



**NOT ENOUGH FOOD FOR YOUR FAMILY?  
NEED HELP COOKING HEALTHY FOOD ON A BUDGET?  
Sanders 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**

- 2504 Tradewinds Way, Ste. #3, Thompson Falls  
Phone: 1-888-706-1535  
Online: <http://www.dphhs.mt.gov/>  
Hours: Mon. – Fri., 8:00am – 5:00pm

**Food Pantries and Meal Programs**

- Hot Springs Food Pantry  
100 Main Street, Hot Springs  
Phone: (406) 741-2012  
Hours: Tuesdays, 9:00am – 2:00pm
- Plains Assembly of God Shekinah Kitchen (Church)  
300 Clayton Street, Plains  
Phone: (406) 826-3800  
Hours: Tuesdays, 8:00am – 2:00pm
- Plains Community Food Bank (Church)  
302 Central, Plains  
Phone: (406) 826-3800  
Tuesdays, 9am-2:30pm
- Sanders County Coalition for Families  
303 Main Street, Ste 4, Thompson Falls  
Phone: (406) 827-3218  
Hours: Mon. – Fri., 9:00am – 5:00pm  
Services offered to survivors of domestic and sexual violence, child abuse, and stalking
- Community Harvest Food Bank  
704 ½ Preston, Thompson Falls  
Phone: (406) 827-6333  
Hours: Tuesdays & Thursdays, 10:00am – 3:00pm

- Gospel Mountain Assembly of God Food Bank (Church)  
1120 Preston Ave, Thompson Falls  
Phone: (406) 827-4611  
Hours: Wednesdays, 10:00am – 2:00pm
- Community Services Fellowship  
1419 Montana Hwy 200, Noxon  
Phone: (406) 847-4000  
Hours: Tuesdays & Fridays, 10:00am – 4:00pm

### 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 Sanders County WIC at 1111 Main St., Room 120, Thompson Falls, (406) 827-6931

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 or other services

- Sanders County Council on Aging  
203 Main Street, Hot Springs  
Phone: (406) 741-2343

### 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