



# Asistencia para alimentos

La comida es cada vez más cara y muchas familias nos dicen que es difícil encontrar alimentos saludables y frescos que puedan comprar. A continuación, una lista de programas en Washington que ayudan a las familias a encontrar y comprar los alimentos que necesitan.

## **Parent Help 123**

Esta organización, presente en todo el estado, puede ayudar a encontrar recursos para comprar comida en su comunidad local. También proporciona información acerca de seguros de salud, clases para padres y sitios para el cuidado de los niños. El personal habla inglés y español y tienen intérpretes para otros idiomas. Visítelos en [www.parenthelp123.org](http://www.parenthelp123.org).

## **The Basic Food Program (*food stamps* o cupones para comida)**

Si su familia reúne los requisitos, el programa Basic Food puede proporcionar fondos mensuales para comprar comida. La familia compra alimentos con una tarjeta de transferencia electrónica (EBT) que funciona como una tarjeta de débito. Se puede solicitar en Internet en [www.washingtonconnection.org/home](http://www.washingtonconnection.org/home) o en la oficina local de Community Service (CSO). Para encontrar la CSO más cercana, visite [www.dshs.wa.gov/esa/community-services-find-an-office](http://www.dshs.wa.gov/esa/community-services-find-an-office).

## **Programa nutricional para mujeres, bebés y niños (WIC)**

Este programa provee servicios nutricionales y de asistencia alimentaria a mujeres embarazadas, bebés y niños menores de cinco años. Muchas familias reciben los servicios de WIC y también del programa Basic Food, dependiendo de las edades de sus hijos. Para ubicar la clínica WIC más cercana, visite [resources.parenthelp123.org/services/wic-nutrition-program-for-women-infants-children](http://resources.parenthelp123.org/services/wic-nutrition-program-for-women-infants-children) o llame al 1-800-322-2588.

## **"Fresh Bucks" o EBT Matching Programs en los mercados de productores (*farmer markets*)**

La mayoría de los mercados de productores en Washington aceptan tarjetas de EBT y WIC como pago. Lleve su tarjeta EBT al escritorio de información del mercado y le darán hasta \$10 por día. Es una manera de aprovechar mejor su dinero y tener más acceso a frutas y verduras frescas. Todos los mercados de productores del área de Seattle participan en este programa, incluyendo el del Distrito Universitario, West Seattle, Ballard y Capitol Hill, que están abiertos todo el año.

Hay programas similares en todos los mercados de productores de todo el estado incluyendo Bellingham, Mt. Vernon, Tacoma, Olympia, Port Angeles, Duvall, Ephrata y Poulsbo. En [Wafarmersmarkets.org/washingtonfarmersmarketdirectory](http://Wafarmersmarkets.org/washingtonfarmersmarketdirectory) encontrará una lista completa de los mercados. Busque los que tienen "EBT Matching".

## **Programa de comidas escolares**

Los programas School Breakfast y National School Lunch ofrecen comidas gratuitas y a precios reducidos para niños de familias con nivel de ingresos limitado. Para recibir comida escolar gratuita el ingreso de una familia de

cuatro no puede pasar de \$31,000 por año. Para recibir comida a precios reducidos, el ingreso no puede ser superior a \$44,000. Pida una solicitud en la escuela de su niño.

### Comidas de verano

Este programa ofrece comidas y bocadillos gratuitos a todos los niños y adolescentes menores de 18 años de todo el estado durante los meses de verano. ¡Una comida menos que los padres tienen que pagar en el verano! Presentes por lo general en parques, bibliotecas, escuelas, centros comunitarios, iglesias, albergues y otros espacios públicos. Normalmente, las comidas y bocadillos se sirven entre las 11:30 y las 3:00 p.m., dependiendo del lugar. Visite [resources.parenthelp123.org/services/summer-meals](http://resources.parenthelp123.org/services/summer-meals), ponga su código postal o llame al (800) 322-2588 para ubicar el sitio más cercano.

### Washington Information Network 211

Este es un centro con mucha información de todo el estado, desde bancos de alimentos, asistencia de emergencia para pagar cuentas de servicios en el hogar, hasta útiles escolares en su comunidad. Puede ingresar su código postal en [Win211.org](http://Win211.org) para ver la información o llamar al 211.

### Bancos de alimentos (Food Banks)

Hay bancos de alimentos en todo el estado. Para encontrar el más cercano a su casa, visite [resources.parenthelp123.org/resource\\_finder/service/food-banks](http://resources.parenthelp123.org/resource_finder/service/food-banks) e ingrese su código postal o llame al 1-888-436-6392.

En la siguiente selección de bancos de alimentos de Washington puede encontrar el más cercano a su hogar. Hay muchos más, pero estos son los que están abiertos varios días a la semana y algunos abren de noche y fines de semana. Lo mejor es llamar para preguntar los horarios.

