

FOOD PANTRIES

** Indicates pantries that usually have emergency baby supplies on hand.*

Central Compassion Center

1076 West Indiana Ave, SLC, 84104
Hours: Sa 10 am – 11 am
Phone: 801-664-1392
Req. Documents: None

Concern Center of Salt Lake

1235 California Ave. (1330 S.), SLC, 84104
Hours: M 6 – 7:45 pm; W, Th 10 am – 12:45 pm; Sa 9 am – 11:45 am
Phone: 801-972-5708
Serves: 84101, 84104, 84106, 84111, 84115, and 84116 and below 150% of Federal Poverty Guidelines; case by case consideration.
Req. Documents: Photo ID.

*Crossroads Urban Center (Limit 12 times per year)

347 South 400 East, SLC, 84111
Hours: M – F 9 am – 5 pm
Phone: 801-364-7765
Req. Documents: None

*Crossroads Westside Emergency Food Pantry

(Limit 12 times per year)
 1358 West Indiana Ave (850 S), SLC, 84104
Hours: M - F 9 am – 5 pm
Phone: 801-935-4079
Req. Documents: ID for all household members.

Kingdom Church Food Pantry

820 South 300 East, SLC, 84111
Hours: Sa 9:30 - 11 am
Phone: 801-355-8826
Req. Documents: Photo ID or proof of address for first visit.

Granger Community Christian Church Food Pantry

3232 West 4100 South, WVC, 84119
Hours: M 5 - 6:30 pm; Sa 10 am - 12 noon
Phone: 801-440-3889
Req. Documents: None

*Hildegard's Food Pantry (Limit 2 visits per month)

231 East 100 South, SLC, 84111
Hours: Tu, W, F, 11 am - 1:30 pm; Th 5 – 6:30 pm
Phone: 801-328-2303
Req. Documents: Photo ID for all household members.

Hope Unlimited Church Pantry

4115 West Sams Boulevard (5295 South), Kearns 84118
Hours: Tu 4 - 6 pm
Phone: 833-680-6903 (Text Only)
Serves: Those residing in zip codes 84118 & 84123
Req. Documents: Photo ID and proof of residency.

Jewish Family Service – Salt Lake

495 East 4500 South Ste 100
 (Comfort Care Pediatrics Building)
 Millcreek, UT 84107
Hours: M - Th 1 – 3 pm; F 11 am – 1 pm
Phone: 801-746-4334
Req. Documents: None

Kearns 1st Baptist Church Food Pantry

4445 West 5175 South, Kearns, 84118
Hours: Tu 6:30 – 7:45 pm; W, F 11 am – 2:45 pm; Th 1 – 2:45 pm
Phone: 385-529-9402
Req. Documents: ID for all household members and proof of address.

LDS Church Welfare Square

751 West 700 South, SLC, 84104
Hours: M - F 8 am - 11:30 am & 1 - 3:30 pm
Phone: 801-240-3001 (call first - Bishop's order required)
Req. Documents: Photo ID and Bishop's order.

Magna FACT

9113 West Magna Main, Ste 101 Magna, 84044
Hours: M, Tu, Th, F 11 am – 4 pm
Phone: 801-250-4811
Req. Documents: Photo ID

Mosaic Inter-Faith Ministries

3278 S 540 E, SLC, 84106
Hours: M 8 am – 3 pm; Tu – Th 10:30 am – 3 pm
Phone: 801-721-2641
Req. Documents: Photo ID at the first visit.

Murray Park Church of Christ Food Pantry

494 East 5300 South, Murray, 84107
Hours: Th 9 am – 5 pm
Phone: 801-293-7000
Req. Documents: None

Nueva Esperanza Pantry

7681 South 2200 West, West Jordan, 84084
Hours: W 4 – 6 pm, while supplies last
Phone: 801-548-5089
Req. Documents: None

Redeemed Christian Church of God – House of His Glory Pantry

213 West 4800 South, Murray, 84107
Hours: Su 1 – 2 pm
Phone: 801-889-1751
Req. Documents: None

Rescue Mission of Salt Lake

463 South 400 West, SLC, 84101
Hours: M – Sa 9:30 – 11:30 am & 2 – 4 pm; Su 2 – 4 pm
Phone: 801-355-1302
Req. Documents: ID for each household/family member.

Salt Lake City Mission

1151 South Redwood Rd Ste 106, SLC, 84104
Hours: M, W, F 11 am – 2 pm
Phone: 801-355-6310
Req. Documents: Photo ID

St. Andrew's Food Pantry

11835 South 3600 West, Riverton, 84065
Hours: Th 5 – 7 pm
Phone: 801-871-5080
Req. Documents: Photo ID

St. James Episcopal Church Food Pantry

7486 Union Park Ave, Midvale, 84047
Hours: 2nd & 4th Su 1 - 3 pm
Phone: 801-566-1311
Req. Documents: None

St. Paul's Episcopal Church Pantry

261 South 900 East, SLC, 84102
Hours: Sa 9 am – 1 pm, while supplies last
Phone: 801-322-5869
Req. Documents: None

Taylorville Food Pantry

4775 South Plymouth View Drive (1625 W), Taylorville, 84123
Hours: Sa 10 am – 1 pm
Phone: 385-512-5854
Req. Documents: Photo ID for each household member and proof of address

The Salvation Army

438 South 900 West, SLC, 84104
Hours: Tu 10 am – 12 noon; W, F 2 – 4 pm
Phone: 801-988-4204
Req. Documents: None

Mesopotamia Community Pantry

3422 South 300 West, South Salt Lake, 84115
Hours: W, F 9 – 10 am
Phone: 385-579-9119
Req. Documents: Photo ID and proof of address.

