

# 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, Mon-Fri 8am- 5 pm

**DWS – Employment Center**  
544 North 100 East  
Blanding, UT 84511  
866-435-7414

### 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/>

**San Juan County**  
117 South Main Street, Courthouse  
Monticello, UT 84535  
435-587-3239 ext. 9

### 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:

<b>Blanding</b> 735 South 200 West Ste. 2 Blanding, UT 84511 435-359-0038	<b>Montezuma Creek</b> HWY 262 Montezuma Creek, UT 84534 435-359-0038
<b>WIC - Monticello</b> 380 West 100 North Monticello, UT 84535 435-359-0038	<b>WIC – Monument Valley</b> 30 West Medical Drive Monument Valley, UT 84536 435-359-0038

### 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

<b>Red Mesa Mobile Food Pantry</b> Red Mesa Senior Center Montezuma Creek, UT 801-887-1242	<b>Monticello Mobile Food Pantry</b> 200 South 100 East Courthouse Parking Lot Monticello, UT 84535 801-887-1242
<b>Monument Valley Mobile Food Pantry</b> Monument Valley Visitor Center, US HWY 163 Monument Valley 801-887-1242	<b>La Sal Mobile Pantry</b> La Sal Recreation Community Center HWY 46, La Sal, 801-887-1242
<b>Aneth Mobile Pantry</b> Aneth Chapter House HWY 162 E Aneth, UT 84510 801-887-1242	<b>Blanding Mobile Pantry</b> San Juan HS 311 North 100 East Blanding, UT 84511 801-887-1242
<b>Goshen Mobile Pantry</b> Goshen Senior Center 79 South Center Street Goshen, UT 84633 801-887-1242	<b>Montezuma Creek Mobile Pantry</b> 400 North 50 East HWY 292 Montezuma Creek, UT 801-887-1242

## 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/>

## 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/>

## 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/>

## 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:

<b>Meals on Wheels Offices</b> 117 South Main Street Monticello, UT 84535 435-587-3225
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### Congregate Meals

Congregate Meals are served free to those 60+ at senior centers.

Donations are suggested but not required to participate.

<b>Blanding Senior Center</b> 177 East 200 North Blanding, UT 84511 435-678-2427	<b>Bluff Senior Center</b> 198 North 300 East Bluff, UT 84512 435-972-2390
<b>La Sal Senior Center</b> 200 South Firehouse Rd. La Sal, UT 84530 435-686-9990	<b>Monticello Senior Center</b> 648 South Hideout Way Monticello, UT 84535 435-459-2656

### Navajo Nation Senior Centers

<b>Aneth Senior Center</b> 435-651-3527	<b>Dennehotso Senior Ctr.</b> 928-658-3303
<b>Navajo Mtn. Senior Ctr.</b> 928-672-2357	<b>Oljato Senior Center</b> 435-727-5856
<b>Red Mesa Senior Center</b> 928-656-3593	<b>Teec Nos Pos Senior Ctr.</b> 928-656-3285
<b>Ute Mountain Ute Tribe Senior Center:</b> 435-678-3396	

### 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](http://www.utahfoodbank.org/csfp) Call 801-887-1275 for an application and to find a distribution center near you.

## 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.

<b>Phone:</b> 801-328-2561 <b>Toll-free:</b> 1-800-453-FOOD (3663) <b>Email:</b> <a href="mailto:info@uah.org">info@uah.org</a> <b>Website:</b> <a href="http://www.uah.org">www.uah.org</a>
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