

FOOD REFERRAL SOURCES

Access to nutritious food is an important part of your health and wellbeing. Use this information to help get the healthy food you and your family need to thrive.



American
Heart
Association.

PROVIDED BY: _____

WAYS TO GET HELP



211: Helps connect you to community resources statewide, including food support. Dial 211 from any phone.



Washington Connection: Apply for multiple services (including food, money, child-care, etc.) in one place. You can renew and sign up for many programs in several languages. Visit: www.washingtonconnection.org/



USDA National Hunger Hotline: Referrals for food help near you. Call: 1-866-348-6479 (TTY: 711), 4 a.m. – 7 p.m.

FOOD OPTIONS

FOR CHILDREN

- School Breakfast and Lunch Programs for Children and P-EBT:** Provides free or reduced-price healthy meals for income-eligible, K to 12 students. For the 2020-2021 school year applying also gives families P-EBT payment (additional funds to buy food). Learn if you qualify: <https://www.benefits.gov/benefit/366> Apply through your local school district.
- Meals for Children During School Closures:** Free healthy meals for children 18 and under. Find sites near you: <https://www.uwkc.org/free-meals-during-school-closures/>
- Women, Infant and Children (WIC) Program:** Provides food for pregnant/post-partum women, infants, and children up to 5 years old. Call 1-800-322-2588 to find an office near you and make an appointment.

FOR SENIORS & SPECIAL NEEDS

- Chicken Soup Brigade:** Offers multiple home delivery programs for medically tailored or diet-specific meals and groceries in Seattle/King County. Visit: <https://www.lifelong.org/chicken-soup-brigade> Call: 1-206-957-1686
- Meals on Wheels:** A program that delivers meals to seniors. Visit: Mealsonwheelsamerica.org

FOR ALL

- Washington Basic Food Program (SNAP):** Monthly benefit to buy food at grocery stores, farmers markets, etc. More info: <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>
- SNAP Match:** Every dollar spent of SNAP benefits at participating retailers to purchase fresh fruits and vegetables is matched to purchase produce.
- Food Banks and Meal Programs:** Search tool for food banks and programs near you: <https://tinyurl.com/wafoodmap>
- Fresh Bucks Vouchers:** Eligible Seattle residents can apply to receive vouchers. <https://www.freshbuckseattle.org/application-information/#Apply> Call: 1-206-684-2489

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