

# 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, Monday-Friday 8am- 5 pm

<b>DWS – Employment Center</b> 18 South Main Street Loa, UT 84747 435-893-0000	<b>DWS – Employment Center</b> 55 South Main Street Ste. 3 Manti, UT 84642 866-435-7414
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### 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/>

<b>Sanpete County</b> 325 West 100 North Ephraim, UT 84627 435-283-3472	<b>Sevier County</b> 250 North Main Street Richfield, UT 84701 435-893-0470
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### 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>Hanksville</b> 50 West Main Street Hanksville, UT 84731 435-836-1317	<b>Manti / South Sanpete</b> 40 West 200 North Manti, UT 84642 435-835-2231
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### 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>Central Utah Food Sharing</b> 95 South Willow Mt. Rd. Hanksville, UT 84734 435-542-2124	<b>Sanpete Pantry</b> 1080 South Blackhawk Blvd. Mt. Pleasant, UT 84647 435-462-3006
<b>Sevier Central Utah Food Sharing</b> 2050 Industrial Park Rd. Sevier, UT 84701 435-896-5225	<b>Wayne Central Utah Food Sharing</b> 605 South 350 East Bicknell, UT 84715 435-836-2850

See attached for more locations or call 801-328-2561 or visit [uah.org/get-help/emergency-food](http://uah.org/get-help/emergency-food)

## 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/>

## Prepared Meals/Soup Kitchens

<b>Sanpete Pantry</b> 1080 South Blackhawk Blvd. Mt. Pleasant, UT 84647 435-462-3006
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## 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 Office</b> 250 North Main Street Richfield, UT 84701 435-893-0700
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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>Moroni Senior Center</b> 80 South 200 West Moroni, UT 84646 435-436-8275	<b>Ephraim Senior Center</b> 85 West 100 North Ephraim, UT 84627 435-283-6666
<b>Manti Senior Center</b> 49 North Main Street Manti, UT 84642 435-835-2041	<b>Richfield Senior Center</b> 840 North 300 West Richfield, UT 84701 435-896-6807

### 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.

**Phone:** 801-328-2561  
**Toll-free:** 1-800-453-FOOD (3663)  
**Email:** [info@uah.org](mailto:info@uah.org)  
**Website:** [www.uah.org](http://www.uah.org)

# Emergency Food & Community Resources

<b>DWS – Employment Center</b> 115 East 100 South Richfield, UT 84701 866-435-7414	<b>Food Sense – Wayne County</b> 18 South Main Street Courthouse Loa, UT 84747 435-836-1312
<b>WIC – Mt. Pleasant / North Sanpete</b> 20 South 100 West #30 Mt. Pleasant, UT 84647 435-462-2449	<b>WIC - Richfield</b> 70 Westview Drive Richfield, UT 84701 435-896-5451
<b>WIC – Wayne</b> 18 South Main Street Loa, UT 84747 435-836-1317	<b>South Sevier Senior Center</b> 152 West 100 South Monroe, UT 84754 435-527-4061
<b>Wayne Senior Center</b> 475 South 300 East Bicknell, UT 84715 435-425-2089	