

Get help with applications for food assistance programs

Name of Program	Description	Contact Information
Community Health Access Program (CHAP)	CHAP is a telephone assistance program serving King County residents by connecting them to health insurance, health care services and other resources.	chap@kingcounty.gov 1-800-756-5437
Washington 211	WA 2-1-1 is a free confidential community service that connects WA residents to the local services including utility assistance, food, housing, health, childcare, after school programs, elder care, crisis intervention and more.	Dial the three-digit number 2-1-1 https://wa211.communityos.org/publicresourcesearch 1-877-211-9274
WithinReach/Parenthelp123	WithinReach provides in-person, over the phone or online support to help individuals and families with children find resources. These resources include more than 6000 health and community resources, like food banks, health clinics, and services to application resources.	https://resources.parenthelp123.org/resource_finder 1-800-322-2588
Washington Connection	Washington Connection offers a fast and easy way for families and individuals to apply for a variety of services such as food, cash, childcare, long-term care, and Medicare savings programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance.	https://www.washingtonconnection.org/home/ 1-877-501-2233

Monthly money to purchase food at grocery stores

Name of Program	Description	Contact Information
Women, Infants, and Children (WIC) Program	The WIC program provides families with healthy food, nutrition counselling, and breastfeeding support. WIC is for anyone who is pregnant or postpartum, infants, and children under age 5.	https://resources.parenthelp123.org/ 1-800-322-2588 Text "WIC" to 96859
Supplemental Nutrition Assistance Program (SNAP)	SNAP provides nutrition benefits to supplement the food budget of families in need.	https://www.washingtonconnection.org/home/ 1- 877-501-2233

Fresh Bucks Vouchers	Eligible Seattle residents with household income below 80% Area Median Income, can enroll online in the program to receive vouchers by mail. The vouchers allow participants to buy any qualifying fruit and vegetable at any Fresh Bucks retailer including farmers markets, Seattle Safeways, and participating Seattle neighborhood grocers and farm stands.	https://www.freshbuckseattle.org/application-information/#Apply 1-206-684-2489
Fresh Bucks and SNAP Match	Every dollar spent of SNAP benefits at participating retailers to purchase fresh fruits and vegetables is matched to purchase produce.	In the City of Seattle https://www.freshbuckseattle.org/how-it-works/ In King County (outside of Seattle) https://www.doh.wa.gov/YouandYourFamily/NutritionandPhysicalActivity/HealthyEating/SNAPInitiatives/SNAPMarketMatch

Free, home delivered groceries and prepared meals

Name of Program	Description	Contact Information
Meals on Wheels	Meals on Wheels is a program that delivers meals to individuals at home who are unable to purchase or prepare their own meals.	https://soundgenerations.org/our-programs/food-security/meals-on-wheels/ 1- 206-448-5767 1-888-308-6325 mealsonwheels@soundgenerations.org
Chicken Soup Brigade	Chicken Soup Brigade offers multiple home delivery programs for medically tailored or diet-specific meals and groceries. <u>Living with Chronic Illness</u> For homebound people of any age living with chronic illness and living in Seattle. <u>Senior Community</u> For people 60+ years of age (55+ for Native Americans and Alaskan Natives) living in King County.	https://www.lifelong.org/chicken-soup-brigade 1-206-957-1686

	<p>HIV+ For people with a HIV diagnosis, living at less than 300% of Federal Poverty Level, and living in King, Island or Snohomish County.</p>	
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Community sites with free food

Name of Program	Description	Contact Information
Interactive Map of Seattle-Area Emergency Food Resources	The City of Seattle and Public Health – Seattle & King County maintain a map of local food banks, food distributions and grab and go meals. Scroll over the map to learn about the services offered at each location.	<p>https://public.tableau.com/profile/city.of.seattle.human.services#!/vizhome/Covid-19Seattle-AreaEmergencyFoodResources/COVIDEmergencyFood</p> <p>Printable list: http://www.seattle.gov/Documents/Departments/HumanServices/FoodBanksMealSites.pdf</p>
United Way of King County	United Way of King County, in partnership with DoorDash and local food banks, is offering free home delivery of food boxes across King County.	<p>https://www.uwkc.org/need-help/covid-19-resources/</p> <p>Click on Food Services to sign up</p>

Online grocery services that accept EBT/SNAP in Washington State

Amazon and Walmart