

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/ Geographic Area Served	<u>Commodities Distribution</u> Days/Hours of Operation/ Geographic Area Served	Other Services/ Requirements
<p><b>Asian Counseling &amp; Referral Service/International District Food Bank</b> 919 South King Street Seattle, WA 98104</p> <p>Mailing Address: 3639 Martin Luther King Wy S Seattle, WA 98144</p> <p>Coordinator: Karen Jackel E-mail: <a href="mailto:karenj@acrs.org">karenj@acrs.org</a></p> <p>Phone: (206) 292-5714 (206) 695-7542 Fax: (206) 695-7606</p>	<p><i>Disabled/Special Needs</i> Wednesday 11:30 p.m. – 1:00 p.m.</p> <p><i>General Public</i> Wednesday and Friday 11:30 a.m. – 1:00 p.m.</p> <p>Serves all Asians/Pacific Islanders of Seattle &amp; general public, 98104</p> <p>Bus Routes #7, #14, #36</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Proof of address, I.D.</li> <li>• Wheelchair ramp available</li> </ul>
<p><b>Ballard Food Bank</b> 5130 Leary Avenue NW Seattle, WA 98107</p> <p><b>Coordinator: Peggy Bailey, Nancy McKinney</b></p> <p><b>Phone: (206) 789-7800</b> <b>Fax: (206) 789-3823</b></p>	<p>Tues: 11:00 a.m. – 7:00 p.m. Wed: 11:00 a.m. – 3:00 p.m. Thurs: 11:00 a.m. – 3:00 p.m. Sat: 11:00 a.m. – 3:00 p.m.</p> <p>Serves all of 98107 and 98117; 98119 98199</p> <p>Bus Routes #18, #62, #75</p>	<p>Call first if available</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Proof of address required</li> <li>• Hygiene bar, mail service: Tues, Wed, Thurs 11 a.m. – 3:00 p.m.</li> <li>• Wheelchair accessible</li> <li>• Children’s clothing, professional closet</li> <li>• Food Deliveries to homebound within the food bank service area</li> <li>• Free client phone &amp; mailing address</li> </ul>

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<p><b>Beacon Avenue Food Bank United Church of Christ 6230 Beacon Avenue South Seattle, WA 98108</b></p> <p>Administrator: Gretchen Tryon E-mail: sgtryon@juno.com</p> <p>Phone: (206) 722-5105</p>	<p>Wednesday/Friday 12 p.m. – 2 p.m.</p> <p>May come once per week</p> <p>Bus Routes #36 (non-trolley bus)</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard, third Wed and Friday of each month, Noon - 2 p.m. (must provide proof of existence of baby)</li> <li>• Birth certificate</li> <li>• Original State Identification card</li> <li>• Proof of address, I.D.</li> </ul>
<p><b>Blessed Sacrament Food Bank 5050 Eighth N.E. Seattle, WA 98105</b></p> <p>Coordinator: John Morford E-mail: jmorf1933@comcast.net</p> <p>Phone: (206) 930-6005</p>	<p>Friday 10:30 a.m. – Noon</p> <p>98105 (part), 98115 (part)</p> <p>Bus Routes #66, #67</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Proof of address required</li> <li>• Meals every Sunday Noon - 2 p.m. (all are welcome)</li> </ul>
<p><b>Centerstone (formerly CAMP) 722 18th Avenue Seattle, WA 98122</b></p> <p>Program Director: Leon Garnett</p> <p>Phone: (206) 812-4956 Fax: (206) 328.8138</p>	<p><b><i>General Public</i></b> Wednesday Noon – 4:00 p.m. Thursday, 9:00 a.m. – 1:00 p.m. Friday, 9:00 a.m. – 1:00 p.m.</p> <p>98102, 98112, 98122</p> <p>Bus Routes #3, #4</p>	<p>Tuesdays, 1:00 p.m. – 4:00 p.m. and with regular distribution, part of 98102, all of 98112 and 98122</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Emergency bags available Mon. and Tues.</li> <li>• Wheelchair accessible building, restrooms</li> <li>• Home delivery within limited area</li> </ul>

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<p><b>Cherry Street Food Bank/ Northwest Harvest 711 Cherry Street Seattle, WA 98104</b></p> <p>Mailing Address: P.O. Box 12272 Seattle, WA 98102</p> <p>Partner Programs Coordinator: Jenn Tennent, <a href="mailto:jennt@northwestharvest.org">jennt@northwestharvest.org</a></p> <p>Phone: (206) 625-0755 Fax: (206) 625-7518</p>	<p>Monday, Wednesday &amp; Friday 9:00 a.m. – 5:00 p.m. Thursday (baby food &amp; formula) 9:00 a.m. – 5:00 p.m.</p> <p>Bus Routes #3, #4</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Baby Day, Thursday 9:00 a.m. – 5:00 p.m. Must bring baby, birth certificate, or medical coupons to prove existence of baby.</li> <li>• No other restrictions or requirements.</li> </ul>
<p><b>Chicken Soup Brigade Lifelong AIDS Alliance 1002 East Seneca Seattle, WA 98122</b></p> <p>Phone: (206) 957-1662 Fax: (206) 325-2689</p>	<p>Deliveries Thursday 3:30 - 7:00 p.m.</p> <p>Grocery pick-up Friday 9:00 a.m. - 6:00 p.m. Saturday 10:00 a.m. – 1:00 p.m.</p> <p>Bus Routes #2, #12</p>	<p>Third Friday of every month 9:00 a.m. - 6:00 p.m.</p> <p>Pick-up grocery &amp; meal center for eligible clients.</p>	<ul style="list-style-type: none"> <li>• Home-delivered meals and groceries. Nutrition counseling</li> <li>• King County residents with HIV/AIDS &amp; other chronic, challenging illnesses; must be a Chicken Soup Brigade client.</li> </ul>

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<p><b>Pike Market Food Bank</b>  <b>5<sup>th</sup> Floor Pike Market Parking</b>  <b>Garage</b>  <b>1531 Western</b>  <b>Seattle, WA 98101</b></p> <p>Coordinator: Brian Anderson</p> <p>Phone: (206) 626-6462  (206) 728-2773, ext. 6  Fax: (206) 727-4849</p> <p>E-mail: <a href="mailto:kevin.futhey@pm-sc-dtfb.org">kevin.futhey@pm-sc-dtfb.org</a></p>	<p>Tuesday  10:00 a.m. - 1:00 p.m.</p> <p>Thursday  10:00 a.m. - 1:00 p.m.</p> <p>98101, 98104, 98121</p> <p>Clients limited to one visit per week.  All busses going to Downtown Seattle,  Link Light Rail within walking distance.</p>	<p>Commodities handed out during regular hours.</p> <p>Commodities served for 98101, 98104, and 98121 south of Battery St.</p>	<ul style="list-style-type: none"> <li>• Barrier-free building, restrooms &amp; paid parking</li> <li>• Baby Cupboard</li> <li>• Bring ID with dates of birth and addresses for baby supplies</li> <li>• Limited homebound delivery</li> </ul>
<p><b>El Centro de la Raza Food Bank</b>  <b>2524 16th Avenue South</b>  <b>Seattle, WA 98144</b></p> <p>Emergency Services Director:  Denise Perez</p> <p>Phone: (206) 329-7960  Fax: (206) 328-2730</p> <p>E-mail: <a href="mailto:dperez@elcentrodelaraza.org">dperez@elcentrodelaraza.org</a></p>	<p>Wednesday  3:30 p.m. - 6:30 p.m.  (proof of employment—check stub, etc.)</p> <p>Thursday  9:00 a.m. – Noon Seniors, 60+ (bring picture identification)  1:00 p.m. – 3:30 p.m. All (bring picture identification)</p> <p>Friday  2:00 p.m. – 4:00 p.m. All (bring picture identification)</p> <p>98108, 98144 and all Latinos from any zip code areas</p> <p>Bus Routes #36, #60</p>	<p>2<sup>nd</sup> and 4<sup>th</sup> Monday of each month,  2:00 p.m. 4:00 p.m. (please call ahead of time for distribution schedule)</p> <p>Zip codes: 98144, 98108</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Deliveries to seniors/homebound</li> <li>• Multi-service center offering housing, job assistance &amp; other services</li> <li>• Wheelchair accessible building, restrooms &amp; parking</li> <li>• TTY</li> </ul>

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<p><b>Emergency Feeding Program of Seattle and King County</b>  <b>7100 42<sup>nd</sup> Avenue South</b>  <b>Seattle, WA 98118</b></p> <p>Mailing Address:  P.O. Box 18877  Seattle, WA 98118</p> <p>Office Manager: Marlene Poland  Phone: (206) 329-0300  Fax: (206) 860-8200  E-mail: info@emergencyfeeding.org</p>	<p>Monday-Friday  Call (206) 329-0300 for referral to nearby agency. Serves all of King County</p> <p>For bus routes to sites, call Metro Rider Information Line at (206) 533-3000.</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Referrals to 130 food distribution sites in King County for people unable to stand in line, without food, with special needs.</li> <li>• Diabetic, low-sodium, Asian, Latino, East African diet, homeless (no cook), teen snack pack (homeless teens &amp; youth), liquid diet, and infant foods available.</li> <li>• TTY</li> </ul>
<p><b>FamilyWorks Food Bank</b>  <b>1501 N. 45th St.</b>  <b>Seattle, WA 98103</b></p> <p>Mailing Address:  PO Box 31112  Seattle, WA 98103</p> <p>Manager: Ms. Ava Dowell  Phone: (206) 694-6723  Fax: (206) 694-6777  E-mail: avad@familyworksseattle.org</p>	<p><b><i>Seniors/Persons with Disabilities:</i></b>  Tuesday, 12:00 a.m. – 2:00 p.m.</p> <p><b><i>General Public:</i></b>  Thursday, 3:00 - 7:00 p.m.  Friday, 11:00 a.m. – 1:00 p.m.</p> <p>98103, 98107, 98115, 98133</p> <p>Bus Routes #44, #16,</p>	<p>Third Saturdays  10:00 a.m. - Noon</p> <p>Partial 98103 and 98107  Call (206) 694-6723 for boundaries</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Proof of address &amp; I.D.</li> <li>• Wheelchair accessible building, restrooms &amp; parking</li> <li>• TTY</li> <li>• WIC on site Thursdays</li> <li>• Computer assistance</li> <li>• Employment counseling</li> <li>• Teen Parenting</li> <li>• Tutoring Program</li> <li>• Playgroups</li> </ul> <p>Call Resource Center for monthly activity calendar (206) 694-6727</p>

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<p><b>Immanuel Community Services Food Bank</b> <b>1215 Thomas</b> <b>Seattle, WA 98109</b></p> <p>Coordinator: Patty Turnberg Phone: (206) 622-1930 (church)</p> <p>E-mail: foodbank@immanuelseattle.org</p>	<p>Last two Fridays of every month 9:00 a.m. – 10:30 a.m.</p> <p>All Welcome. No Zip Code Requirement.</p> <p>Bus Routes #8, #70, #71, #72, #73, &amp; #74</p>	<p>No commodities</p>	<p>Special arrangements can be made for people in wheelchairs to pick up food.</p>
<p><b>Jewish Family Service</b> <b>1601 16th Avenue</b> <b>Seattle, WA 98122</b></p> <p>Coordinator: Jana Prothman</p> <p>Phone: (206) 461-3240 ext. 3174 Fax: (206) 461-3696 E-mail: jprothman@jfsseattle.org</p>	<p>Wednesday 10:00 a.m. – 12:00 p.m.</p> <p>Thursday 2:00 p.m. – 4:00 p.m.</p> <p>Friday 10:00 a.m. – 12:00 p.m.</p> <p>Closed all Jewish holidays</p> <p>98101, 98112, 98121, 98122 &amp; all members of the Jewish faith</p> <p>Bus Routes #2, #7, #10, #11, #12</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Kosher foods available</li> <li>• No area restrictions for members of the Jewish faith</li> <li>• I.D. &amp; proof of address required for non-Jewish clientele</li> <li>• Wheelchair accessible</li> <li>• Baby Cupboard</li> </ul>

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<p><b>North Helpline</b>  <b>Lake City Food Bank</b>  <b>12736 33rd Avenue NE</b>  <b>Seattle, WA 98125</b></p> <p><b>P.O. Box 25875</b>            Seattle, WA 98165</p> <p>Food Bank: (206) 367-3477            Helpline: (206) 365-8043            Fax: (206) 367-4284            E-mail: <a href="mailto:foodbank@northhelpline.org">foodbank@northhelpline.org</a></p>	<p><i>Disabled and over 65</i>            Saturdays            10:00 – 11:00 a.m.</p> <p><i>General Public</i>            Saturdays            11:00 a.m. – 1:00 p.m.</p> <p>Wednesday            10:00 a.m. – 1:00 p.m.</p> <p>Thursday            4:30 p.m. – 6:30 p.m.</p> <p>98115, 98133, 98125, 98177, 98155</p> <p>Bus Routes: 41, 64, 65, 72, 75, 79, 243,            306, 307, 308, 312, 372, 522</p>	<p>Entire 98125 zip during regular distribution</p>	<ul style="list-style-type: none"> <li>• Proof of address, identification</li> <li>• Baby Cupboard 1<sup>st</sup> Saturdays</li> <li>• Information and referral to other social service agencies</li> <li>• Funds to prevent evictions and utility shut-offs</li> <li>• No cook bags for unsheltered persons given Tues, Wed., and Thurs. 10:00 a.m.-1:00 p.m.</li> <li>• RotaCare Free Medical Clinic Saturdays 10:00 a.m. – 1:30 p.m.</li> <li>• Home Delivery for homebound individuals (contact agency first)</li> </ul>
<p><b>Paradise of Praise Food Bank</b>  <b>1316 SW Holden Street</b>  <b>Seattle, WA 98106</b></p> <p>Phone: (206) 768-2745</p>	<p>Tuesday            10:00 a.m. – Noon</p> <p>Bus Routes 23, 85, 125, 128</p>	<p>No commodities</p>	<p>One visit per week</p>
<p><b>Phinney Ridge Food Bank</b>  <b>7500 Greenwood Avenue N.</b>  <b>Seattle, WA 98103</b></p> <p>Mailing Address:            7500 Greenwood Avenue N.            Seattle, WA 98103</p> <p>Coordinator: Sally Thompson            Phone: (206) 784-7964            Fax: (206) 783-4614            E-mail: <a href="mailto:seattlesally2000@yahoo.com">seattlesally2000@yahoo.com</a></p>	<p>Tuesday &amp; Thursday            2:00 - 3:00 p.m.</p> <p>Wednesday &amp; Thursday            7:00 - 8:00 p.m.</p> <p>98103, 98107, 98117, 98125, 98133,            98177</p> <p>Bus Route #5</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Infant supplies</li> <li>• Proof of address</li> <li>• Distribution by appointment only</li> <li>• Can pick up food every two weeks</li> <li>• Wheelchair accessible</li> <li>• Call for appointment between 1-3 p.m. Monday, Tuesday, Wednesday</li> </ul>

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<p><b>Providence Regina House</b>  <b>8201 10<sup>th</sup> Avenue South #6</b>  <b>Seattle, WA 98108</b></p> <p>Coordinator: Paige Collins</p> <p>Phone: (206) 763-9204  E-mail: <a href="mailto:Paige.collins@providence.org">Paige.collins@providence.org</a></p>	<p>Saturday  10:00 a.m. – Noon</p> <p>Everyone welcome</p>	<p>Saturday and Thursday  10:00 a.m. – Noon</p> <p>98108 zip code and 98146--areas  between Highway 509/Duwamish  River/116<sup>th</sup> Street</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Clothing bank 9:00 a.m. – 12:00 p.m. Saturdays; Thursdays 12:30 p.m. – 2:00 p.m.</li> <li>• Toddler bags</li> <li>• Holiday Adopt-a-Family Program</li> <li>• Proof of area residency for TEFAP</li> </ul>
<p><b>Puget Sound Labor Agency</b>  <b>AFL-CIO Community Food Bank</b>  <b>2800 First Avenue, Room 122-130</b>  <b>Seattle, WA 98121</b>  <b>(Entrance in alley between 1<sup>st</sup> Avenue &amp; 2<sup>nd</sup> Ave on Clay St.)</b></p> <p>Mailing Address:  2800 1st Avenue, Room 126  Seattle, WA 98121</p> <p>Coordinator: Ellen Rempfer  Phone: (206) 448-9277  Fax: (206) 448-3457</p> <p>E-mail: <a href="mailto:psla@pslaonline.org">psla@pslaonline.org</a></p>	<p>Monday &amp; Friday  8:00 a.m. – 12:00 p.m.</p> <p>98101, 98104, 98109, 98111, 98119,  98121, 98134, 98199</p> <p>Bus Routes #15, (#18 local), #1, (#2 local)</p>	<p>Commodities available</p>	<ul style="list-style-type: none"> <li>• Visits limited to once a week</li> <li>• Wheelchair accessible building. Restrooms upon request</li> <li>• Toddler Bags</li> <li>• Baby Cupboard</li> </ul>



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<p><b>Queen Anne Food Bank at Sacred Heart</b> 232 Warren Avenue North Seattle, WA 98109</p> <p>Coordinator: Elise Hale-Case</p> <p>Phone: (206) 216-4102 Fax: (206) 216-4102</p> <p>E-mail: info@qafb.org</p>	<p>Last two Thursdays of month 3:00 p.m. – 6:00 p.m.</p> <p><b>(Please call first to confirm start date)</b></p> <p>Bus Routes #1, #2, #3, #13, # 18</p>		<ul style="list-style-type: none"> <li>• Toiletries when available</li> </ul>
<p><b>Rainier Valley Food Bank</b> 4205 Rainier Avenue South Seattle, WA 98118</p> <p>Director: Sam Osborne</p> <p>Phone: (206) 723-4105 Fax: (206) 723-3528</p> <p>E-mail: info@rvfb.org</p>	<p><i>Seniors/Disabled</i> Wednesday 9:30 a.m. - 2:00 p.m.</p> <p><i>General Public</i> Saturday 9:30 a.m. - 2:00 p.m.</p> <p>Everyone welcome</p> <p>Bus Routes #7, #9</p>	<p>Commodities available for residents of 98118 &amp; 98178</p>	<ul style="list-style-type: none"> <li>• Homebound deliveries on Thursdays</li> <li>• Baby Cupboard</li> </ul>

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<p><b>Salvation Army Food Bank</b> <b>1101 Pike Street</b></p> <p>Mailing Address: P.O. Box 20128 Seattle, WA 98101</p> <p>Coordinator: Rebecca Phillips Phone: (206) 447-9944 Fax: (206) 442-8399</p> <p>E-mail: <a href="mailto:garyredde@usw.salvationarmy.org">garyredde@usw.salvationarmy.org</a></p>	<p>Tuesday 9:00 a.m. – 11:00 a.m. 1:00 p.m. – 3:00 p.m.</p> <p>Wednesday, Thursday, Friday 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:00 p.m.</p> <p>98101, 98102, 98104, 98108 (from Georgetown to Downtown Seattle), 98109, 98112, 98118 (from So. Park to White Center), 98119, 98121, 98122, 98134, 98144</p> <p>Bus Routes #10, #11, #14, #43</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Proof of address, ID for all household members</li> <li>• Limit of three emergency food bags per household per year</li> </ul>
<p><b>Salvation Army White Center</b> <b>9050 – 16<sup>th</sup> Avenue SW, 98106</b></p> <p>Mailing Address: PO Box 46333 Seattle, WA 98146</p> <p>Coordinator: Bill Talbot</p> <p>Phone: (206) 767-3150 x 102 Fax: (206) 767-9548 E-mail: <a href="mailto:bill.talbot@usw.salvationarmy.org">bill.talbot@usw.salvationarmy.org</a></p>	<p>Monday, Wednesday, Friday 1:00 p.m. – 2:00 p.m.</p> <p>98106, 98108 (partial), 98116, 98126, 98136, 98146, 98148, 98158, 98168, 98188 (partial)</p>		<ul style="list-style-type: none"> <li>• Photo ID</li> <li>• Social Security Cards for all household members</li> <li>• Proof of address</li> <li>• Income verification</li> </ul>

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<p><b>Seattle Indian Center</b> 611 12th Avenue South Seattle, WA 98144</p> <p>Coordinator: Angela Jensen</p> <p>Phone: (206) 329-8700 Fax: (206) 328-5983 E-mail: accounting@seattleindiancenter.org</p>	<p>Tuesday &amp; Thursday 1:30 – 5:30 p.m.</p> <p>Bus Route #7, #8, #14, #36, #60</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• I.D. required</li> <li>• Wheelchair accessible building</li> <li>• No restrooms</li> <li>• No parking</li> </ul>
<p><b>Spiritual Miracles Food Bank</b> 12600 Renton Avenue South Seattle, WA 98178</p> <p>Director: Cheryl Johnson</p> <p>Phone: (206) 380-6237 Fax: (206) 772-3336</p> <p>E-mail: Cheryl@miraclesfoodbank.org</p>	<p><i>General Public</i> Monday and Thursday 3:00 p.m. – 5:00 p.m.</p> <p>Emergency Food bags as needed</p> <p>98055;98056; 98057 98108; 98118; 98144; 98168; 98178; 98198</p> <p>Bus Route #106</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Wheelchair accessible</li> <li>• Proof of Address and</li> <li>• Photo ID</li> </ul>
<p><b>St. Vincent de Paul Food and Clothing Bank</b> 5972 Fourth Avenue South Seattle, WA 98108</p> <p>Manager: Erik Maus</p> <p>Phone: (206) 767-9975 Ext. 1127 Fax: (206) 767-6439</p> <p>E-mail: erikm@svdpseattle.org</p>	<p>Tuesday &amp; Thursday 11:00 a.m. – 2:00 p.m.</p> <p>98106, 98108, 98134, 98146, 98168</p> <p>Bus Routes #136, #137, #174</p> <p>Friday 11 a.m. - 12 Noon FACES Program for Homeless (Food, Assistance, Compassion and Emergency Services)</p>	<p>Same as regular distribution</p> <p>North: Dearborn at Elliott Bay, East to I-5; South to Charlestown; Charlestown east to 32<sup>nd</sup> Avenue South</p> <p>East: 32<sup>nd</sup> Avenue South to I-5</p> <p>South: Kenyon Street at the Duwamish River, east to 32<sup>nd</sup> Street</p> <p>West: Duwamish Waterway at 509 N to the West Waterway (includes Harbor Island) North to Elliott Bay</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Clothing Bank</li> <li>• Household items</li> <li>• Wheelchair accessible building and restrooms. Special arrangements can be made for wheelchair accessible parking.</li> </ul>

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/ Geographic Area Served	<u>Commodities Distribution</u> Days/Hours of Operation/ Geographic Area Served	Other Services/ Requirements
<p><b>The Food Bank @ St. Mary's Walk-in Food Bank</b> 611 – 20<sup>th</sup> Avenue South Seattle, WA 98144</p> <p>Director: Alison Pence Phone: (206) 324-7100 x21 Fax: (206) 324-0050 E-mail: <a href="mailto:alison@thefbsm.org">alison@thefbsm.org</a></p> <p>General Info: (206) 324-7100 x18</p>	<p>Tuesday, Thursday, Saturday 10:00 a.m. – 1:00 p.m.</p> <p>Walk-in food bank available to all Seattle residents</p> <p>Bus route #14</p>	<p>Commodities with regular distribution for east half of 98144</p> <p>Seattle city limits</p>	<ul style="list-style-type: none"> <li>• Baby Corner—first full week of month</li> <li>• Hygiene products—last full week of month</li> <li>• Toddler bags</li> <li>• No cook bags for homeless</li> <li>• Wheelchair accessible building and parking</li> <li>• Please bring I.D. and bag for groceries</li> </ul>
<p><b>The Food Bank @ St. Mary's Home Delivery Service</b> 611 – 20<sup>th</sup> Avenue South Seattle, WA 98144</p> <p>Program Manager: Tina Kimbrell Phone: (206) 324-7100 x23 Fax: (206) 329-0050 E-mail: <a href="mailto:tina@thefbsm.org">tina@thefbsm.org</a></p>	<p>Deliveries are made Wednesday from 9:00 a.m. to 7:00 p.m. to homebound seniors and individuals who live in the Central Seattle area.</p> <p>98144, 98104, 98122, 98112</p> <p>Bus route #14</p>	<p>Commodities for home delivery</p>	
<p><b>University District Food Bank</b> 1413 N.E. 50<sup>th</sup> Seattle, WA 98105</p> <p>Mailing Address: 4731 15th N.E. Seattle, WA 98105</p> <p>Coordinator: Joe Gruber</p> <p>Phone: (206) 523-7060 E-mail: <a href="mailto:udfb@udistrictfoodbank.org">udfb@udistrictfoodbank.org</a></p>	<p>Monday, Wednesday, Friday 10:00 a.m. – 3:00 p.m.</p> <p>Tuesday, Thursday 3:00 – 8:00 p.m.</p> <p>98102, 98103, 98105, 98112, 98115, 98125</p> <p>Bus #70, #71, #72, #73, #74, #48</p>	<p>Same as regular hours</p> <p>Commodities given out to zip codes 98105, 98115, 98125 only</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Proof of address, I.D.</li> <li>• Special arrangements can be made for people in wheelchairs to pick up food in alley access</li> </ul>

<b>Food Bank</b>	<b><u>Regular Distribution</u> Days/Hours of Operation/ Geographic Area Served</b>	<b><u>Commodities Distribution</u> Days/Hours of Operation/ Geographic Area Served</b>	<b><u>Other Services/ Requirements</u></b>
<p><b>Volunteer Park Seventh-day Adventist Church Food Bank</b>  <b>1300 East Aloha Street</b>  <b>Seattle, WA 98102</b></p> <p>Program Director: Mariano Timple</p> <p>Phone: (206) 325-5544  E-mail: aronious@msn.com</p>	<p>Tuesday  11:00 a.m. – 2:00 p.m.</p> <p>98102, 98112, 98101, 98122</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Breakfast served to the public Tuesday – 10:30 a.m. – 11:30 a.m.</li> <li>1<sup>st</sup> and 3<sup>rd</sup> Saturday of month: 9:30 a.m. – 10:30 a.m.</li> </ul>
<p><b>Volunteers of America Greenwood Food Bank</b>  <b>9041 Greenwood Ave. North</b>  <b>Seattle, WA 98103</b></p> <p>Contact: Cynthia Cantrill, Food Bank Manager  206-782-6731, x1004</p> <p>Everett Office:  Bill Kraut, Manager, Basic Needs  425-259-3191, x13014  E-mail:  <a href="mailto:greenwoodfoodbank@voaww.org">greenwoodfoodbank@voaww.org</a></p>	<p><i>General Public</i>  Wednesday  9:30 a.m. – 12:00 p.m. &amp; 12:30 – 6:00 p.m.  Thursday  Seniors/Disabled: 9:30 a.m. – 12:00 p.m.  All others: 12:30 p.m. – 4-p.m.</p> <p>Parts of 98103, 98117, 98133,  All of 98177</p> <p>Bus Route #5, #355, near #48 bus route</p>	<p><i>Commodities General Public</i>  Month-long during regular food bank hours.</p> <p>Northwest area of Seattle-King County.</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard during distribution</li> <li>• Toddler bags</li> <li>• Wheelchair accessible bldg. &amp; parking</li> <li>• Home deliveries for seniors/disabled</li> <li>• Proof of address, Photo ID</li> <li>• Please bring bags for groceries</li> </ul>

Food Bank	Regular Distribution Days/Hours of Operation/ Geographic Area Served	Commodities Distribution Days/Hours of Operation/ Geographic Area Served	Other Services/ Requirements
<p><b>West Seattle Food Bank</b> 3419 SW Morgan Street Seattle, WA 98126</p> <p>Coordinator: Fran Yeatts</p> <p>Phone: (206) 932-9023 Fax: (206) 938-8623 E-mail: <a href="mailto:fran@westseattlefoodbank.org">fran@westseattlefoodbank.org</a></p>	<p><i>Seniors</i> Tuesday 9:30 a.m. - 11:00 a.m.</p> <p><i>General Public</i> Wednesday 4:00 - 7:00 p.m. or Thursday 10:00 a.m. - 1:00 p.m.</p> <p>98106, 98116, 98126, 98136 Bus Routes #21, #22, #54, #55, #37</p>	<p>With regular food distribution</p> <p>98116, 98106, 98126, 98136 (West Seattle area north of Roxbury Street)</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard during distribution</li> <li>• Toddler bags</li> <li>• Proof of address</li> <li>• Wheelchair accessible building</li> <li>• Some homebound delivery available to seniors/disabled in W. Seattle</li> </ul>
<p><b>White Center Food Bank</b> 10828 8<sup>th</sup> Avenue SW Seattle, WA 98146</p> <p>Next to White Center Public Health</p> <p>Executive Director: Rick Jump Phone: (206) 762-2848 (messages)</p>	<p>Monday, Wednesday &amp; Friday 11:00 a.m. – 1:00 pm 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday 6:00 – 8:00 p.m. Third Saturday 11:00 am – 1:00 pm</p> <p>Seniors (60+) Thursdays 11:00 am to 1:00 pm</p> <p>98106, 98126, 98136, 98146 Boundaries: N - 7000 block to Myrtle; S - S.W. 140th; W - Puget Sound; E - to State Highway 509</p> <p>Bus Route #128</p>	<p>Monday, Wednesday &amp; Friday 11:00 a.m. – 1:00 pm</p> <p>Seniors (60+) Thursdays 11:00 am to 1:00 pm</p>	<ul style="list-style-type: none"> <li>• Proof of address, I.D., and birthdates for each household member</li> <li>• Wheelchair accessible building &amp; parking</li> </ul>

## King County Food Banks

<b>Food Bank</b>	<b><u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served</b>	<b><u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served</b>	<b>Other Services/Requirements</b>
<p><b>Algona/Pacific Food Pantry</b>  <b>603 Third Avenue SE</b>  <b>Pacific, WA 98047</b></p> <p>Coordinator: Vada Ziegler            Phone: (253) 351-0450</p>	Tuesday 11:00 a.m. to 2:00 p.m.		<ul style="list-style-type: none"> <li>• Well Child Clinic</li> <li>• Toys at Christmas</li> </ul> <p><b>*Information not updated prior to publication. Please contact office for food bank hours.</b></p>
<p><b>Auburn Food Bank, The</b>  <b>930 18<sup>th</sup> Place N.E.</b>  <b>Auburn, WA 98002</b></p> <p>Mailing Address:            P.O. Box 464            Auburn, WA 98071</p> <p>Phone: (253) 833-8925            E-mail: <a href="mailto:debbiec@theauburnfoodbank.org">debbiec@theauburnfoodbank.org</a>            Web: <a href="http://www.theauburnfoodbank.org">www.theauburnfoodbank.org</a></p>	<p>Monday, Tuesday, Thursday, Friday            9:00 a.m. - 1:15 p.m.</p> <p>Second Wednesday            4:30 p.m. - 6:30 p.m.</p> <p>Second Saturday - Senior Deliveries –            by application</p> <p>Auburn School District            Metro Bus Routes # 152 / 180 / 181</p>	<p>Monday, Tuesday, Thursday and Friday            9:00 a.m. - 1:15 p.m.</p> <p>Second Wednesday            4:30 - 6:30 p.m.</p> <p>Second Saturday - Senior Deliveries – by            application</p> <p>Auburn School District            Metro Bus Routes #152 / 180 / 181</p>	<ul style="list-style-type: none"> <li>• Current proof of address, I.D.</li> <li>• Emergency financial assistance with proof of need on the last working day of the month, first come first serve.</li> </ul>
<p><b>Black Diamond Community Center Food Bank</b>  <b>31605 Third Avenue</b>  <b>Black Diamond, WA 98010</b></p> <p>Mailing Address:            P.O. Box 480            Black Diamond, WA 98010-0480            Phone: (360) 886-1011            Fax: (360) 886-8947            E-mail: <a href="mailto:bdcc-admin@qwest.net">bdcc-admin@qwest.net</a></p>	<p>Business Hours Monday-Friday            8:00 a.m. – 4:30 p.m.</p> <p>Distribution Hours            Monday-Friday, 1pm-4pm</p> <p>Enumclaw, Black Diamond, Ravensdale, Maple Valley, Covington, and Kent 98042 Residents</p> <p>Bus Routes 143 and 149</p>		<p>Salvation Army funds available for Puget Sound Energy (January-April), rent assistance year-round, gas vouchers for medical appointments. Clients must provide shut-off or eviction notices, proof of residency and low-income status. Clients need to call for more details and to make appointments.</p>

<b>Food Bank</b>	<b><u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served</b>	<b><u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served</b>	<b>Other Services/Requirements</b>
<p><b>Concerned for Neighbors Food Bank- Mountlake Terrace</b> 4700 228th S.W. Mountlake Terrace, WA 98043</p> <p>Acting Director: Anne Peterson</p> <p>Phone: (425) 778-7227 E-mail: <a href="mailto:concerned4neighborsfoodbank@yahoo.com">concerned4neighborsfoodbank@yahoo.com</a> Web: concerned4neighborsfb.org</p>	<p><b>General Public</b> Tuesday 9:30 a.m. - 11:30 a.m.</p> <p>Bus Routes #418, #401, #403, #140</p>	<p><b>General Public</b> Tuesday 9:30 a.m. - 11:30 a.m.</p>	<ul style="list-style-type: none"> <li>• Proof of address, I.D. for family members; photo identification and copy of utility bill</li> </ul>
<p><b>Des Moines Area Food Bank Des Moines Methodist Church</b> 22225 Ninth Avenue South</p> <p>Mailing Address: P.O. Box 98788 Des Moines, WA 98198-0788</p> <p>Coordinator: Chris VanGasken Phone: (206) 878-2660 Fax: (206) 878-2661</p>	<p>Monday, Wednesday, Friday 9:00 – 11:45 a.m.</p> <p>3<sup>rd</sup> Tuesday 6:00 p.m. – 8:00 p.m.</p> <p>Des Moines, most of Sea-Tac and East Hill of Kent (call for street information)</p> <p>98166, 98148, 98168, 98188, 98198, 98032</p> <p>Bus Routes: #130, #132</p>	<p>Monday, Wednesday, Friday 9:00 – 11:45 a.m.</p> <p>Tukwila, Des Moines, Sea-Tac and West Hill of Kent (call for street information)</p>	<ul style="list-style-type: none"> <li>• Low-income, photo I.D. for all adults and medical coupons/Social Security cards required for all children</li> <li>• Proof of address</li> <li>• Closed all legal holidays</li> </ul>
<p><b>Edmonds Food Bank (Carol Rowe Mem.) Edmonds Methodist Church</b> 828 Caspers Street Edmonds, WA 98020</p> <p>Coordinator: Peggy Kennedy Phone: (425) 778-5833 Mon – Tues; (425) 778-2119 Wed – Fri Fax: (425) 778-3431</p>	<p><b>Disabled</b> Tuesday: 9:30 a.m. – 10:00 a.m.</p> <p><b>Edmonds Residents Only</b> Tuesday: 10:00 – 11:00 a.m.</p> <p><b>General Public</b> Tuesday: 11:00 a.m. – Noon</p>		



<b>Food Bank</b>	<b><u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served</b>	<b><u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served</b>	<b>Other Services/Requirements</b>
<p><b>Emergency Feeding Program- Eastside/Bellevue</b>  <b>2650 148<sup>th</sup> Avenue SE</b>  <b>Bellevue, WA 98007</b></p> <p>Mailing Address:            PO Box 18877            Seattle, WA 98118</p> <p>Coordinator: Brian Anderson</p> <p>Phone: (425) 653-1652            Fax: (206) 860-8200</p>	<p>Call 425-653-1652 for referral to nearby distribution centers in Bellevue, Kirkland, Redmond, and Bothell, Monday-Friday</p> <p>All of Eastside</p> <p>Call Metro Rider Information Line for bus routes, (206) 553-3000</p>	<p>No commodities</p>	<ul style="list-style-type: none"> <li>• Referrals to Eastside distribution sites for people without food</li> <li>• No standing in line</li> <li>• Diabetic, low-sodium Latino, Asian, homeless (no cook), teen snack pack(for homeless teens), liquid diet. infant foods, food packs for vegan and lactose intolerant diets are also available</li> </ul>
<p><b>Enumclaw Kiwanis Food Bank</b>  <b>1350 Cole Street</b>  <b>Enumclaw, WA 98022</b></p> <p>Coordinator: Lawton Case</p> <p>Phone: (360) 825-6188</p>	<p>Monday, Tuesday &amp; Wednesday            9:00 – 11:45 a.m.</p> <p>Enumclaw School District #216,            including Black Diamond</p> <p>98010, 98022, 98048, 98051</p> <p>Bus Route #915</p>	<p>Monday, Tuesday &amp; Wednesday            9:00 – 11:45 a.m.</p> <p>Enumclaw School District #216,            including Black Diamond</p> <p>98010, 98022, 98048, 98051</p>	<p>Current utility bill and picture I.D.</p>

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<p><b>Federal Way Food Bank/Multi-Service Center</b> 1200 S. 336<sup>th</sup> Street Federal Way, WA 98003</p> <p>Mailing Address P.O. Box 23699 Federal Way, WA 98093</p> <p>Director: Terri Turner</p> <p>Phone: (253) 838-6810 (center) Fax: (253) 874-7831 E-mail: <a href="mailto:territ@multi-servicecenter.com">territ@multi-servicecenter.com</a></p>	<p><b>Disabled</b> Mon, Wed, &amp; Fri 9:30 – 10:00 a.m.</p> <p><b>General Public</b> Mon, Wed, &amp; Fri 10:00 a.m. – 2:00 p.m.</p> <p><b>Working Families</b> Fourth Thursday 5:00 – 6:00 p.m. (except Nov. &amp; Dec.)</p> <p>98003, 98023, parts of 98001, and 98032 Federal Way School District, Except Woodmont &amp; Redondo Areas; call if unsure. Parts of 98422 (NE Tacoma)</p> <p>Bus Route #182</p>	<p>Mon, Wed, &amp; Fri 10:00 a.m. – 2:00 p.m.</p> <p>98003, 98023, parts of 98001, and 98032, includes Federal Way School District, except Redondo and Woodmont areas</p>	<ul style="list-style-type: none"> <li>• Proof of address within the last 30 days (utility bill, or medical coupon)</li> <li>• Social Security card for first visit, if available</li> <li>• Clothing bank serves all South King County residents, Mon., Wed., &amp; Fri., 10:00 a.m. - 1:15 p.m.</li> <li>• Bring bags or boxes to carry food</li> </ul>
<p><b>Highline Area Food Bank</b> 18300 4th Avenue South Seattle, WA 98148</p> <p>Coordinator: Mike Werle</p> <p>Phone: (206) 433-9900</p>	<p>Tuesday 12:00 - 2:30 p.m. Thursday 10:00 a.m. – 12:30 2<sup>nd</sup> Tuesday 5:30 p.m. – 7:00 p.m.</p> <p>W - Puget Sound, E - Military Road and International Avenue, S - 192<sup>nd</sup> Street, N - 140<sup>th</sup> Street; N-116<sup>th</sup>; East of 1<sup>st</sup> to Tukwila</p> <p>Bus Routes #130, #132</p>	<p>Tuesday 12:00 - 2:30 p.m. Thursday 10:00 a.m. – 12:30</p> <p>W - Puget Sound, E - Military Road and International Avenue, S - 192<sup>nd</sup> Street, N - 140<sup>th</sup> Street; N-116<sup>th</sup>; East of 1<sup>st</sup> to Tukwila</p> <p>Bus Routes #130, #132</p>	<ul style="list-style-type: none"> <li>• Picture I.D. &amp; utility bill less than two months old</li> <li>• Medical coupons or school records for all dependents</li> </ul>

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<p><b>Hopelink Bellevue</b> 14812 Main St Bellevue, WA 98007</p> <p>Phone: (425) 943-7555</p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Tuesdays 10:30 a.m. -1:00 p.m.</p> <p>1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> &amp; 4<sup>th</sup> Wednesdays 10:30 a.m. – 1:00 p.m.</p> <p>1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> &amp; 4<sup>th</sup> Thursdays 10:30 a.m. – 1:00 p.m.</p> <p>2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 4:30 p.m. – 7:00 p.m.</p> <p>98004, 98005, 98006, 98007, 98008, 98009, 98015, 98039, 98040, 98056, 98059- Newcastle city limits only</p>	<p>With regular food distribution</p>	<ul style="list-style-type: none"> <li>• Call for an appointment to register</li> <li>• Emergency Financial Assistance</li> </ul>
<p><b>Hopelink Kirkland/Northshore</b> 11011 120<sup>th</sup> Avenue NE Kirkland, WA 98033</p> <p>Phone: (425) 889-7880</p>	<p>Monday &amp; Wednesdays 10:00 a.m. – 4:00 p.m.</p> <p>Tuesday &amp; Thursdays 12:00 p.m. – 6:30 p.m.</p> <p>98033, 98034, 98011, 98012, 98021, 98028, 98072, 98077</p> <p>Bus Routes #230, #231, #234, #251, #254, #255, #275, #931</p>	<p>With regular food distribution</p>	<ul style="list-style-type: none"> <li>• Call for an appointment to register</li> <li>• Emergency Financial Assistance</li> </ul>

<b>Food Bank</b>	<b><u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served</b>	<b><u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served</b>	<b>Other Services/Requirements</b>
<p><b>Hopelink Redmond</b> 16725 Cleveland St. Redmond, WA 98052</p> <p>Phone: (425) 882-0241</p>	<p>Disabled &amp; Seniors 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays 10:30 a.m. – 12:00 p.m.</p> <p>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursdays 10:30 a.m. – 12:00 p.m.</p> <p>2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesdays 2:30 p.m. – 4:30 p.m.</p> <p>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesdays 5:30 p.m. – 7:00 p.m.</p> <p>98052, 98053, 98074</p>	<p>With regular food distribution</p>	<ul style="list-style-type: none"> <li>• Call for an appointment to register</li> <li>• Emergency Financial Assistance (including 98027, 98029, 98075)</li> <li>• Emergency shelter</li> <li>• LIHEAP energy assistance</li> <li>• Transportation program</li> <li>• Transitional housing</li> </ul>
<p><b>Hopelink Shoreline/Lake Forest Park</b> 15809 Westminster Way North Shoreline, WA 98133</p> <p>Phone: (206) 440-7300</p>	<p>Disabled &amp; Seniors 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesdays 10:30 a.m. – 12:30 p.m.</p> <p>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesdays 10:30 a.m. – 12:30 p.m.</p> <p>2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesdays 5:30 p.m. – 6:30 p.m.</p> <p>98133, 98155, 98160, 98177, all north of 145<sup>th</sup></p> <p>Bus Routes #358</p>	<p>With regular food distribution</p>	<ul style="list-style-type: none"> <li>• Call for an appointment to register</li> <li>• Emergency Financial Assistance</li> <li>• Programs available: Energy Assistance; Financial Assistance; Adult Education; Family Development</li> </ul>

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<p><b>Hopelink Sno-Valley</b>  <b>31957 Commercial St.</b>  <b>Carnation, WA 98014</b></p> <p>Phone: (425) 333-4163</p>	<p>Regular and Fresh Foods  1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays  12:00 p.m. – 1:30 p.m.</p> <p>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesdays  5:30 p.m. -6:45 p.m.</p> <p>98014, 98019, 98024, 98045,  98050 – north of I-90, 98065,  98068 Snoqualmie Pass within  King County, 98224, 98228, 98294</p> <p>Bus Routes #922, #929</p>	<p>With regular food distribution</p>	<ul style="list-style-type: none"> <li>• Call for an appointment to register</li> <li>• Emergency Financial Assistance</li> <li>• Clothing bank</li> <li>• Free Meal</li> </ul>
<p><b>Issaquah Food &amp; Clothing Bank</b>  <b>179 First Avenue S.E.</b>  <b>Issaquah, WA 98027</b></p> <p>Director: Cori Kauk</p> <p>Phone: (425) 392-4123  Fax: (425) 392-5836</p> <p><a href="http://www.issaquahfoodbank.org">www.issaquahfoodbank.org</a></p>	<p><b>Client Services</b>  First &amp; Third Tuesday  5:00 - 7:00 p.m.  Tues., Wed. &amp; Thurs.  10:00 a.m. - 1:00 p.m.</p> <p><b>General Public / Business Hours</b>  Mon-Fri.  8:00am – 4:00pm</p> <p>98027, 98029, 98059, 98075</p> <p>Bus Route #200</p>	<p><b>Client Services</b>  First &amp; Third Tuesday  5:00 - 7:00 p.m.  Tues., Wed. &amp; Thurs.  10:00 a.m. - 1:00 p.m.</p>	<ul style="list-style-type: none"> <li>• Utility bill &amp; picture I.D.</li> <li>• Clothing Bank serves Issaquah, Carnation, Fall City, Maple Valley &amp; Renton</li> </ul>

