



Resources for Food

Food has become increasingly expensive and many families tell us that it is hard to find healthy, fresh food that they can afford. Below is a list of programs in Washington that help families find and buy food they need.

Parent Help 123

This statewide organization can help you find food resources in your local community. They also help families with information about health insurance, parenting classes and childcare. www.parenthelp123.org Staff speak English and Spanish, and have interpreters for other languages.

The Basic Food Program (Food Stamps)

If your family qualifies, the Basic Food Program can provide you monthly funds for food. Families buy food with an Electronic Benefits Transfer card (EBT) which works like a debit card. You apply online at www.washingtonconnection.org/home or by visiting your local Community Service Office (CSO). To find a CSO nearest you, visit www.dshs.wa.gov/esa/community-services-find-an-office.

Women, Infants and Children (WIC) Nutrition Program

This program provides pregnant women, mothers, infants and children under five with nutritional services and food assistance. Many families receive WIC benefits in addition to the Basic Food program, depending on the ages of their children. You can find the WIC clinic closest to you online at resources.parenthelp123.org/services/wic-nutrition-program-for-women-infants-children or by calling 1-800-322-2588.

“Fresh Bucks” or EBT Matching Programs at Farmer’s Markets

Most Farmer’s Markets in Washington accept EBT cards and WIC as payment. Take your EBT card to the Farmer’s Market Information tent, and they will match your funds up to \$10 per market day. This is a great way to double your money and make fresh fruits and vegetables more affordable. This program is available at all of the Seattle area Farmer’s Markets, including the University District, West Seattle, Ballard and Capital Hill which are open year round.

Similar programs are available at Farmer’s Markets across the state, including Bellingham, Mt. Vernon, Tacoma, Olympia, Port Angeles, Duvall, Ephrata, and Poulsbo. You can find a complete list of markets at wafarmersmarkets.org/washingtonfarmersmarketdirectory. Look for markets that provide “EBT Matching.”

School Meals Program

The School Breakfast Program and National School Lunch Program provide free and reduced priced meals to children whose families meet the income guidelines. A family of four can make up to \$31,000 a year to qualify for free school meals, and up to \$44,000 to qualify for reduced-priced meals. Ask your child’s school for an application.

Summer Meals

This program provides free meals and snacks to all children and teens under the age of 18 at sites across the state during the summer months. This is one less meal for parents to pay for during the summer months! Sites typically include parks, libraries, schools, community centers, churches, shelters and other public spaces. Meals and snacks are typically served between 11:30 and 3 pm, depending on the site. To find summer meals locations closest to your home, search by your zip code at resources.parenthelp123.org/services/summer-meals or call (800) 322-2588.

Washington Information Network 211

This statewide resource offers lots of good information, from food banks to emergency utility assistance to free school supplies in your community. You can search their online database by zip code at win211.org or call 211.

Food Banks

Food banks are available across the state. To find a food bank in your area you can search by zip code at resources.parenthelp123.org/resource_finder/service/food-banks or call the Family Food Hotline at 1-888-436-6392.

Below is a selection of food banks in Washington that may be close to you. There are many more food banks, but we have listed those that are open on multiple days and have evening and weekend hours when possible. It is best to call the food bank ahead of time to check on their hours of operation.

Food Bank	Address, phone and website
Seattle Area	
El Centro de la Raza Wednesday: 3:30 to 6:30 p.m. Thursday: 9 a.m. to 12 p.m. and 1:30 to 4 p.m. Friday: 2 to 4 p.m.	2524 16th Ave S Seattle WA 98144 206-329-7960
Rainier Valley Food Bank Wednesday and Saturday: 9:30 a.m. to 2 p.m.	4205 Rainier Ave S Seattle WA 98118 206 723-4105 www.rvfb.org
Phinney Ridge Lutheran Church Food Bank Call Monday or Wednesday 1 to 3 p.m. for appointment. Pick up on Tuesday and Thursday from 2 to 3 p.m. and Wednesday and Thursday from 7 to 8 p.m.	7500 Greenwood Ave N Seattle WA 98103 206-784-7964 www.prlc.org/we-serve/food-bank

