

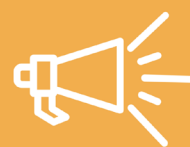


## FAMILY SUPPORT CENTER

- Our food pantry opened for all clients! Feel free to grab any food from the pantry in the Children Center main lobby on your way out.
- We also have a community closet for you to use whenever you need. For safety reasons, to visit the closet you need to make an appointment on the calendar on our website - [nhutah.org/happenings/calendar](https://nhutah.org/happenings/calendar) This resource is available for clients only. If you have questions call or text Rocío at 801 810 8037.
- We are looking for 8 participants for a focus group in Spanish! Join Utahns Against Hunger for a group discussion focus on food insecurity and obstacles to accessing federal nutritional programs. Participants will receive a card \$ 25 gift for your time. To participate, please contact Rocío Torres via text (801-810-8037) or email ([rocio@nhutah.org](mailto:rocio@nhutah.org)).
- Starting on February 15, 2021 Neighborhood House will help you apply for SNAP benefits if you are eligible. The food stamp program allows your family to access healthy and nutritious food in your community. The only verification required is a government ID. You can determine your eligibility at <https://www.uah.org/get-help/calculator> For more information, text SNAP to (801) 810-8037 and we will contact you soon after. Please find the flyer at the end of this newsletter.

## ANNOUNCEMENTS

- Tax Clinics - The Westminster Tax Clinic offers free tax preparation and financial advocacy services to low-to-moderate income families. Local students and volunteers gain practical experience while serving the community and are dedicated to being available to anyone in need. The 2021 clinic will be open until April, 15 2021. For more information, visit the [Westminster College Tax Clinic Website](#).
- People's Legal Aid Offering Free Legal Services for Family's Facing Eviction. Everyone deserves a home, and People's Legal Aid can help. Renter's know your rights because People's Legal Aid (PLA) is here to offer aid to families. PLA is available to help with move out dates, debt payment options, connect with local resources to help find a new home from the moment the eviction notice is acquired. [Visit their website for more details.](#)
- Stimulus Checks Information  
The IRS has an online tool that will let you track your stimulus check payment. The tool is called the "[Get My Payment](#)" portal, and it's an updated version of the popular tool Americans used to track the status of their first-round stimulus checks. (To find out how much money you will get, use the [Second Stimulus Check Calculator](#).) With the updated tool, most people will be able to check the status of both their first- and second-round stimulus payments (if you received more than one first-round payment, the tool will show you only the most recent payment information). According to the IRS, the revised tool will be available in both English and Spanish. Information via Salt Lake County Newsletter and Kiplinger: [Where's My Stimulus Check? Use the IRS's "Get My Payment" Portal to Get an Answer](#)
- Opportunity to win a giftcard  
If you are a client of Neighborhood House and are read this newsletter, please take a picture of our building when you can pick up/drop of your child, follow us on social media, and tag us on one of our accounts ([Instagram](#) or [Twitter](#) or [Facebook](#)) for a chance to win a giftcard! This opportunity is only available for clients who are not staff members.



## COVID UPDATES

- If you have been affected by the ripple effects of COVID-19 and need help with the essentials, 211 can assist you in finding a variety of resources to help you stay on your feet. Please contact 211 via phone, online chat, or by downloading the app. More information at the bottom of this newsletter.
- Covid-19 Vaccines now available for:  
Healthcare workers, long-term care facility staff and residents, first responders, ages 70 and older, and K-12 teachers and school staff. If you are part of the above mentioned group, please contact [your local health department](#) or school district to schedule your vaccination. All local health departments are experiencing a high volume of calls and website traffic as demand for the COVID-19 vaccine is high. Please understand they can only distribute as many vaccines as they receive each week, and that appointments are filling up quickly. Everyone who wants the vaccine will get it over time. [More information here.](#)