### Banco de alimentos

### Dirección, teléfono y sitio web

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### Seattle y alrededores

<b>El Centro de la Raza</b> Miércoles: 3:30 a.m. a 6:30 p.m. Jueves: 9 a.m. a 12 p.m. y 1:30 a 4 p.m. Viernes: 2 a 4 p.m.	2524 16th Ave S Seattle WA 98144 206-329-7960
<b>Rainier Valley Food Bank</b> Miércoles y sábados: 9:30 a.m. a 2 p.m.	4205 Rainier Ave S Seattle WA 98118 206 723-4105 <a href="http://www.rvfb.org">www.rvfb.org</a>
<b>Banco de alimentos de Phinney Ridge Lutheran Church</b> Llamar lunes o miércoles entre 1 y 3 p.m. para hacer cita. Para recoger los alimentos: martes y jueves de 2 a 3 p.m. y miércoles y jueves de 7 a 8 p.m.	7500 Greenwood Ave N Seattle WA 98103 206-784-7964 <a href="http://www.prlc.org/we-serve/food-bank">www.prlc.org/we-serve/food-bank</a>

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## King County este

<b>Salvation Army (Eastside)</b> Lunes a jueves 10 a.m. a 12 p.m. y 1 a 4 p.m. Viernes: 10 a.m. a 1 p.m.	2643 151st Pl NE Redmond WA 98052 425-452-7300 www.salvationarmynw.org
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<b>Hopelink</b> Llame al Banco de su área para anotarse. Una vez anotado, puede ir dos veces al mes. Cada sitio tiene su propio horario.	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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<b>Renewal Food Bank</b> Lunes a miércoles 10 a.m. a 1 p.m. y Martes de 4 a 6:30 p.m.	Highland Covenant Church 15022 Bel-Red Rd Bellevue WA 98007 425-736-8132 www.renewalfoodbank.com
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## Norte

<b>Volunteers of America Everett</b> Lunes a jueves de 9 a 11:45 y 12:30 a 3:00 p.m. El 3er. sábado de cada mes de 10 a.m. a 1 p.m.	1230 Broadway Everett WA 98201 425-259-3191 www.voaww.org
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<b>Mukilteo Food Bank</b> 2do. y 4to. lunes de 3:30 a 5 p.m., 2do. y 4to. martes de 9 a 10:30 a.m.	Mukilteo Presbyterian Church 4514 84th St SW Mukilteo WA 98275 425-366-8229 legacy.mukilteofoodbank.org
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<b>Arlington Community Food Bank</b> Miércoles 5:30 a 6:30 p.m. Viernes 12 a 1.00 p.m.	19118 63rd Ave NE Arlington WA 98223 360-435-1631 www.arlingtonwafoodbank.org
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<b>Bellingham Food Bank</b> Lunes y viernes 11:30 a.m. a 3 p.m. Miércoles de 1 a 6 p.m.	1824 Ellis St Bellingham WA 98225 360-676-0392 www.bellinghamfoodbank.org
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## Sur

<b>Food Connection</b> (St. Leo en Tacoma) Martes y jueves: 12 a 3:30 p.m. y 4:30 a 6 p.m. Miércoles y viernes: 9:30 a 11 a.m. y de 12 a 3:30 p.m.	Tahoma Center 1323 S Yakima Tacoma WA 98405 253-383-5048 www.foodconnection.org
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## Asistencia para comprar alimentos

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### Para más información

- Bienestar Infantil  
206-987-2613
- Consulte con el proveedor de atención médica de su hijo
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Servicio gratuito de interpretación

- En el hospital, solicítelo a la enfermera.
- Fuera del hospital, llame a la línea gratuita de interpretación: 1-866-583-1527. Dígame al intérprete el nombre de la persona o la extensión que necesita.

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#### Federal Way Food Bank

Lunes, miércoles y viernes de 10 a.m. a 2 p.m.  
El 4to. jueves del mes de 5 a 6 p.m.

Si reside en el Distrito Escolar Federal Way y si tiene código postal 98422. Traiga una identificación con foto y comprobante de domicilio.

1200 S 336th St

Federal Way WA 98003-6347  
253-838-6810

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#### Thurston County Food Bank (Olympia)

Lunes, miércoles y viernes: 10 a.m. a 3 p.m.  
El 2do. y 4to. miércoles del mes: 5 to 7 p.m.,  
sábados: 9:30 a 11 a.m. y 12 a 1:30 p.m.

220 NE Thurston Ave

Olympia WA 98501  
360-352-8597  
[www.thurstoncountyfoodbank.org](http://www.thurstoncountyfoodbank.org)

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### Central Washington

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#### Yakima Salvation Army

Lunes a viernes de 2 a 4 p.m.

9 South 6th Ave

Yakima WA 98902  
509-453-3139

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#### Wenatchee Salvation Army

Lunes a viernes de 1 a 3 p.m.

Family Service Center

1205 S Columbia St  
Wenatchee, WA 98801  
509-662-8864

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#### St Vincent DePaul Wenatchee

Sábado de 9 a 11 a.m.

