



# Emergency Food

## Missoula Food Bank

### How do I use your services?



Asking for help is something that can be difficult to do, but getting food at our food bank store is **free, simple, and confidential**.

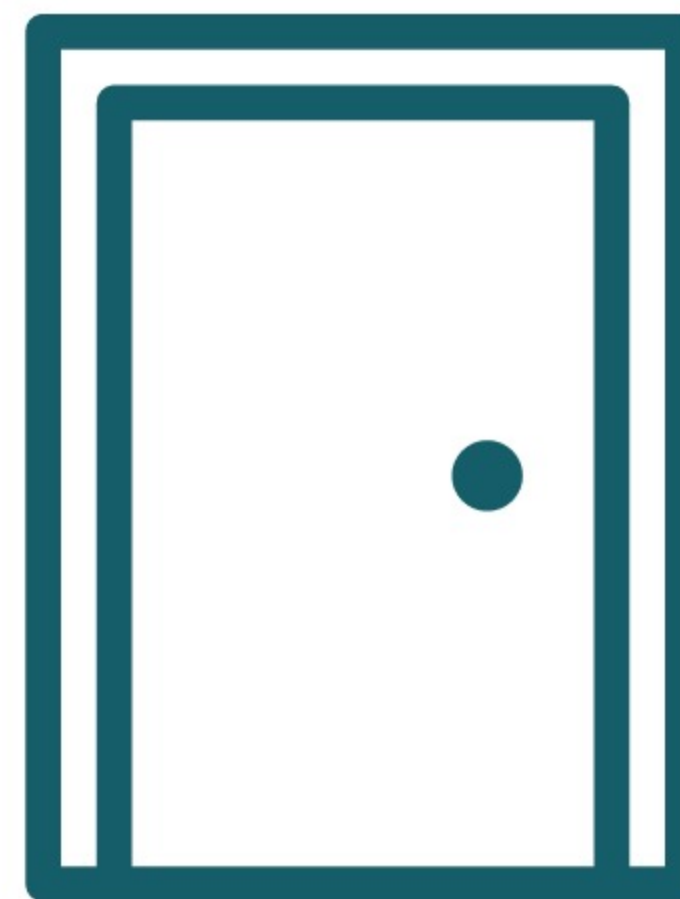
When you arrive at the store, we will ask you to fill out a simple **survey** that will be used for statistical purposes. Your personal information will remain confidential.

Once we have entered your survey in our system, a trained volunteer will spend a few moments with you to explain how the store works and share information about other resources that may be available to you. Please bring a **photo ID** or utility bill with your current address to show the volunteer.

Based on the **number of people in your household**, you are able to select food from the choices available that day. Once you have completed shopping, our volunteer grocery boxers will make sure you received the allotted amount and will box your groceries for easy transport.



Our services are available **one time** per calendar month for a full shop, and a **second time** per calendar month for a perishables-only shop.



#### Distribution Hours:

Monday – Friday:  
10am – 1pm

Monday, Tuesday, & Thursday:  
5pm – 7pm

Our services are intended to provide a **3 day emergency supply of food**, and meant to supplement other food sources.



#### To learn more or volunteer:

[www.missoulafoodbank.org](http://www.missoulafoodbank.org)  
[mail@missoulafoodbank.org](mailto:mail@missoulafoodbank.org)  
406.549.0543