<b>Food Bank</b>	<b><u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served</b>	<b><u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served</b>	<b>Other Services/Requirements</b>
<p><b>Kent Food Bank and Emergency Services</b>  <b>515 West Harrison Street, Suite 107</b>  <b>Kent, WA 98032</b></p> <p>Director: Jeniece Choate</p> <p>Phone: (253) 520-3550</p> <p><a href="mailto:kentfoodbank@gmail.com">kentfoodbank@gmail.com</a></p>	<p>Monday, Tuesday, Wednesday &amp; Friday            10:00 a.m. - 2:00 p.m.</p> <p>2<sup>nd</sup> Wednesday            5:00 – 6:00 p.m.</p> <p>Kent School District boundaries</p> <p>Bus Routes #150, #153, #164, #166, #168, #169, #914, #916</p>	<p>Commodities distributed same time as food bank</p> <p>Kent School District boundaries</p>	<ul style="list-style-type: none"> <li>• Proof of address within last 30 days ( medical coupon, utility bill)</li> <li>• Clothing Bank Mon., Tues, Wed, Fri 10:00 a.m. – 12: 30 p.m.</li> <li>• Emergency financial assistance with proof of need by appointment only</li> </ul>
<p><b>Kent Food Bank Annex @ Springwood</b>  <b>27360 129<sup>th</sup> Avenue S.E.,</b>  <b>Bldg. #11</b>  <b>Kent, WA 98031</b></p> <p>Director: Jeniece Choate</p> <p>Phone: (253) 981-3145 (answered Thursday only)</p>	<p>Thursday            10:00 a.m. – 1:00 p.m.</p> <p>Kent School District boundaries</p>	<p>Same as food bank distribution</p> <p>Kent School District boundaries</p>	<p>Current proof of address within the last 30 days</p>

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<p><b>Lynnwood Food Bank</b>  <b>Lynnwood Church of the Nazarene</b>  <b>5320 176th St. S.W.</b>  <b>Lynnwood, WA 98036</b></p> <p>Phone: (425) 745-1635</p> <p>Website: Lynnwood Foodbank.org</p>	<p><b>Seniors over 65/Disabled</b>                      Wednesday                      2:00 – 2:30 p.m.</p> <p><b>General Public</b>                      Wednesday                      2:30 - 6:30 p.m.</p> <p>Seniors over 65 and disabled may come in during other times.</p> <p>Services Lynnwood residents. Persons out of the area are served and referred to closer food bank.</p> <p>Bus Routes #418, #401, #403, #620, #621</p>		<p>Proof of residency                      Picture ID, current utility bill                      Proof of household members and proof of ages of members</p>
<p><b>Maple Valley Food Bank and Emergency Services</b>  <b>21415 Maple Valley Highway</b>  <b>Maple Valley, WA 98038</b></p> <p>Mailing Address: P.O. Box 322                      Maple Valley, WA 98038</p> <p>Executive Director: Lila Henderson</p> <p>Phone: (425) 432-8139                      Fax: (425) 432-7932                      E-mail: lila@fbeshelp.org</p>	<p>Monday, Wednesday &amp; Thursday                      10:30 a.m. - 1:00 p.m.</p> <p>Second Thursday                      5:30 - 7:00 p.m.</p> <p>Tahoma School District boundaries, City of Covington and parts of Black Diamond</p> <p>Bus Route #143</p>	<p>Monday, Wednesday &amp; Thursday                      10:30 a.m. - 1:00 p.m.                      Second Thursday                      5:30 - 7:00 p.m.</p> <p>Tahoma School District boundaries, City of Covington and parts of Black Diamond</p>	<p>Current proof of address &amp; photo I.D.</p>

<b>Food Bank</b>	<b><u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served</b>	<b><u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served</b>	<b>Other Services/Requirements</b>
<p><b>Mount Si Helping Hand Food &amp; Clothing Bank</b>  <b>North Bend Comm. Church</b>  <b>122 East 3<sup>rd</sup> Street</b>  <b>North Bend, WA 98045</b></p> <p>Coordinator: Ken McCarty  Phone: (425) 888-0096  E-mail: <a href="mailto:mtsifoodbank@yahoo.com">mtsifoodbank@yahoo.com</a></p>	<p>Wednesday  9:30 a.m. - 6:30 p.m.</p> <p>North Bend, Snoqualmie: 98024,  98045, 98065</p> <p>Bus Route #214</p>		<ul style="list-style-type: none"> <li>• Number &amp; ages of family members; proof of address</li> <li>• I.D. not required</li> <li>• Clothing bank</li> <li>• Call 888-0096 for emergencies</li> </ul>
<p><b>Muckleshoot Food Bank</b>  <b>North of Muckleshoot Tribal School</b>  <b>39015 – 172<sup>nd</sup> Avenue S.E.</b>  <b>Auburn, WA 98092</b></p> <p>Phone: (253) 876-3336  Fax: (253) 833-5133</p>	<p>Monday  2:00 - 4:30 p.m.  Wednesday &amp; Friday  10:00 a.m. - Noon  1:00 - 3:00 p.m.</p> <p>Rural area between Auburn and  Enumclaw</p> <p>Bus Routes #915, 195</p>	<p>First week of each month (call first) for actual day.</p>	<ul style="list-style-type: none"> <li>• Proof of address; picture ID</li> <li>• Clothing Bank</li> <li>• Emergency services i.e., rental assistance, utility assistance, bus tokens</li> </ul> <p><b>*Information not updated prior to publication. Please contact office for food bank hours.</b></p>
<p><b>Renewal Food Bank</b>  <b>World Impact Network</b>  <b>MA: 12819 S.E. 38<sup>th</sup> Street</b>  <b>PMB #53</b>  <b>Bellevue, WA 98006-1395</b></p> <p><b>Food Bank Address:</b>  <b>2015 Richards Road</b>  <b>Bellevue, WA 98005</b></p> <p>Director: Rich Bowen  Phone: (425) 643-8246  Fax: (425) 643-8473</p>	<p>Monday &amp; Wednesday  9:00 a.m. – Noon</p> <p>Tuesday  5:00 – 7:00 p.m.</p> <p>Last Saturday of month  10:00 a.m. – Noon</p>		<p>One visit per week</p>



