FOOD RESOURCES

Many of these require ID and have other restrictions, please call before visiting. Hours of operation also change frequently. Again, please call to confirm.

St. Vincent DePaul Dining Hall
437 West 200 South
SLC, UT 84101
Lunch: M-F 11:30am - 12:30pm
Dinner: Daily 5-6pm
Weekend Hours:
Sat: Brunch 10-11am, Dinner 5-6pm
Sun: Dinner 5-6pm

Crossroads Urban Center
347 South 400 East
SLC, UT 84111
801-364-7765
M-F 9am - 5pm
Sack lunches and food boxes if you have the ability to prepare food

Westside Food Pantry
1358 West Indiana Avenue
801-935-4079
M, T, Th, F 9am - 5pm

Hildegarde's Pantry
231 East 100 South, SLC, UT 84111
801-328-2303
Tue, Wed, Fri 11am–1:15pm, Thu 5–6:15pm

Salvation Army
438 South 900 West
Salt Lake City, UT 84104
Pantry Hours: Tue 10am- noon, Wed and Fri 2-4pm
Hot Meal: M-F 1pm until run out

St. Paul's Episcopal Church
261 South 900 East, SLC, UT 84102
801-322-5869
Sat 9am–12:30pm

Rescue Mission of Salt Lake
463 South 400 West, SLC, UT 84101
801-355-1302
Daily 9-11am, 2:30pm-4pm

Ebenezer Helping Hand Food Pantry
820 South 300 East (temporarily across the street)
SLC, UT 84111
801-355-8826
First, second, third, & fifth Saturdays 10-11am

St. Paul's Episcopal Church Food Pantry
**No ID required*
261 South 900 East
SLC, UT 84101
Food pantry for people, dogs, and cats

Every Saturday 9am - noon

Jewish Family Services
**No ID required*
495 East 4500 South, #100 (curbside pick-up only)
M-F 11am - 1pm
Can pick up once/week. All faiths welcome.

Mosaic Interfaith Ministries
3278 South 540 East
SLC, UT 84115
801-588-0139
M-Thu 8am - 2:45pm
Employment and education opportunities also available

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FREE FRIDGES & MOBILE PANTRIES

Green Urban Lunch Box-24/7
3188 South 1100 West

Sugarhouse-24/7
720 East Loveland Avenue

Rose Park-24/7
1151 North 1500 West

Cannon Mobile Pantry
934 West Fremont Avenue
Wed 4:30 - 5:30pm

Harmony Mobile Pantry
3175 South 3450 West
West Valley City, UT
Sat 7-9am

Riverside Mobile Pantry
660 North Redwood Road
Fri 11am - noon

Millcreek Mobile Pantry
3400 South 1100 East
Sat 8:30 - 10:30am

Stockton Mobile Pantry
225 West 500 North
Wed 8:30 - 9:30am

Wells Mobile Pantry
1621 South 1100 East
Fri 8:30 - 9:30am

EBT (SNAP) Customer Service
800-997-4444
Check the balance of EBT card; report lost, stolen, or damaged card

Women, Infants, & Children (WIC)
610 South 200 East
SLC, UT 84111
385-468-3660 *call or text*
Women who are pregnant or breastfeeding, children under age 5; must meet income eligibility; people already on Medicaid, Food Stamps, or TANF automatically meets income guidelines

Utah Food Bank
801-978-2452
utahfoodbank.org/find-a-pantry/ to see a list of all food pantries in Salt Lake County and other counties in the state

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