## NOURISH TO FLOURISH MENU

- Tuesday - Naked Tuna  
Sprouted Wheatberry Toast, Albacore tuna salad with hummus, Arugula, Shaved Red Onion, Tomato, Cucumber, Potato Chips and Chopped Carrots
- Wednesday - Sano  
Organic Chicken or Orange Ginger tofu, honey jalapeno glaze, roasted sweet potato, corn, black beans, scallions, cotija cheese, cilantro, lime, fresh salsa, brown rice served with fresh whole fruit
- Thursday - Turkey Wrap  
Whole wheat wrap, sliced turkey with hummus, arugula, shaved red onion, tomato, cucumber, potato chips and chia pudding.
- Friday - Spaghetti with Turkey Meatballs  
Spaghetti with house mad Turkey Meatballs and a salad with romaine. Kale Tomato, corn, parmesan, candied pepitas and lemon-Dijon vinaigrette





Get Help. Give Help.



United Ways of Utah

# Connect with Utah 211

211 is available 24 hours, 7 days a week

**211 is free and confidential**

- Housing
- Food and Meals
- Mental Health
- Medical Needs
- Utility Assistance
- Tax Assistance
- Substance Use Disorders
- Legal Assistance
- Transportation
- Volunteer Opportunities

If you are affected by the ripple effects of COVID-19 (Coronavirus) and need help with the essentials, 211 can assist you in finding a variety of resources to help you stay on your feet.

Begin your search by contacting 211 via phone, online chat, text, or by downloading the app.



**DIAL 211**

or

1.888.826.9790



**VISIT**

211utah.org



**DOWNLOAD**

211 UTAH App



**TEXT ZIP Code to 898-211**



211@uw.org



211utah



211utah

Hearing impaired dial *Relay Utah* at **711** or **888.346.3162**

Chat live and search for resources online at **211utah.org**

*Information provided in over 200 languages*

# SNAP **Supplemental Nutrition Assistance Program**

## Food assistance to fill your cart. It's simple and quick.

To apply for benefits go to **Department of Workforce Services** at [Jobs.utah.gov/mycase](http://Jobs.utah.gov/mycase)



You may also apply at an employment center, or we can mail an application to you, however you may lose benefits due to mailing delays.

- No verifications are needed to file an application.
- You may be eligible for expedited service receiving SNAP within seven calendar days.
- Identity is the only verification you need if you are eligible for expedited SNAP.

You may turn in an incomplete application as long as it has your name, address and signature. However, the entire application must be completed in order for your eligibility for SNAP to be determined.

**For more information, visit [UAH.org](http://UAH.org) or call:**



Use this calculator to see if you might be eligible, or visit our website at: [uah.org/get-help/calculator](http://uah.org/get-help/calculator)



## Are you eligible for SNAP?

Household size	130% of Federal Poverty Limit* October 2020
1	\$1,383
2	\$1,868
3	\$2,353
4	\$2,839
5	\$3,324
6	\$3,810

+Add \$486 for each additional family member



\*The amount of money everyone in your household earns or receives each month must equal less than the limit listed above. Gross income means a household's total income (earned and unearned) before any deductions have been taken out.

## Get SNAP Fast!

You may be eligible for expedited SNAP benefits receiving SNAP within 7 calendar days.

Expedited SNAP benefits are a faster way to get your first month of SNAP benefits. You may be eligible for expedited SNAP if:

- You have \$150 or less in monthly gross income and \$100 or less in liquid assets (money in your account)
- Your shelter costs are higher than your combined gross monthly income and cash/savings
- You are a migrant household with \$100 or less in cash and savings

Identity is the only verification needed if you are eligible for expedited SNAP.

### What to expect when applying for SNAP

- Provide as much information in the application to reduce the amount of information needed during the interview process.
- **ONLINE APPLICATIONS** Once submitted, you will be redirected to verification page with information on how to contact Eligibility Services for an interview. Interviews are on-demand and need to be completed within 30 calendar days. We recommend calling within 7 days of applying. Offices are open Monday - Friday from 8:00 a.m. - 5:00 p.m. Interviews are 30 minutes, on average.
- **PAPER APPLICATIONS** DWS will send a letter detailing how to do an interview.
- DWS will send a letter requesting information on any verification(s) they will need to determine your eligibility.

**Questions about the application process?**  
Visit [UAH.org](http://UAH.org) or call: