



Land to Hand
M O N T A N A

Nourishing People. Cultivating Community.

Flathead Valley Community Resources

Last updated May 2023

Local Assistance

Northwest Montana United Way 211

<https://montana211.org/about.php>

1203 US Hwy 2 West, Suite 31, Kalispell, MT 59901

Phone: 2-1-1 or (406) 751-8740 or Business Office: (406)752-7266

Montana 2-1-1 provides information and connects people to resources for non-emergency needs. When you call the 211 hotline, a service provider will help connect you to any Montana resources you may need.

Assist Flathead

<https://assistflathead.org/community-resources/food/>

(406) 758-1437 or jemmert@logan.org

Connects Flathead residents with food resources, youth programs, emergency shelters, health and home care, mental and physical health services, transportation, and numerous other support services.

Montana Department of Public Health and Human Services (DPHHS)

121 Financial Dr., Kalispell, MT 59901

1-888-706-1535

<https://dphhs.mt.gov/Assistance/index>

Administers numerous programs for low-income Montanans including but not limited to: SNAP, TANF, WIC, Medicaid, Developmental Disabilities, Senior Services.

Supplemental Nutrition Assistance Program (SNAP)

121 Financial Drive, Suite A, Kalispell, MT 59901

1-888-706-1535

<https://www.dphhs.mt.gov/hcsd/snap>

SNAP (Supplemental Nutrition Assistance Program) is a federally-funded program administered as the replacement for Food Stamps. Benefits are provided on an electronic card that is used like an ATM card and accepted at most grocery stores and farmers markets. M - F 8 am - 5 pm

- *Need help applying for SNAP? Contact the Montana Foodbank Network at 406-239-6475 or at snap@mfbn.org. The NVFB also provides assistance; Contact the NVFB Community Outreach Coordinator, Maddie Culhane, at (406) 862-5863, www.northvalleyfoodbank.org or during open store hours.*

Temporary Assistance to Needy Families (TANF)

121 Financial Drive, Suite A, Kalispell, MT 59901

1-888-706-1535

<https://www.dphhs.mt.gov/HCSd/tanf>

TANF (Temporary Assistance to Needy Families) is a state block grant program providing cash assistance to eligible families. The receipt of TANF cash assistance is limited to 60 months in an adult's lifetime. Promotes job preparation and work for those who have low or very low income and are under-employed (working for very low wages), unemployed or about to become unemployed. M - F 8am - 5pm.

WIC (Women, Infants, and Children)

501 6th Ave West, Columbia Falls MT 59912

(406) 751-8170

<http://www.signupwic.com/>

WIC is a special supplemental nutrition program for women, infants, and children. It provides short-term, low-cost, preventative health services to families who are at risk due to nutrition related health conditions. There are also offices located in Kalispell, Elmo, Eureka, Polson, and more surrounding areas.

Land to Hand Montana

<https://landtohandmt.org/>

hello@landtohandmt.org or (406) 616-2017

Double Snap Dollars (DSD)

- *The DSD program focuses on SNAP recipients' access to fresh, local food. The DSD Program allows SNAP recipients to come to the Farmers' Markets in Whitefish and Kalispell to use their SNAP card for the purchase of farm fresh food fruits and vegetables. Weekly, participants can match up to \$30 for \$30 in SNAP funds to use on fresh produce. So, if participants use \$30 of SNAP funds, you can leave the market with \$60 worth of goods.*

Senior Farmers Market Nutrition Program

- *The SFMNP program offers booklets worth \$48 to Flathead County residents, 60 years of age and older, and are low income (185% FPL), to spend on a Montana-grown fruits, vegetables, and raw honey.*

School Coins

- *The School Coins program offers one \$5 coin per market season to any local, school-aged child to purchase whatever fresh produce or plant that produces food that they would like at the Kalispell, Whitefish, or Columbia Falls Farmers Markets.*

