

Food Resources in Washington

This is a list of resources that can help with applying for food benefits, getting money to pay for food at grocery stores and farmers markets, and finding places to get free food and meals.

The languages available for each resource is listed below. Please connect with someone who can assist you if the resource is not available in your language.

Washington Connection (1-877-501-2233)

Available in English and Spanish

Apply for SNAP food benefits and get connected to other government food assistance programs.



Washington 211 (Dial 211)

Available in English and Spanish

Get connected to local food banks and meal programs.

WithinReach (1-800-322-2588)

Available in multiple languages

Get help finding food banks, meal programs and other food assistance programs



Map of Food Banks and Meal Programs

Available in English only

Locate food banks and meal programs in Washington

Women, Infants, and Children (WIC) Program (1-800-322-2588)

Available in multiple languages

Apply to get food, nutrition counselling, and breastfeeding support. WIC is for anyone who is pregnant or postpartum, infants, and children under age 5.



Supplemental Nutrition Assistance Program (SNAP) (1-877-501-2233)

Available in multiple languages

Apply for SNAP to get money to pay for food. SNAP can be used at the grocery store, farmers markets, and online at Amazon, Walmart, and Safeway.

SNAP Market Match

Available in English and Spanish

Shoppers who use SNAP benefits can buy more fruits and vegetables with SNAP Market Match. Find participating farmers markets.



SNAP Produce Match

Available in English and Spanish

Find grocery stores that give shoppers a \$10 coupon for fruits and vegetables when they buy least \$10 of fresh and frozen fruits and vegetables with SNAP.