



Food Resources

Area Food Banks

Flathead Food Bank and Mobile Food Pantries

- <https://flatheadfoodbank.org/>
- Phone: (406) 752-3663 | 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 | 251 Flathead Ave, Whitefish

Columbia Falls Food Bank

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

Bigfork Food Bank

- <https://www.bigforkfoodbank.org/>
- Phone: (406) 837-2297 | 7535 MT Hwy 35, Bigfork

West Shore Food Bank

- <https://www.westshorefoodbank.com/>
- Phone: (406) 844-2779 | 140 Bills Rd, Lakeside

NW Montana Veterans Food Pantry

- <https://veteransfoodpantry.org/>
- Phone: (406) 756-7304 | 1349 Hwy 2 E, Kalispell

CSFP - Commodity Supplemental Food Programs for Seniors

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

Montana Food Bank Network — Mail-a-Meal Program

- <https://mfbn.org/mail-a-meal/>
- Phone: (406) 215-1772
- Provides a 30 lb box of shelf-stable nutritional food once a month through the mail for seniors and individuals who do not live near a food bank or lack transportation/mobility to access their local food bank. The boxes must be requested every month either through an on-line request form or a mail in form.



Food Resources

Meals in the Flathead

Meals on Wheels

- <https://flathead.mt.gov/department-directory/agency-aging/services/meals-wheels>
- Phone: (406) 758-5730 | 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>
- Phone: (406) 300-2362 | 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/
- Phone: (406) 257-4357 | 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 | Email: 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/>
- Phone: (406) 257-1598 | 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>
- Phone: (406) 892-4087 | 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/>
- Phone: (406) 837-4157 | 639 Commerce St, Bigfork MT
- Provides social engagement, meals, and community support for seniors in Bigfork.



Food Resources

Whitefish Community Center

- <https://www.whitefishcommunitycenter.org/calendar>
- Phone: (406) 862-4923 | 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 | 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/department-directory/health/wic>
- Phone: (406) 751-8170 | Flathead City County Health Department – 1035 1st 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 | 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 | Flathead Food Bank
- Provides child-friendly, non-perishable food bags for weekends and holidays at participating schools.

Land to Hand MT

Programs:

- <https://landtohandmt.org/>
- Phone: (406) 616-2017
- 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



Food Resources

Land to Hand MT

Programs cont:

- 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.

Salvation Army

- https://kalispell.salvationarmy.org/kalispell_corps/cure-hunger/
- Phone: (406) 257-4357 | 110 Bountiful Drive, Kalispell
- Breakfast & Lunch – Monday through Friday. Breakfast Served: 8:00AM to 9:00AM and Lunch Served: Noon to 1:00PM
- Provides groceries & snack items, shower and laundry facilities.

West Shore Community Dinners Free For All Ages

- Phone: (406) 949-8062 | The Gathering Place – 238 S/ Adams St, Lakeside, MT
- Second Friday of each month, September through May from 5 – 6:30 p.m.