



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

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

- Go to [www.mfbn.org/gethelp](http://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**

- 2677 Palmer St., Missoula  
Phone: 1-888-706-1535  
Online: <http://www.dphhs.mt.gov/>  
Hours: Mon. – Fri., 8:00am – 5:00pm

**Food Pantries, Meals Programs, and Shelters**

- Missoula Food Bank,  
219 S. 3rd St. W., Missoula  
Phone: (406) 549-0543  
Hours: Mon. – Fri., 10:00am – 1:00pm, and Mon., Tues., & Thurs. 5:00pm – 7:00pm
- HIS Food Pantry (Church)  
1001 Cleveland, Missoula  
Phone: (406) 721-6884  
Hours: 4th Thursday each month, 5:00pm – 7:00pm
- Clark Fork City Foods (Church)  
2811 Latimer, Missoula  
Phone: (406) 721-7804  
Hours: Saturdays, 10:00am – 12:00pm
- Christian Life Center (Church)  
3801 S. Russell, Missoula  
Phone: (406) 542-0353  
Hours: 2nd and 3rd Mondays each month, 4:00pm – 5:00pm
- River of Hope Food Bank  
4007 Hwy 200 E, East Missoula  
Phone: (406) 282-1765  
Hours: 3rd Saturday each month, 2:00pm – 5:00pm
- Salvation Army of Missoula  
355 S. Russell, Missoula  
Phone: (406) 549-0710  
Hours: Mon. – Wed., 9:00am – 4:00pm, Thurs. & Fri., 9:00am – 2:00pm

- Poverello Center, Inc. (Shelter, Pantry, & Kitchen)  
1110 W. Broadway St., Missoula  
Phone: (406) 728-1809  
Pantry Hours: Mon. – Fri., 12:30pm – 2:00pm, Fri., 5:00pm – 6:30pm, Sat. & Sun., 12:30pm – 4:00pm  
Soup Kitchen: Open 7 days a week, 4:00am – 7:30am, 11:30am – 2:00pm, and 5:00pm – 7:00pm
- Union Gospel Mission of Missoula (Shelter & Kitchen)  
506 B, Toole Ave, Missoula (Day Center)  
Phone: (406) 926-6477  
Hours: Meals Mon. – Fri., 7:00am – 8:30am, 4:30pm – 6:00pm; & Saturdays, 7:00am – 8:30am
- YWCA Pathways  
1130 W. Broadway  
Phone: (406) 543-6691  
Hours: Mon. – Fri., 8:00am – 5:00pm  
Shelter and services for survivors of domestic assault
- Seeley-Swan Community Food Bank  
465 Airport Rd, Seeley Lake  
Phone: (406) 667-5025  
Hours: Tuesdays, 12:00pm – 4:00pm

#### **Nutrition Education and Cooking Classes:**

The **Expanded Food and Nutrition Education Program (EFNEP)** provides courses on how to shop, cook, and eat well on a limited budget

- Go to [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org) or call the Missoula Nutrition Educators at (406) 258-4207

#### **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](http://www.mfbn.org/gethelp) or contact the Missoula WIC office at 301 W Alder St, Missoula (406) 258-4740

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

- Go to [www.mfbn.org/gethelp](http://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](http://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:

- Contact **Missoula Aging Services** (for info on Meals on Wheels, Senior Commodities, Senior Farmers Market coupons, congregate meals) at (406) 728-7682
- Contact the **Missoula Food Bank** (for info on home delivered meals through the ROOTS program) at (406) 549-0543

#### **Other Resources:**

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