



**NOT ENOUGH FOOD FOR YOUR FAMILY?
NEED HELP COOKING HEALTHY FOOD ON A BUDGET?
Flathead County Resources**

SNAP (Supplemental nutritional Assistance Program, formerly known as Food Stamps)

- Go to www.mfbn.org/gethelp to find income guidelines and information on how to apply
- Questions? Need help applying? Call the Montana Food Bank Network at (406) 215-1773 or the statewide helpline at 1-888-706-1535

Office of Public Assistance

- 121 Financial Dr., Kalispell
Phone: 1-888-706-1535
Online: <http://www.dphhs.mt.gov/>
Hours: Mon. – Fri., 8:00am – 5:00pm

Food Pantries and Meals Programs

- Bigfork Food Bank, Inc.
7535 Hwy 35, Bigfork
Phone: (406) 837-2297
Hours: 2nd & 4th Tues. each month, 10:00am – 1:00pm, 1st & 3rd Tues. each month, 4:00pm – 6:00pm
- Columbia Falls Food Bank
82 Railroad Street, Columbia Falls
Phone: (406) 892-0241
Hours: Mon., 5:00pm – 6:30pm, Tues., 9:30am – 12:00pm, and as needed
- Flathead Food Bank,
1203 Highway 2 West Suite 2, Kalispell
Phone: (406) 752-3663
Hours: Tuesdays and Thursdays from 7:30am-6pm.
- N.W. Mt Veterans Stand Down,
1349 Hwy 2 East, Kalispell
Phone: (406) 756-7304
Hours: Mon. – Fri., 9:00am – 5:00pm
Distributions: Mon. –Fri., 10:00am – 3:00pm
- Samaritan House, Inc.,
124 9th Avenue West, Kalispell
Phone: (406) 257-5801
Office Hours: Mon. – Fri., 8:30am – 4:30pm
Shelter Hours: Mon. – Sun., 8:00am – 10:00pm

- St. Matthew's Catholic Church,
703 1st Avenue West, Kalispell
Phone: (406) 253-4411
Hours: Tues. & Thurs., 9:30am – 12:00pm, and 2:00pm – 4:00pm
- West Shore Food Bank,
140 Bill's Road, Lakeside
Phone: (406) 261-4560
Hours: Please call ahead
- North Valley Food Bank,
251 Flathead Ave, Whitefish
Phone: (406) 862-5863
Hours: Thurs. 12:00pm – 2:00pm

Nutrition Education and Cooking Classes:

The **Supplemental Nutrition Assistance Program – Education Program (SNAP-Ed)** provides hands-on nutrition education through a series of lessons on how to shop, cook, and eat well on a limited budget

- Go to www.buycatlivebetter.org or call the Flathead County Nutrition Educators at (406) 758-2448.

Households with Children:

If you are pregnant or have children under five in the household, you may qualify for **WIC**

- Go to www.mfbn.org/gethelp or contact the Kalispell WIC office at 1035 1st Avenue West, Kalispell, (406) 751-8170

If you have children in school, they may qualify for **free or reduced price school meals**

- Go to www.mfbn.org/gethelp or ask your school for an application. You can apply at any time throughout the year!

Any child or teen, age 18 or under, can receive free food through the **Summer Food Service Program**

- Go to www.fns.usda.gov/summerfoodrocks to find a site near you, or text *Lunch* to 877-877
- Program operates during the summer months only

Households with Seniors:

If you are a senior 60+, you may qualify for a senior food program.

- Kalispell Senior Citizens Center
403 2nd Ave W, Kalispell
Phone: (406) 257-1598
- Flathead County Council On Aging
160 Kelly Road, Kalispell
Phone: (406) 758-5730
Hours: Monday-Friday 8am-5pm

Other Resources:

- Download the Montana Eats app (available for Android only) for more information on food resources in Montana
- Visit www.montana211.org for information on a variety of resources and programs in Montana