Murray Children's Pantry

170 E 5770 S, Murray, 84107
Hours: Tu 10 am – 12 noon; 3rd Sa 10 am – 12 noon
Phone: 385-210-1107
Req. Documents: None

Somali Community Pantry

1578 W 1700 S, SLC, 84104
Hours: W 10:30 am – 12:30 pm; F 10 am – 12 noon
Phone: 801-213-8550
Req. Documents: None

Utah Food for Families

460 W Century Dr, Murray, 84123
Hours: Th 3 – 7 pm
Phone: 801-967-5257
Req. Documents: None

University of Utah Population Health Clinic

168 N 1950 W Ste 201, SLC, 84116
Hours: M – F 9 am – 5 pm
Phone: 801-646-6399
Req. Documents: Photo ID

Tongan United Methodist Pantry

1553 W Crystal Ave, WVC, 84119
Hours: M 3 – 5 pm; Th 11 am – 1 pm
Phone: 801-718-4795
Req. Documents: Photo ID and proof of address

Ruth's Kitchen at Discovery Christian Community

5929 S 900 E, Murray, 84121
Hours: Tu 12:30 – 2:30 pm; Th 6:30 – 7:30 pm
Phone: 801-646-6399
Req. Documents: Photo ID and proof of address

PREPARED MEAL SITES

Catholic Community Services of Utah – Homeless Services

437 West 200 South, SLC, 84101
Hours:
Lunch: M – F 11:30 am - 12:30 pm
Dinner: Su – Sa 5 – 6 pm
Brunch: Sa 10 – 11 am
Phone: 801-363-7710
Req. Documents: None

Rescue Mission

463 South 400 West, SLC, 84101
Hours:
Breakfast: M – F 6 – 6:45 am
Lunch: Su – Sa 12:15 – 12:45 pm
Dinner: Su – Sa 7 – 8 pm
Phone: 801-355-1302
Req. Documents: None

Salt Lake City Mission

1151 South Redwood Rd Ste 106, SLC, 84104
Hours: M – F 11 am – 1 pm
Phone: 801-355-6310
Req. Documents: None

Volunteers of America Youth Resource Center

Meals served to homeless or at-risk youth ages 15 to 22.
888 South 400 West, SLC, 84101
Hours: Daily
Breakfast: 8:30 – 9:30 am
Lunch: 1 – 2 pm
Dinner: 6 – 7 pm
Phone: 801-364-0744
Req. Documents: None

OTHER FOOD RESOURCES

Commodity Supplemental Food Program (CSFP) – A Program of the Utah Food Bank

Provides low-income elderly people of at least 60 years of age with a monthly box of nutritious food items.
Phone: 801-978-2452
Website: utahfoodbank.org

Salt Lake County Aging and Adult Services

Provides seniors over the age of 60 in Salt Lake County with low cost, nutritious meals at various senior centers throughout the county. Also provides home delivered meals through Meals On Wheels for home-bound seniors.
Phone: 385-468-3200
Hours: See website for senior center locations and hours
Website: slco.org/aging-adult-services/

SNAP – Department of Workforce Services (DWS)

SNAP is designed to improve the nutrition of people with low income. Those who meet the eligibility requirements are entitled to receive benefits to cover part of their household food budget.
Phone: 866-435-7414
Website: jobs.utah.gov

Utah CO-OP

Helps families eat healthier by saving them 25-80% off retail grocery prices. Offers pick up or food delivery.
291 East 4500 South, SLC, 84107
Hours: Online, 24/7
Phone: 801-556-2223
Website: www.utahcoop.org

Mobile Pantries – A Program of the Utah Food Bank

Provides fresh produce, dairy, and frozen items (based on availability), free of charge to families and individuals in need.
Hours: Visit website to see locations and times.
Website: www.utahfoodbank.org/programs/mobile-pantry

WIC (Women, Infants, and Children)

Provides vouchers for specific nutritious food supplements to pregnant, postpartum, and breastfeeding women, and to infants and children up to five years of age, who have been determined to be at nutritional risk due to inadequate nutrition and income.
Phone: 801-273-2991 or 1-877-942-5437

ADVOCACY

Utahns Against Hunger

Promotes access to nutritional programs statewide and provides assistance with applying for SNAP benefits.
244 South 500 West Ste 201, SLC 84101
Phone: 801-328-2561
Website: www.uah.org

Last update: June 2024

Utah 211 is the place to call if you need help or want to give help. Callers can be linked to resources available from health and human service programs throughout the state.