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<p><b>The Salvation Army</b> <b>Office: 720 South Tobin</b> <b>Renton, WA 98057</b></p> <p><b>Food Bank: 221 Morris St.</b></p> <p><b>Must first come to office for food bank slip.</b></p> <p>Phone: (425) 255-5969 Fax: (425) 228-7014</p>	<p>Monday through Friday 9:00 a.m. - 4:00 p.m.</p> <p>Renton/Fairwood: 98055, 98056, 98057, 98058, 98059 Skyway: 98178</p> <p>Bus Route #101</p>	<p>Commodities given during office hours. No specific day.</p> <p>Zip Codes: 98055, 98056, 98057, 98058 (partial), and 98059 (partial), 98178</p>	<ul style="list-style-type: none"> <li>• Baby Cupboard</li> <li>• Utility or phone bill showing address, photo I.D., Social Security card for all household members</li> <li>• 4-month Food voucher issued to all clients who have used food bank 6 months or longer.</li> <li>• Bus tickets</li> <li>• Rent assistance</li> <li>• Emergency housing assistance</li> </ul> <p><b>*Information not updated prior to publication. Please contact office for food bank hours.</b></p>
<p><b>Tukwila Pantry</b> <b>At the Riverton Park United Methodist Church</b> <b>3118 South 140<sup>th</sup></b> <b>(on Military Rd and 140<sup>th</sup>)</b> <b>Tukwila, WA 98168</b></p> <p>Coordinator: Joe Tice Phone: (206) 431-8293 E-mail: <a href="mailto:j040959@msn.com">j040959@msn.com</a></p>	<p>Tuesday &amp; Thursday 1:30. – 3:30 p.m.</p> <p>Saturday 12:30 p.m. – 2:30 p.m.</p> <p>Closed on all federally recognized holidays</p> <p>Tukwila, Sea-Tac, Burien and Boulevard Park areas</p> <p>Bus route #128</p>		<ul style="list-style-type: none"> <li>• Bring picture ID and current utility bill for proof of address</li> <li>• New clients may register Tuesday and Thursday</li> <li>• Meal Program: Tuesday's Table, 5:30 p.m. – 6:15 p.m.</li> </ul>

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<p><b>Vashon/Maury Community Food Bank</b>  <b>10030 210th St. SW</b>  <b>Vashon, WA 98070</b>  <b>(next to Health Clinic)</b></p> <p>Mailing Address:  P.O. Box 1205  Vashon, WA 98070</p> <p>Coordinator: Yvonne Pitrof</p> <p>Phone: (206) 463-6332  Fax: (206) 463-5513  E-mail: <a href="mailto:yvonne@vashonfoodbank.org">yvonne@vashonfoodbank.org</a></p>	<p>Wednesday  11:00 a.m. – 1:00 p.m. &amp;  5:00 p.m. – 7:00 p.m.</p> <p><b>Disabled &amp; over 65</b>  4:30 p.m. – 5:00 p.m.</p> <p>Vashon/Maury Island residents</p> <p>Bus Routes #118, #119</p>	<p>Third Wednesday 11:00 a.m. – 1:00 p.m.  &amp; 5:00 – 7:00 p.m.</p> <p>Vashon/Maury Island residents</p>	<p>Home delivery where needed  Wednesday mornings</p>

## Other Important Emergency Food Service Information

Agency/Program	Services/Assistance Provided
<p><b>CITY OF SEATTLE HUMAN SERVICES DEPARTMENT EMERGENCY FOOD PROGRAMS</b> 700 5<sup>th</sup> Avenue Suite 5800 PO Box 34215 Seattle, WA 98124-4215 Fe E. Arreola, (206) 684-0281      Edwin Obras (206) 684-0419 E-mail: <a href="mailto:fe.arreola@seattle.gov">fe.arreola@seattle.gov</a>      <a href="mailto:edwin.obras@seattle.gov">edwin.obras@seattle.gov</a> <a href="http://www.cityofseattle.net/humanservices">http://www.cityofseattle.net/humanservices</a></p>	<p>Manage contracts for emergency food programs receiving City funds. Provide training and technical assistance to emergency food program subcontractors and provide additional resources to agencies and the general public. Work with local, regional, state and federal organizations that focus on anti-hunger and nutrition policies and initiatives. Participate on projects related to Transitional Living and Support Division and Department-wide initiatives.</p>
<p><b>COMMUNITY INFORMATION LINE</b> 2-1-1; (206) 461-3200 (After 6:00 p.m. &amp; on weekends, call the Crisis Clinic, (206) 461-3222) Toll free #: 1-800-621-4636</p>	<p>Makes referrals to food banks, meal programs and other emergency assistance programs throughout King County.</p>
<p><b>EMERGENCY FOOD NETWORK</b> 3318 92<sup>nd</sup> St S Lakewood, WA 98499 (253) 584-1040 E-mail: <a href="mailto:receptionist@efoodnetwork.org">receptionist@efoodnetwork.org</a></p>	<p>Distributes food to food banks and emergency meal programs. Provides referrals to food banks in Pierce County.</p>
<p><b>FAMILY ASSISTANCE PROGRAM</b> 1501 N. 45<sup>th</sup> Street Seattle WA 98103 Client Intake: (206) 694-6742</p>	<p>Provides advice, referral and representation for DSHS benefits cases including denials, terminations, reductions and overpayments. The DSHS benefit programs include food stamps, Temporary Assistance to Needy Families (TANF) and Disability Lifeline. Provides outreach and education to clients at food banks, shelters, and other programs. Provides training to program staff regarding benefits.</p>
<p><b>FOOD LIFELINE</b> 1702 N.E. 150th, Shoreline, WA 98155 (206) 545-6600 <a href="mailto:info@fll.org">info@fll.org</a></p>	<p>Food Lifeline is a local hunger relief organization, efficiently serving the Western Washington area. Last year FLL delivered more than 27 million meals to hungry people through our <a href="#">network of nearly 300 neighborhood food banks, hot meal programs and shelters</a>. In 2011, FLL helped feed more than 745,000 hungry people in local communities. Food Lifeline is also the local member of the nation's largest hunger relief organization, <a href="#">Feeding America</a>.</p>
<p><b>FOOD RESOURCES/SOLID GROUND</b> 1501 North 45<sup>th</sup> Street Seattle, WA 98103 General Information/Referral (206) 694-6756 E-mail: <a href="mailto:foodresources@solid-ground.org">foodresources@solid-ground.org</a></p>	<p>Provides referrals to food banks and meal programs, staffing to Seattle Food Committee, assistance with State funding paperwork, monthly food community activity calendar, data collection, facilitate and coordinate the delivery of food to member food banks; Baby Boost workshops; Food Security for Children Project; and Lettuce Link Project.</p>

<b>Agency/Program</b>	<b>Services/Assistance Provided</b>
<b>NORTHWEST HARVEST</b> 711 Cherry Street/P.O. Box 12272 Seattle, WA 98102 Offices: (206) 625-0755/Warehouse: (206) 285-0237 Jenn Tennent: <a href="mailto:jennt@northwestharvest.org">jennt@northwestharvest.org</a>	Distributes food to emergency food programs throughout Washington state. See food bank listing under "Cherry Street Food Bank" for description of food bank services/hours.
<b>SNOHOMISH COUNTY COMMUNITY INFORMATION LINE</b> (425) 258-4227, 2-1-1	Provides referrals to food banks in Snohomish County.
<b>MULTI-SERVICE CENTER</b> 1200 South 336th Federal Way, WA 98003 (253) 838-6810	Provides emergency food and other social services.
<b>WASHINGTON STATE DEPARTMENT OF SOCIAL AND HEALTH SERVICES (DSHS)</b> <b>(Region 2/includes King County)</b> (1-877-501-2233)	Informs potential recipients about benefits and requirements of the program and assist individuals through the application process. Call for closest site/educator.
<b>WIC (WOMAN, INFANT &amp; CHILDREN'S SUPPLEMENTAL FOOD PROGRAM)</b> 1-800-841-1410	Provides vouchers to purchase nutritious foods for pregnant/breast feeding women, infants, and young children up to age five.