St Joseph Church

600 Saint Joseph Pl, #B  
Wenatchee, WA 98801  
509-662-8752

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#### Tri-Cities Food Bank (Richland y Kennewick)

Lunes a viernes de 9 a 11:30 a.m. (Richland)  
Lunes a viernes de 9:30 a 11:30 a.m.  
(Kennewick)

321 Wellsian Way

Richland, WA 99352  
509-943-2795

o  
424 W Deschutes Ave  
Kennewick, WA 99336  
509-586-0688

[www.tricitiesfoodbank.org](http://www.tricitiesfoodbank.org)

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Seattle Children's ofrece servicio gratuito de interpretación para pacientes, familiares y representantes legales sordos, con problemas de audición o con inglés limitado. Seattle Children's tendrá disponible esta información en formatos alternativos bajo solicitud. Llame al Centro de Recursos para la Familia al 206-987-2201.

Esta información ha sido revisada por personal clínico de Seattle Children's. Sin embargo, como las necesidades de su niño son únicas, antes de actuar o depender de esta información, por favor consulte con el médico de su hijo.

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## 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](http://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](http://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](http://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](http://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](http://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](https://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](https://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](https://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.

<b>Food Bank</b>	<b>Address, phone and website</b>
<b>Seattle Area</b>	
<b>El Centro de la Raza</b> 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
<b>Rainier Valley Food Bank</b> Wednesday and Saturday: 9:30 a.m. to 2 p.m.	4205 Rainier Ave S Seattle WA 98118 206 723-4105 <a href="http://www.rvfb.org">www.rvfb.org</a>
<b>Phinney Ridge Lutheran Church Food Bank</b> 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 <a href="http://www.prlc.org/we-serve/food-bank">www.prlc.org/we-serve/food-bank</a>

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## East King County

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<b>Salvation Army (Eastside)</b> 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 <a href="http://www.salvationarmynw.org">www.salvationarmynw.org</a>
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<b>Hopelink</b> 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 <a href="http://www.hope-link.org">www.hope-link.org</a>
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<b>Renewal Food Bank</b> 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 <a href="http://www.renewalfoodbank.com">www.renewalfoodbank.com</a>
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## North

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<b>Volunteers of America Everett</b> 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 <a href="http://www.voaww.org">www.voaww.org</a>
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<b>Mukilteo Food Bank</b> 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 <a href="http://legacy.mukilteofoodbank.org">legacy.mukilteofoodbank.org</a>
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<b>Arlington Community Food Bank</b> Wednesday 5:30 to 6:30 p.m., Friday 12 to 1 p.m.	19118 63rd Ave NE Arlington WA 98223 360-435-1631 <a href="http://www.arlingtonwafoodbank.org">www.arlingtonwafoodbank.org</a>
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<b>Bellingham Food Bank</b> 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 <a href="http://www.bellinghamfoodbank.org">www.bellinghamfoodbank.org</a>
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## South

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<b>Food Connection</b> (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 <a href="http://www.foodconnection.org">www.foodconnection.org</a>
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## Resources for Food

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### To Learn More

- Child Wellness Clinic  
206-987-2613
- Ask your child's  
healthcare provider
- [www.seattlechildrens.org](http://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.

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#### Federal Way Food Bank

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

1200 S 336th St

Federal Way WA 98003-6347  
253-838-6810

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#### Thurston County Food Bank (Olympia)

Monday, Wednesday and Friday: 10 a.m. to 3 p.m.  
2nd and 4th Wednesdays: 5 to 7 p.m. ,  
Saturday: 9:30 to 11 a.m. and 12 to 1:30 p.m.

220 NE Thurston Ave

Olympia WA 98501  
360-352-8597  
[www.thurstoncountyfoodbank.org](http://www.thurstoncountyfoodbank.org)

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### Central Washington

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#### Yakima Salvation Army

Monday thru Friday 2 to 4 p.m.

9 South 6th Ave

Yakima WA 98902  
509-453-3139

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#### Wenatchee Salvation Army

Monday thru Friday 1 to 3 p.m.

Family Service Center

1205 S Columbia St  
Wenatchee, WA 98801  
509-662-8864

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#### St Vincent DePaul Wenatchee

Saturday 9 to 11 a.m.

St Joseph Church

600 Saint Joseph Pl, #B  
Wenatchee, WA 98801  
509-662-8752

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#### Tri-Cities Food Bank (Richland and Kennewick)

Monday thru Friday 9 to 11:30 a.m. (Richland)  
Monday thru Friday 9:30 to 11:30 a.m.  
(Kennewick)

321 Wellsian Way  
Richland, WA 99352

509-943-2795  
or  
424 W Deschutes Ave  
Kennewick, WA 99336  
509-586-0688  
[www.tricitiesfoodbank.org](http://www.tricitiesfoodbank.org)

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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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