

Where to go if you need food

Vandal Food Pantry (B)

Located in Shoup Hall 105 on campus. Open weekdays from 11am to 4pm on weekdays. Students may visit once a day. The [Vandal Food Pantry](#) offers non-perishable foods as well as hygiene items.

Swipe Out Hunger

This program offers free access (meal swipes) to The Eatery dining hall on campus. [Email vandalcare@uidaho.edu](mailto:vandalcare@uidaho.edu) to request 10 swipes at a time, up to 30 swipes per semester.

Vandal Food Recovery Network

Located in a refrigerator on the Nicolls Building on the 2nd Floor. During the fall and spring semesters, student volunteers offer repackaged, leftover foods from campus events. [Follow the Vandal Food Recovery Network on Instagram \(@frn_uidaho\) for more details.](#)

Food Cupboards

Various offices on campus host food cupboards containing snacks. [Explore this interactive map to find nearby food cupboards.](#)

West Side Food Pantry (B)

Located off campus at Inland Oasis, 730 W. Pullman Road #3, a short walk from the Student Rec Center. Hours are based on volunteer availability and are subject to change. Community members may visit once a week. Bring your own grocery bags or boxes. [Read more about the West Side Food Pantry.](#)

Moscow Food Bank (B)

Located at St. Mary's Parish, 110 N. Polk Street, 1 mile from the Pitman Center. Open Tuesday to Friday between 2pm and 4pm. [Read more about the Moscow Food Bank.](#)

Moscow Food Recovery (B)

Located at the 1912 Center, 412 E. Third Street, 0.8 mile from the Pitman Center. Free, prepared food is offered every Friday at 1pm. Bring your own food containers. [Read more about Moscow Food Recovery.](#)

Latah County Mobile Pantry (B)

Located at the Latah County Fairgrounds, 1021 Harold Street, 1.5 miles from the Pitman Center. Free food distribution on the fourth Monday of the month at 10am. Typical foods include fresh produce, frozen meats, dairy foods, and dry goods. Call 208-883-5722 ahead of time to confirm hours.

Little Free Pantries (B)

Various organizations and families in the Moscow community host little free pantries, which offer self-service, non-perishable foods at all hours of the day. [Explore this map to find little free pantries in Moscow.](#)

Community Action Center (Pullman)

Located in Pullman at 350 SE Fairmont Road. Open to members of the community. Up to two visits per month by appointment only. No proof of address or income is required. [Read more about CAC.](#)

(B) These locations are reachable by [Smart Transit](#), our free community bus system.

College SNAP Project

The College SNAP Project is a state-by-state guide for college students who need information on how to apply for and receive benefits from the Supplemental Nutrition Assistance Program (SNAP), which grants qualifying individuals a monthly benefit to purchase food at participating grocery stores, farmers markets, and other vendors. Learn more at [College SNAP Project](#).

Questions?

Your well-being and success matter, and we're here to help. If you need more guidance, email us at vandalcare@uidaho.edu, call 208-885-6757, or [request VandalCARE services](#).

You're not alone!
Many students experience
tight budgets and financial
emergencies. Please use
these resources to take
good care of yourself.