Food Rx

- *The Food Rx program partners with local Logan Health clinics in the Flathead Valley to provide low-income community members living with chronic health conditions the opportunity to receive an abundance of fresh produce. Contact Land to Hand or your provider to see if your location participates.*

Kid/Student Meals Assistance

Summer Food Service Program (SFSP) Free Summer Meals

www.fns.usda.gov/meals4kids

These meals are free and open to all children up to 18 and require no sign-up or registration for the services. The kids can just show up and eat. Sites will be posted on the online map and texting service as they open across the state. Most sites are open by mid-June and will not be listed on the map until then. For information about site locations or to see the site map you can visit or text 'FOOD' or 'COMIDA' to 304-304.

Weekend Backpack Program

Provides students who could benefit from having more food over the weekend who may not be able to afford it with weekend meals and for school breaks throughout the year. Programs in Whitefish, Columbia Falls, Kalispell, Somers, and Bigfork. Please contact your child's school to see if they offer this program.

FVCC Student Food Pantry

Learning and Resource Center, Room 108

(406) 756-3908 or food-pantry@fvcc.edu

<https://www.fvcc.edu/student-services/health-wellness/food-pantry>

FVCC offers a food pantry designed to meet the immediate food needs of students by providing non-perishable food items and personal hygiene products during open school hours.

Student identification is required. Privacy is protected and all information is kept confidential.

Kalispell Heart Markets

(406) 751-3630 or kalispellheartprogram@gmail.com

<https://www.kalispellheartprogram.org/programs>

The HEART Markets are used as a supplementary means for students in need of something to eat at home in the evenings, or over the weekends. They also stock personal hygiene products and school supplies in the Markets for the convenience of the students. Any student in need is welcome to utilize these resources. Located at Flathead High School, Glacier High School, and Linderman Education Center.

Whitefish High School Food Pantry

1143 4th St, Whitefish, MT 59937

(406) 862-8600 or Ross Lingle: lingler@whitefishschools.org

Food resources and weekend meals for high school students. Contact Ross Lingle above for more information.

Columbia Falls High School Student Food Pantry

610 13th St W, Columbia Falls, MT 59912

(406) 892-6500 or t_sundberg@cfmthschools.net

Resource that provides weekend meals for the high school students. Contact Tamara Sundberg for details.

Free/Reduced Breakfast and Lunch Program

<https://dca.opi.mt.gov/frapp>

Above is the State of Montana OPI's electronic application for free and reduced price meals for the USDA's National School Lunch & School Breakfast Programs. The reduced meals program is implemented at the Whitefish, Kalispell, and Columbia Falls school districts. You may also fill out [this](#) paper application and return it to your child's school to apply.

Food Pantries/Banks

Bigfork Food Bank

7335 MT Hwy 35, Bigfork, MT 59911

(406) 837-2297

<https://www.bigforkfoodbank.org/>

Distribution hours are the first and third Tuesdays of most months from 4 PM to 6 PM; and the second and fourth Tuesdays of most months from 9 AM to 1 PM. The food bank is closed on fifth Tuesdays. Special schedules are set up for the holidays in November and December.

Columbia Falls Food Bank

82 Railroad Street East, Columbia Falls, 59912

(406) 892-0241

Open for distribution Mondays 5 PM to 6:30 PM and Tuesdays 9:30 AM- 12 PM

Evergreen Food Pantry

Calvary Lutheran Church

2200 Hwy 2 E, Kalispell, MT 59901

Provides temporary, emergency food assistance to those in need. Maximum service is 12 times per year. Food is distributed on the 1st and 3rd Tuesdays from 9:30 am - 12pm.

