

Local Food Supports:

- **Hopelink** - Hopelink's Food Program operates five (5) food markets with locations in Bellevue, Redmond, Shoreline, Kirkland, and Carnation. At no cost, clients can shop at the market as they would in a typical grocery store by choosing the items that best fit their household needs. Kirkland Food Bank - 425-889-7880. You must apply beforehand! Here is the link <https://www.hopelink.org/programs/food-program/>
- **Woodinville Store House** - The Woodinville Storehouse Food Bank is operated by a coalition of churches and denominations serving the local community. WSWSH is open on Tuesday evenings from 6pm to 7:20pm and Saturday mornings from 9am to 10:20am. Walk-in clients are welcome! Bring ID for all family members and proof of residency such as utility bill or rental agreement for Woodinville, Kirkland or Redmond. Regular appointment times can be scheduled after your first visit. Woodinville Store House Website - <https://www.woodinvillestorehouse.org/>
- **A Plate Full** - They provide some good food options (a food box that includes bread, meat, cheese, snacks, juice canned goods, fruits). They are housed at the Salt House Church across the street from Lake Washington High School. The pick-up time starts at 10 am every Monday. They allow participants to pick up every week as long as they need the resource. They also provide some hygiene items. To place an order you would just text Lisa the number of people in the student's household and will prepare enough food for everyone in the household. You must reach out to Lisa Firebaugh before pick-up! 206-822-4038
- **Open Kitchen:** Provides a hot, nutritious meal every Wednesday evening after 5pm. A vegetarian option is always available. Anyone who needs a meal, a warm cup of coffee or just a friendly conversation is welcome to attend. Redmond United Methodist Church, 16540 NE 80th St, Redmond, WA 98052. 425-883-7553. <http://openkitchenredmond.com/>.

Other Food Support Opportunities:

- Emergency Food Network: efoodnet.org/find-food
- Hunger Free Washington: hungerfreewa.org
- Find a Little Free Pantry in your neighborhood: thelittlefreepantries.org
- Food LifeLine Food Map: <https://foodlifeline.org/find-food>
- Call 2-1-1 or visit wa211.org
- SODO Community Market - 1915 4th Ave S (closed Tuesdays)
<https://www.northwestharvest.org/.../sodo-community-market/>
- Check with your local churches and community organizations that may be hosting food drives, serving meals, or providing food assistance

Tip! Plan Ahead this Week:

- Start meal planning now and take inventory of the foods you currently have.

- With remaining October food benefits, prioritize shelf-stable, bulk, and low-cost items. *
Note that any unused benefits will roll over and only expire after 274 days of EBT card inactivity.

Tip! Use Additional SNAP Programs: If you have a remaining balance on your EBT card, you can participate in the following SNAP programs to receive additional benefits for fresh fruits & vegetables:

- **SNAP Produce Match** - buy \$10 of fresh, frozen, or canned fruits and vegetables with your EBT card at participating grocery stores and receive a \$5 produce coupon:
<https://doh.wa.gov/.../snap-match.../snap-produce-match>
- **SNAP Market Match** - visit a participating farmers market or farm stand to receive SNAP Market Match dollars. Simply visit the information booth and swipe your EBT card for the amount you'd like to spend. Participating markets will match \$25 or more per day in Market Match dollars for you to spend on produce: <https://doh.wa.gov/.../snap-match-programs/snap-market-match>
- **Fruit & Vegetable Prescription Program** - The Washington State Department of Health's Fruit and Vegetable Prescription (FV Rx) Program works with health care centers in Washington to prescribe fruits and vegetables to patients who are food insecure. Patients receive paper vouchers valued at \$250-\$500 over six months, redeemable at Safeway stores. Find out if you qualify: <https://doh.wa.gov/.../fruit-and-vegetable-prescription...>

If you have any unused benefits from any of these programs, you can still redeem them during the month of November.