

# Food Resources

## Area Food Banks

### Flathead Food Bank and Mobile Food Pantries

- <https://flatheadfoodbank.org/>
- Phone: [\(406\) 752-3663](tel:4067523663) | 1203 Hwy 2 W, Kalispell MT
- Offers mobile food pantries in Evergreen, Lakeside, Marion, Kila, Coram, Martin City and Hungry Horse.

### North Valley Food Bank

- <https://www.northvalleyfoodbank.org/>
- [\(406\) 862-5863](tel:4068625863) | 251 Flathead Ave, Whitefish

### Columbia Falls Food Bank

- <https://mfbn.org/resource/columbia-falls-food-bank/>
- [\(406\) 892-0241](tel:4068920241) | 82 Railroad St E, Columbia Falls

### Bigfork Food Bank

- <https://www.bigforkfoodbank.org/>
- [\(406\) 837-2297](tel:4068372297) | 7535 MT Hwy 35, Bigfork

### West Shore Food Bank

- <https://www.westshorefoodbank.com/>
- [\(406\) 844-2779](tel:4068442779) | 140 Bills Rd, Lakeside

### NW Montana Veterans Food Pantry

- <https://veteransfoodpantry.org/>
- [\(406\) 756-7304](tel:4067567304) | 1349 Hwy 2 E, Kalispell

## CSFP - Commodity Supplemental Food Programs for Seniors

- <https://flatheadfoodbank.org/programs/>
- Phone: [\(406\) 752-3663](tel:4067523663) | Flathead Food Bank 1203 Hwy 2 W, Kalispell MT

## Meals in the Flathead

### Meals on Wheels

- <https://flathead.mt.gov/department-directory/agency-aging/services/meals-wheels>
- [\(406\) 758-5730](tel:4067585730) | Flathead Co Agency on Aging – 40 11th St W, Kalispell MT
- Prepared meals are delivered countywide to homebound seniors.

### Community Kitchen—Feeding the Flathead

- <https://communitykitchen-feedingtheflatheadinc.com/meals>
- [\(406\) 300-2362](tel:4063002362) | Location varies – call or visit the website for locations
- Eat a nutritious meal in a cheerful, family-friendly setting. Dinner served at 6:00 pm most evenings.

### Soups and Soap – Salvation Army

- [https://kalispell.salvationarmy.org/kalispell\\_corps/cure-hunger/](https://kalispell.salvationarmy.org/kalispell_corps/cure-hunger/)
- [\(406\) 257-4357](tel:4062574357) | 110 Bountiful Drive, Kalispell MT
- Free breakfast, lunch, shower, and laundry facilities for those in need.

## The Heart Locker - Teen and Young Adult Drop In Center

- <https://www.kalispellheartprogram.org/>
- Phone: [\(406\) 261-3972](tel:4062613972) | Email: [willetj@sd5.k12.mt.us](mailto:willetj@sd5.k12.mt.us) | 514 E. Washington St, Kalispell MT
- Provides food, clothes, hygiene items, school supplies, resources and a safe space for teens and young adults in need.
- Call to make an appointment or drop in every Tuesday from 3 to 5 p.m.

## Senior Congregate Lunch Meals

### Kalispell Senior Center

- <https://kalispellseniorcenter.com/newsletter-2/>
- [406-257-1598](tel:4062571598) | 40 11th Ave W, Kalispell
- Provides activities, social events, and resources for seniors in the Kalispell area.

### North Valley Senior Center

- <https://www.facebook.com/north.valley.senior.center>
- [\(406\) 892-4087](tel:4068924087) | 205 Nucleus Ave, Columbia Falls MT
- Offers meals, activities, and support services for seniors in Columbia Falls.

#### Bigfork Senior Center

- <https://bigforksenior.center/bigfork-senior-center/>
- [\(406\) 837-4157](tel:4068374157) | 639 Commerce St, Bigfork MT
- Provides social engagement, meals, and community support for seniors in Bigfork.

#### Whitefish Community Center

- <https://www.whitefishcommunitycenter.org/calendar>
- [\(406\) 862-4923](tel:4068624923) | 121 E Second St, Whitefish MT
- Hosts senior activities, meal programs, and community events in Whitefish.

#### SNAP - Supplemental Nutrition Assistance Program

- <https://apply.mt.gov/>
- Phone: [1-888-706-1535](tel:18887061535) | Flathead Co Office of Public Assistance – 121 Financial Dr, Kalispell MT
- Electronic benefit card to purchase groceries.

#### WIC - Women Infants and Children

- <https://flathead.mt.gov/departments-directory/health/wic>
- Phone: [\(406\) 751-8170](tel:4067518170) | Flathead City County Health Department – 1035 1<sup>st</sup> Ave W, Kalispell MT
- Access to healthy food and nutrition education for pregnant and breastfeeding mothers, infants and children up to age of 5.

#### Youth Programs

##### Kalispell HEART Program

- <https://www.kalispellheartprogram.org/programs/heart-markets>
- Phone: [\(406\) 751-3630](tel:4067513630) | Elrod Elementary School – 412 3rd Ave West, Kalispell MT
- HEART Markets are located on school grounds and provide snacks and food for students after school.

##### Backpack Program

- <https://flatheadfoodbank.org/programs/>
- Phone: [\(406\) 752-3663](tel:4067523663) | Flathead Food Bank
- Provides child-friendly, non-perishable food bags for weekends and holidays at participating schools.

## Land to Hand MT

### Programs:

- Farm to School – Educational and nutritional food programs in Columbia Falls Schools grades K-12
- Weekend Backpack Program – distributes weekend food bags to children and Fresh Snacks Fridays in Columbia Falls
- Double Snap Dollars at local Farmer's Markets
- Senior Farmers Market Nutrition Program – Free coupon books to use at the Farmers Market for low-income seniors (60 yo and up)
- Food Rx – provides fruits and vegetables weekly to low-income individuals with chronic health conditions through 9 health clinics in the Flathead Valley.
- Free the Seeds – Provides free seeds and gardening clinics to the community.
- <https://landtohandmt.org/>
- Phone: [\(406\) 616-2017](tel:4066162017)