Flathead Food Bank

1203 Hwy 2 W, Suite 2, Kalispell, MT 59901

(406) 752-3663

www.flatheadfoodbank.com

Food distribution Monday: 9am – 1:45pm, Tuesday: 9am – 1:45pm, Wednesday: 1pm – 5:45pm, Thursday: 9am- 1:45pm

Canyon Mobile Pantry

Martin City, Hungry Horse, Coram, West Glacier

Martin City Fire Hall (332 Central Avenue, Martin City, MT 59926)

1st and 3rd Wednesday of each month (10:00am – 12pm)

Kila and Batavia Pantry

Kila Country Church (150 Cottage Ln., Kila, MT 59920)

2nd and 4th Wednesday of each month (9:00am – 9:30am)

Marion Pantry

First Baptist Church of Marion (180 Pleasant Valley Rd., Marion, MT 59925)

2nd and 4th Wednesday of each month (10:00am – 11:00am)

North Valley Food Bank (Whitefish)

251 Fleathead Ave, Whitefish, MT 59937

(406) 862-5863

www.northvalleyfoodbank.org

New customers are welcome! No eligibility requirements or supporting documentation is needed. Grocery Store hours are Tuesday 2-6, Wednesdays 10-4, and Thursday 10-4.

Drive-thru Distribution is Thursdays from 3-5.

Deliveries and Mobile Pantry

NVFB is currently providing mobile pantry services in

- *Trego: Fridays @ TFS Community Center 12-1*
- *Olney: Fridays @ Olney Fire Department 11:30-11:45*
- *Essex: 1st and 3rd Monday of the month @ Izaak Walton Inn 10:30 – 11.*

Customers who receive food at a mobile pantry site are also welcome to visit the Whitefish distribution as needed. Please call NVFB at 406-862-5863 extension 1004 if you are in need of deliveries.

NorthWest Montana Veterans Food Pantry

1349 Hwy 2 E, Kalispell, MT 59901

(406) 756-7304

<http://veteransfoodpantry.org>

Provides a variety of services to veterans experiencing homelessness, low-income, and at-risk veterans and their families including food, clothing, household furnishings, counseling, and resource referrals. Monday-Friday 10am - 3pm, thrift store open until 4:30pm.

West Shore (Lakeside) Food Bank

140 Bills Road, Lakeside, MT 59922

(406) 844-2779 or foodbank@westcap59922.com

<https://www.westshorefoodbank.com/contact>

Distribution rotates weekly between Monday at 4:00-5:45pm and Tuesdays at 9:00-10:45am.

They also offer a senior lunch and kids snackpack program. Please visit their website and calendar for more information.

Emergency Food Sources

A Ray of Hope

46 5th Ave. W., P.O. Box 5407, Kalispell 59901

(406) 755-4673

Provides practical and emergency help with food, clothing and household goods, free of charge or by donation of money or time.

Shepherds Shelves Closet

East Haven Baptist Church

2010 Whitefish Stage, Kalispell, MT 59901

(406) 752-7021

www.easthaven.org

Provides emergency food for the needy on a last resort basis. Monday - Thursday 9am - 4pm.

NOTE: If you are experiencing a food shortage emergency, please refer to the Local Assistance page for Assist Flathead information. Additionally, Evergreen Food Pantry and North Valley Food Bank also provide emergency food assistance.

Community Meals

Community Kitchens - Feeding the Flathead

(406) 300-2362

<https://communitykitchen-feedingtheflatheadinc.com/meals>

ckfeedflathead@gmail.com

Through local churches, most evenings you can attend to receive a free, hot meal nearly every day. Visit the link above or call to see the full schedule and participating locations.

Bethlehem Lutheran (Community Kitchen)

603 S Main St, Kalispell, MT 59901, MT

(406) 300-2362

Has community dinners most Monday nights, holidays, and more. Visit the website above for the full, up to date schedule.

Calvary Lutheran Church (Community Kitchen)

2200 US Hwy 2 E, Kalispell, MT 59901

(406) 752-1472

Has community dinners most Monday nights, holidays, and more. Visit the website above for the full, up to date schedule.

