

Utah Food Resources Fact Sheet

A quick look at what's available for hungry students



Utah EBT Card

Food Stamp Income Guidelines

Household size	Max. Monthly Income (130% of poverty line) Effective Oct. 1, 2011
1	\$1,180
2	\$1,594
3	\$1,008
4	\$2,836
5	\$2,836
For each additional family member add \$414.	



Utahns Against Hunger

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Students and Food Stamps

In general, the following students are not eligible for food stamps:

- 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 food stamps 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

Food Co-ops

Food co-ops are a great way to cut your food bill by pooling buying power to buy fresh, healthy food. Co-ops are often organized into weekly or monthly orders, but also exist as more traditional retail stores.

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 food stamps at this time.

www.bountifulbaskets.org

The **Community Food Co-op of Utah** offers monthly orders with Saturday morning pick-up locations across the Salt Lake Valley. They also have warehouse sales every Monday from 3:30-6:30pm (no pre-order required). Food stamps accepted! 1-866-959-COOP (2667)

<https://foodco-op.net>

The **Utah Co-Op** is a retail store in Murray open for shoppers on Thursdays (11-2pm) and Friday and Saturdays (11-6pm). They accept food stamps and offer all sorts of deeply discounted groceries including cheese, breads, and drinks.

4892 S Commerce drive, Murray
801-556-2223 www.utahcoop.org

In addition to co-ops, some Utah farmers markets accept food stamps. Visit the **University of Utah Farmers Market** on Thursdays from 9-2pm!

Want more info?

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

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
Corn

Fall

Squash
Pears
Apples

Winter

Apples
Oranges
Potatoes
Beets
Broccoli
Carrots

Spiced Chickpea "Nuts"



For about 25¢ a serving—each with about 100 calories, 4 grams of protein, and 5 grams of fiber—this snack is a not to be missed!

Servings: 4 servings, 1/4 cup each
Total Time: 1 hour

Ingredients

1 15-ounce can chickpeas, rinsed
1 tablespoon extra-virgin olive oil
2 teaspoons ground cumin
1 teaspoon dried marjoram
1/4 teaspoon ground allspice
1/4 teaspoon salt

Preparation

Position rack in upper third of oven; preheat to 450°F. Blot chickpeas dry and toss in a bowl with oil and spices. Spread on a rimmed baking sheet. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes. Don't be afraid to try different spices!

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. Water is best!
- Grow your own food.
- Try joining a CSA or a food co-op.

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.iastate.edu/foodsavings/>
- <http://utahefnep.org/>