East King County

Salvation Army (Eastside) Monday thru Thursday 10 a.m. to 12 p.m. and 1 to 4 p.m. Friday 10 a.m. to 1 p.m.	2643 151st Pl NE Redmond WA 98052 425-452-7300 www.salvationarmynw.org
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Hopelink Call the food bank that serves your area to register. Once registered, you can go twice a month. Hours differ by site.	14812 Main St Bellevue WA 98007 Bellevue: 425-943-7555 Kirkland: 425-889-7880 Redmond: 425-882-0241 www.hope-link.org
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Renewal Food Bank Monday and Wednesday 10 a.m. to 1 p.m., Tuesday 4 to 6:30 p.m.	Highland Covenant Church 15022 Bel-Red Rd Bellevue WA 98007 425-736-8132 www.renewalfoodbank.com
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North

Volunteers of America Everett Monday thru Thursday 9 to 11:45 a.m. and 12:30 to 3 p.m. 3rd Saturday of each month 10 a.m. to 1 p.m.	1230 Broadway Everett WA 98201 425-259-3191 www.voaww.org
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Mukilteo Food Bank 2nd and 4th Monday 3:30 to 5 p.m., and 2nd and 4th Tuesday 9 to 10:30 a.m.	Mukilteo Presbyterian Church 4514 84th St SW Mukilteo WA 98275 425-366-8229 legacy.mukilteofoodbank.org
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Arlington Community Food Bank Wednesday 5:30 to 6:30 p.m., Friday 12 to 1 p.m.	19118 63rd Ave NE Arlington WA 98223 360-435-1631 www.arlingtonwafoodbank.org
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Bellingham Food Bank Monday and Friday 11:30 a.m. to 3 p.m., Wednesday 1 to 6 p.m.	1824 Ellis St Bellingham WA 98225 360-676-0392 www.bellinghamfoodbank.org
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South

Food Connection (St. Leo's Tacoma) Tuesday and Thursday: 12 to 3:30 p.m. and 4:30 to 6 p.m. Wednesday & Friday: 9:30 to 11 a.m. and 12 to 3:30 p.m.	Tahoma Center 1323 S Yakima Tacoma WA 98405 253-383-5048 www.foodconnection.org
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Resources for Food

To Learn More

- Child Wellness Clinic
206-987-2613
- Ask your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask
your child's nurse.
- From outside the
hospital, call the
toll-free Family
Interpreting Line
1-866-583-1527. Tell
the interpreter the
name or extension you
need.

Federal Way Food Bank

Monday, Wednesday and Friday: 10 a.m. to 2 p.m. Federal Way WA 98003-6347
4th Thursday: 5 to 6 p.m. 253-838-6810
Serves Federal Way School District and zip code
98422. Bring photo ID and proof of address.

Thurston County Food Bank (Olympia)

Monday, Wednesday and Friday: 10 a.m. to 3 p.m. Olympia WA 98501
2nd and 4th Wednesdays: 5 to 7 p.m. , 360-352-8597
Saturday: 9:30 to 11 a.m. and 12 to 1:30 p.m. www.thurstoncountyfoodbank.org

Central Washington

Yakima Salvation Army

Monday thru Friday 2 to 4 p.m. 9 South 6th Ave
Yakima WA 98902
509-453-3139

Wenatchee Salvation Army

Monday thru Friday 1 to 3 p.m. Family Service Center
1205 S Columbia St
Wenatchee, WA 98801
509-662-8864

St Vincent DePaul Wenatchee

Saturday 9 to 11 a.m. St Joseph Church
600 Saint Joseph Pl, #B
Wenatchee, WA 98801
509-662-8752

Tri-Cities Food Bank (Richland and Kennewick)

Monday thru Friday 9 to 11:30 a.m. (Richland) 321 Wellsian Way
Richland, WA 99352
Monday thru Friday 9:30 to 11:30 a.m. (Kennewick) 509-943-2795
or
424 W Deschutes Ave
Kennewick, WA 99336
509-586-0688
www.tricitiesfoodbank.org

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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