Central Christian Church (Community Kitchen)

248 2nd Ave E, Kalispell, MT 59901

(406) 755-5265

Serves dinner most Tuesday, Thursday, and Saturday nights at 6pm. See Community Kitchen schedule for accurate dates.

Christ Church Episcopal (Community Kitchen)

215 3rd Ave E, Kalispell, MT 59901

(406) 257-6182

Serves dinner the last week of the month at 6pm. See Community Kitchen schedule for accurate dates.

First Presbyterian Church

540 S Main St, Kalispell, MT 59901

(406) 752-7488

Has dinners typically on Thursday evenings, please visit the link under Community Kitchens for meals schedule.

St. Richards Catholic Church

1210 9th St W, Columbia Falls, MT 59912

406-892-5142

Serves meals the last four nights of the month. See Community Kitchen schedule for accurate dates.

Hungry Horse Elementary School

200 N St., Hungry Horse, MT 59919

Meal the last Thursday of the month. See Community Kitchen schedule for accurate dates and locations.

St. Matthews Roman Catholic Church

602 S. Main Street, Kalispell, MT 59901

(406) 752-6788 or info@stmatthewskalispell.org

<https://www.saintmatthewskalispell.org/services>

St Matthews hosts a community dinner every second Saturday of the month at the Samaritan House, 124 9th Ave W, Kalispell, MT 59901 from 5:00-7:00pm.

Breakfast & Lunch Meal Program

Salvation Army, 110 Bountiful Dr, Kalispell, MT 59901

(406) 257-4357

The Salvation Army serves hot meals at their facility Monday - Friday. Breakfast is served from 7:30 - 8:45 am, and lunch is served from Noon - 1 pm. Available free to all of those in need.

Other foods (mostly breads) are available to take home for use when available. Shower facilities are also available Monday - Friday.

Christmas at Our House Dinner

2989 Hwy 93 N, Kalispell, MT 59901

(406) 261-1398 or anjmlw@outlook.com

Dinner is hosted at 495th Battalion (Nat'l Guard Armory) that traditionally provides a free turkey and ham dinner to help celebrate the holiday season, and also includes entertainment and presents. Please contact above to get an accurate date and time as it can change from year-to-year.

Shepherd's Hand

5150 River Lakes Parkway (Christ Lutheran Church), Whitefish, MT 59937

(406) 260-3502 or info@shepherdshand.com

www.shepherdshand.com

Free community meals every Monday at 6:00pm and also runs a free health and dental clinic. Park your car and enter through the double doors under the portico near the Christ Lutheran Church offices. Shepherd's Hand staff will greet you upon entry and direct you accordingly.

Sykes Thanksgiving Day Dinner

202 Second Ave W, Kalispell, MT 59901

(406) 257-4304

On Thanksgiving Day, a free dinner is served at Sykes Grocery & Market and is open to everyone. Transportation may be provided if needed. Volunteers to help with the dinner are always needed. Sponsored by several local charitable organizations and churches.

Senior Specific Programs

Meals on Wheels

Agency on Aging

40 11th St W #100 Kalispell, MT 59901

(406) 758-5730

Hot meals delivered at noon Monday - Friday to homebound seniors.

Senior Lunches

Kalispell Senior Center

40 11th St W, Kalispell, MT 59901

(406) 257-1598 or email@kalispellseniorcenter.us

Lunch is served Monday through Friday from 11:30 to 1:00. Cost: \$8 for people under 60 years old; optional donation of \$4 for people 60+.

North Valley Senior Center

205 Nucleus Avenue, Columbia Falls, MT 59912

(406) 892-4087

Lunch is served Monday through Friday from 11:30 to 1:00. Cost: \$8 for people under 60 years old; optional donation of \$4 for people 60+.

Whitefish Senior Center

121 E. Second Street, Whitefish, MT 59937

(406) 862-4923

Lunch is served Monday through Friday from 11:30 to 1:00. Cost: \$8 for people under 60 years old; optional donation of \$4 for people 60+.

