



At Home

*Making the Most of Living in a Cowboy
Properties Community
Nov. 7, 2025*

Fighting Hunger Together

Every week on the lower right corner of this publication we include a list of resources for if you are struggling. We also encourage you to donate if you are able.

Continue below for a select list of local food pantries. For more, check out UtahFoodBank.org.

[Food Justice Coalition Free Lunch Program](#)

[Crossroads Urban Center](#)

347 S 400 E, SLC - 801-364-7765
1358 West Indiana Ave SLC - 801-935-4079

[St. Vincent de Paul Dining Hall](#)

437 W 200 S, SLC
801-977-9119

[Murray Children's Pantry](#)

170 E 5770 S, Murray
385-210-1107

[Hildegarde's Food Pantry](#)

231 E 100 S, SLC
801-328-2303

[Utah Food for Families](#)

460 W Century Dr., SLC
801-264-9999

[Taylorsville Food Pantry](#)

4775 S Plymouth View Dr., Taylorsville
385-512-5854

Plates with Purpose

These local restaurants are offering free meals to those in need.

[Shared Plate Project](#)

A coalition of local restaurants providing free meals. Hosted by Square Kitchen (751 W 800 S, SLC). [Click here to apply.](#)

[Mumbai House](#)

Locations at 2731 E. Parleys Way, SLC and 890 Main St., Suite #5115, Park City

[Yummy's Korean BBQ & Sushi](#)

Free fried rice at 360 S. State Street, Building C, Suite #102, Orem

[Sweet Hazel & Co. Bistro & Bakeshop](#)

Purchase a 'Feed it Forward Meal' for someone in need. Peanut butter and jelly sandwiches are also offered. 1000 S Main St., Suite #100, SLC

[Doki Doki](#)

Giving away 15 free desserts each day to anyone affected by the shutdown. 249 E 400 S, SLC

[Sugar House Coffee](#)

Hosting a Community Gift Card fund that anyone can contribute to or use when they need it. 2011 S 1100 E, SLC

[Mark Miller Subaru](#)

Offering a free boxed lunch. 3535 S State St., SLC and 10920 S State St., Sandy

[Bhansa Ghar](#)

250 W 2100 S, Suite G, SLC

Events of the Week

[Gratitude Fest](#)

Nov. 8, 9 AM - 3 PM
First Unitarian Universalist Church (569 S 1300 E, SLC)
A celebration of movement, mindfulness and connection.

[Starry Starry Night](#)

Nov. 7, 6 PM
Ogden Nature Center (966 W 12th St., Ogden)
An evening of stargazing and sky education.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

[Salt Lake City Tenant Resource Center](#)

[Power & Gas Assistance](#)

[Utah Department of Workforce Services Resources](#)

[General Assistance \(Utilities, Food, Housing\)](#)

[Utah Community Action](#) or call (801) 359-2444
211utah.org/ or call 211
<https://jobs.utah.gov/assistance/index.html>

[Food Resources, and Mobile Food Pantry Dates and Locations](#)

<https://www.utahfoodbank.org/programs/mobile-pantry/>
FeedUT.org