231 E 100 S

**Salvation Army** 801-322-1253, 428 S 900 W  
M 1-6 Wed, Fri 9-11:30, 1-4

**St. Paul's Church: Saturday's only** 9-1, 261 S. 900 E

**Eagle Ranch** 801-254-4945  
Tues 12-3 or by appointment at the 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, Thur. 8:30-3, 120 W 1300 S

**S.L. Mission** 801-355-6310 Emergencies only-Call First M-F 8-4:30

**Utah Aids Foundation** 801-487-2323 (HIV+/UAF clients only)

**Adventure Church** 662 E. 1300 S. Tue 4-8pm, Thur, Sat 10-2pm

**LDS Welfare Square & Bishop's Storehouse** 751 W. 700 S.  
(Referral needed call (801)240-7332 for info)

### **South and West of Downtown**

**St. Therese Catholic Pantry** 801-255-3721 (Midvale)  
M, Fr 12-2, 7832 S Allen St. (600 W)

**St. Joseph Catholic Church** Call First 801-739-3169 (West Jordan)

**Nueva Esperanza** 7681 S 2200 W., W 5-7, Th 5-6:30 (West Jordan)

**Kearns Baptist** 801-968-1471, 4445 W 5175 S (Kearns)  
Mon, Wed, Fri 11-12 & 1-3pm, Tue 6:30pm-8pm, & Thur 1-3pm

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

**Taylorville Pantry** 4775 S. Plymouth View Dr. (1625 West)  
M 1-3, W 4-6, Sat 10-12 (East of Senior Center in the Park)

**Iglesia Apostolica** 658 W Fine Dr. (3720 S) (South Salt Lake)  
801-259-2106 Sunday only 10am-2pm

**Valley Free Will Baptist Church** (West Valley)  
2574 S. Redwood Rd Mon-Fri 6am-6pm  
(801)973-0221 call for appointment

## **Low-Cost Food- 2 Food Cooperatives (CO-OP)**

**Crossroads Food Co-op: 801-746-7878**, 1726 S 700 W. Food at 30% below retail price. Order monthly; accepts food stamps  
**Utah Co-op: 801-556-2223**, 4892 S Commerce Dr. #B (300 W) Thur. 11-2 Fri., Sat. 11-6. 70% below retail. Takes cash, cc, EBT

## **Prepared Meal Programs**

### **Breakfast/Brunch**

Rescue Mission 463 S. 400 W. M-Sat 6:15-6:45  
S.L. Mission 250 S. 500 W. M-Sat. 8:00-9:00 (outside)  
Eagle Ranch 500 S. 600 W. Sunday only 7-11 (outside)

### **Lunch**

S.L. Mission 250 S. 500 W. Sack lunch/ at breakfast time  
St. Vincent 200 S. 437 W. M-F, 11:30-1, Sat. 10-11  
Good Samaritan 347 E. South Temple, Sack lunch  
(Distributed daily 9:00 am to 8:00 pm)

### **Dinner**

Salvation Army 200 S. 437 W. Daily 5:00-5:45  
Rescue Mission 463 S. 400 W. Arrive 5:30-6:55 (dinner at 8 pm)

## **Utah Food Bank 801-908-8660**

**Mobile Food Pantry/DROPS** call 211, (DROPS-Calendar)  
**Commodity Supplement Program** Call Denise 801-887-1275  
Food boxes for seniors 60+ (see Chart A) also for kids 1-6/  
pregnant mothers/postpartum women up to 1 year. (see Chart B)  
**Senior Food Box Program** Call Ashley at 801-887-1275  
Monthly food boxes for homebound seniors 60+ and the disabled. Call for intake and monthly income guidelines.

## **Other Community Services**

**Salt Lake Community Action Program: 801-359-2444**  
**Advocacy** 801 359-2444, **Head Start** 801-977-1122  
**Housing/Rental Assist.** 801-359-4029 **Heat & Utility Assist.**  
801-521-6107 **Weatherization** 801-359-2444 Ext 215

**Catholic Community Services (CCS): 801- 977-9119**  
Programs for migrants, immigrants and low-income people.

## **Utah Legal Services 801-328-8891**

Legal assistance on employment, consumer, housing, utilities,  
federal benefits, and problems of senior citizens.

**Information & Referral 211 or 801-978-3333**  
Resource information about human services. [www.211ut.org](http://www.211ut.org)

**Domestic Violence Info. Line:** 1-800-897-5465 (Shelters)  
**YWCA:** 801-537-8600 **So. Valley Sanctuary** 801-255-1095

**USU Extension Service - Paula 801-451-3405**  
**Expanded Food & Nutrition Education Program**  
Helps low income people to acquire the knowledge needed  
for nutritionally sound diets. (offers free nutrition classes)

**Food Sense-Nutrition Education 801-468-3170**  
Provides free nutrition classes for households under 185% of  
poverty. (Chart B) online <http://extension.usu.edu/saltlake>

**Utahns Against Hunger 801-328-2561**  
Utahns Against Hunger works on public policy advocacy  
regarding federal/state food programs. Outreach/Education