

Eating Well When Money is Tight

Here at the Lander Free Medical Clinic, we understand that your finances might be tight and accessing resources can be challenging. We have compiled a list to help you connect with food resources. Good nourishment is essential in healing. We want you to regain your health and find comfort in the community. Sharing a meal can be such good medicine.

We are fortunate to have many caring organizations in our area to support you. Please don't ever hesitate to ask questions about how to find community resources. Remember these organizations are built on a foundation of caring and they want to be there for you.

Lander Care and Share Food Bank, 281 Garfield Street, 307-332-7364

You may walk in on any day the food bank is open. Make sure you bring photo identification. They will ask how many family members you will be feeding. A large box of food is given to you once a month.

Food Bank hours:

Tuesday, Wednesday and Thursday 10:30 am-12:30 pm

Thursday evening 5:00 pm-6:00 pm

Lander Department of Family Resources, 201 North 4th Street, 307-332-4038

This resource can also assist you in accessing food help through the SNAP program. The office is open Monday-Friday, 8:00 am-5:00 pm. You will need to fill out an application and turn it in to the office. Once they review your application you will make an appointment to discuss your needs further. You can pick up an application at the office or online [here](#). Please have the financial information for your checking and savings accounts available.

Lander Senior Center, 205 South 10th Street, 307-332-2746

If you are 60 years or older, you are welcome to have lunch at the Lander Senior Center. Lunch is served Monday-Friday from 11:30 am-12:30 pm. They have a suggested donation of \$5. It is a nice way to visit with others and create community.

Lander United Methodist Church, 262 North 3rd Street, 307-332-3188

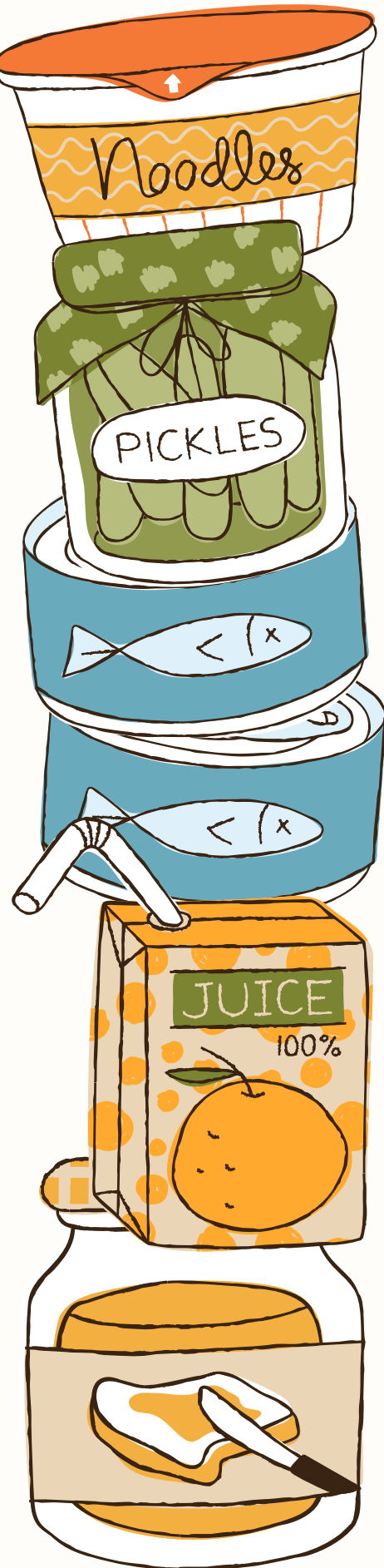
Free Community meal every Friday evening. 5:30 pm-6:30 pm.

Wyoming 211 is a helpful resource for locating caring resources around the state. You might find yourself hungry or in need of assistance while traveling. You can reach them by dialing 2-1-1 or accessing their website with this [link](#).

Little Free Pantry Project of Fremont County

You can check out any of these little food pantry boxes around the area. They are located outside the building and are available 24 hours a day. Take what you need and leave some to share.

Mr. D's Food Center - 725 Main Street, Lander
Riverton City Hall - 12830 S. Redwood Road, Riverton
Ethete Store - 793 Blue Sky Highway, Ethete
Snow Deep Designs - 290 Washakie Street, Lander
Orchards Church - 183 Main Street, Lander



Other Fremont County Resources

Foundation for Nations Food Bank 620 East Monroe, Riverton

**A community food bank in Riverton. Please bring your photo identification. You may shop twice per month.
Hours open to the public: Tuesday 11:00 am-12:00 pm and Thursday 4:00 pm-5:00 pm**

Riverton Senior Center 303 East Lincoln Street, Riverton 307-856-6332

**Join others for lunch Monday-Friday 11:30 am-12:30 pm.
The cost is \$5-\$8 depending on age. You will be asked to fill out a short form.**

St. Thomas Episcopal Church 9 South First Street, Dubois

Weekly food bank every Saturday 10:00 am-12:00 pm. Please have your photo identification.