Bigfork Senior Center

856- MT HWY 35 in Bigfork, MT 59911

(406) 837-4157

Lunch is served Monday, Wednesday, and Friday from 11:30 to 1:00. Cost: \$8 for people under 60 years old; optional donation of \$4 for people 60+.

Lakeside Gathering Place

238 Adams Street Lakeside, Montana 59932

Tuesday and Thursday at 12pm. Donations requested. There is also a free dinner at the Gathering Place on the second Friday of each month, starting in September 2023.

Non-Food Related Resources

The Abbie Shelter

(406) 752-7273

<https://www.abbieshelter.org/get-help>

The Abbie serves individuals impacted by domestic or sexual violence. They provide shelter, court advocacy, counseling, safety planning, and a 24-hour confidential helpline. Confidential and communal, the Abbie is an undisclosed location and provides housing for up to 15 people. ALL those in danger from an intimate partner in Flathead County are welcome, including men and LGBTQ+ identities.

The Nurturing Center

322 2nd Ave W C, Kalispell, MT 59901

(406) 756-1414

<https://nurturingcenter.org/best-beginnings-scholarship-program/>

The Best Beginnings Child Care Scholarships are an income based scholarship that's available to qualifying families to help cover the cost of child care for families whose child receives care from a licensed child care facility of family, friend and neighbor (FFN). The Program helps families pay for child care when parents are not available to care for their children: during work hours, school hours, teen parents attending high school, or if they are a parent receiving TANF who is participating in family investment

Coats for Kids

8 1st Street East #205, Kalispell, MT 59901

(406) 752-1522 or coatsforkids@bresnan.net

Coats for Kids was started by the Kalispell Jaycees over 35 years ago to help children receive new warm winter clothing. On November 5th, 2023 from 11am - 4pm they will be at the Sheriff Posse building on Shady Lane to distribute winter clothing.

Flathead Conservation District Summer Camp Scholarships

<https://flatheadcd.org/programs/education-programs/camp-sponsorship/>

jessie@flatheadcd.org or (406) 752-4220

The Flathead Conservation District proudly sponsors youth to attend summer camps in Montana that teach natural resource appreciation or conservation skill building. To request sponsorship, submit a brief description of the natural resource topics that will be covered during the camp and the camp's registration form. If sponsored, the district will send your registration form to the camp and pay them directly.

Samaritan House

124 9th Ave W., Kalispell, MT 59901

(406) 257-5801

www.samaritanhousemt.com

Provides food, housing, resources, and case management for people experiencing homelessness with low or no income in Kalispell and beyond the Flathead Valley.

Flathead Warming Center

889 North Meridian Kalispell, MT, US 59901

(406) 885-3042

<http://flatheadwarmingcenter.org/>

The Warming Center's mission is to save lives, link people to resources, and encourage dignity through low barrier access to a warm safe place for those in need.

Mountain Climber

mtnclimber.org

(406)-758-5728

Mountain Climber is your Flathead County Public Transportation resource. Their mission is to help people get from where they are to where they want to be by providing safe and friendly rides. Currently, there is no charge (May 2023), but check fares online to anticipate any changes.

Agency on Aging

40 - 11th Street West, Suite 100, Kalispell, MT 59901

(406) 758-5730

<https://flathead.mt.gov/aging/>

Services for Seniors include: Meals on Wheels & Social Dining, Information, Referral & Assistance, Medicare & Benefits Counseling, In-home Services, Respite for Caregivers.

Shepherd's Hand Medical and Dental

5150 River Lakes Parkway (Christ Lutheran Church), Whitefish, MT 59937

(406) 260-3502 or info@shepherdshand.com

www.shepherdshand.com

FREE CLINIC: Medical & Dental - Monday evenings at 6:00 pm. Enter at the 'office' parking lot on the west side of the building.