

FOOD RESOURCES FOR FAMILIES



Access to nutritious food is an important part of your family's health and well-being. Below is a list of food resources for you and your family made in partnership between Public Health - Seattle & King County and the American Heart Association.

GET ASSISTANCE WITH FOOD ACCESS HERE:

King County Access and Outreach: Connect to food services in King County.

Visit: <https://kingcounty.gov/en/dept/dph/health-safety/health-centers-programs-services/access-outreach-program>

WithinReach: Help navigating food resources through Help Me Grow Washington.

Call: 1-800-322-2588 Monday through Thursday 8:00 AM - 5:30 PM, Friday 8:00 AM - 5:00 PM

Washington Connection: Sign up for food and money in several languages. Bilingual staff and interpreters are available.

Visit: <https://www.washingtonconnection.org/home/>

211: Connects you to statewide resources, including food support.

Call: 211 from any phone.

USDA National Hunger Hotline: Referrals for nearby food resources and assistance.

Call: 1-866-348-6479 (TTY: 711), 4:00 AM – 7:00 PM Monday through Friday

United Way Community Resources: Access links to meet a variety of needs, including food resources.

Visit: <https://www.uwkc.org/need-help/community-resources/>

FIND FOOD RESOURCES HERE:

Women, Infant and Children (WIC) Program: For pregnant and post-partum people, infants, and children up to 5-years-old.

Call 1-800-322-2588 or 206-263-9300 to find an office near you and make an appointment.

National School Lunch and Breakfast Programs: Free or reduced meals for income-eligible K-12 students. Offers families P-EBT payment to purchase food. Apply through your school district.

Visit: <https://www.benefits.gov/benefit/366>

Washington Basic Food Program - Supplemental Nutrition Assistance Program (SNAP): Monthly benefit to buy food at grocery stores and farmers markets.

Visit: <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>

School Meals for Children: Free meals for children 18 and under.

Visit: <https://www.fns.usda.gov/meals4kids>

Food Banks and Meal Programs: Find food banks and food access programs near you.

Visit: <https://tinyurl.com/wafoodmap>

Food Banks Near You: