25-26 CIS Newsletter #1

Hello, Squalicum community!

My name is Justin Sanchez, student services coordinator at SQHS. I work for the nonprofit Communities in Schools which is dedicated to supporting K-12 youth on academic, behavior, and social-emotional goals, ensuring they have the basic necessities at school and home to thrive.

My office is in the Student Services and Family Resource Room (B214). Kids can get snacks, hygiene products, school supplies, resource flyers, and take-home meals. I host lunch groups and support students with their goals in Storm and in class.

Here is my quarterly newsletter on local resources/events!

Free Student Entry to WWU Games

- CIS and WWU have a partnership for free entry to select sports games. Attend the dates below, bring your student ASB card, and say, “I’m at SQHS” or “Communities in Schools supports my school!” This will get you one free student ticket. Be on the lookout for a CIS tabling booth on these dates if you have questions

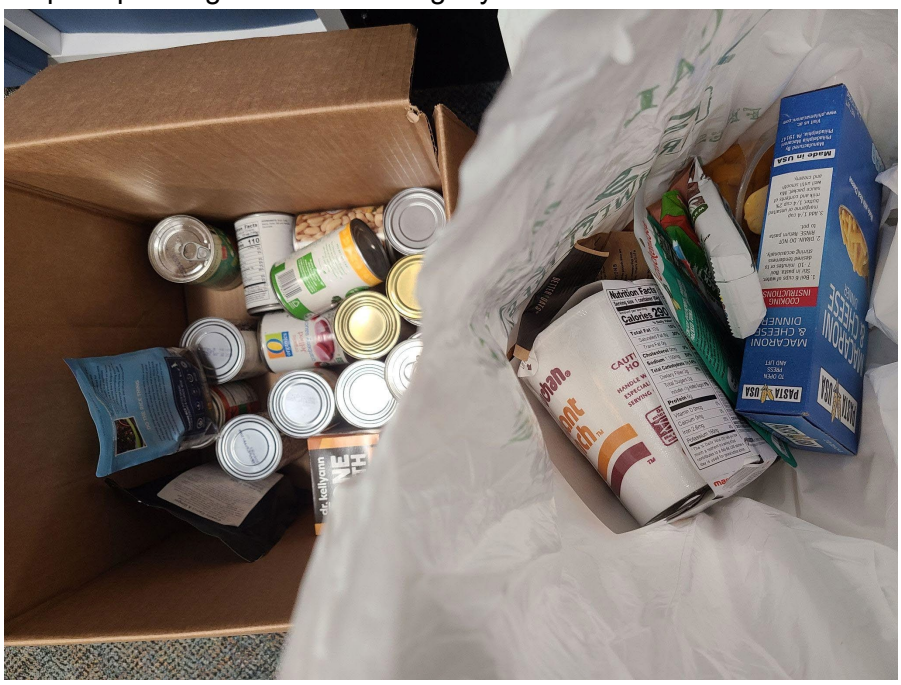


If you need something at school, where can you get it?

- Storm Exchange: Resource closet by gym for sweaters, shirts, formal wear, Storm merch, socks, shoes, etc. Donations received semi-regularly
- B214: Snacks, nonperishable food donations, school supplies, deodorant, toothbrush/toothpaste, tampons, hair ties, lip balm, water bottles, etc.
- Counseling Office: Hygiene products, school supplies, financial assistance and college pamphlets

Wild Bird Food Bags

- Students/families can sign up for a take-home bag with two nonperishable breakfasts, lunches, dinners, and several snacks. Food typically goes out every Friday, but students can pick up as needed or any day of the week. Contact Justin, teacher/counselor, or assistant principal Meghan Dunham to get yourself added



Additional Resources

- Here are some local resource options. Justin, school staff, or Frank Alvear (family liaison) will try their best to help connect you if you need it
- The Family Resource Center at Shuksan and Carl Cozier offer basic needs items. Contact Shuksan at 360-676-6456 or Carl Cozier at 360-676-5085. Shuksan's multilingual message line is 360-647-6816
- The Community Resource Library provides community meal, clothing, housing, and hygiene locations, as well as how to enroll for benefits. Multiple languages available

Whatcom Food Banks

updated 8/2025
Find the current version at whatcomabc.org/food-guide/

Monday

Bellingham Food Bank: 1824 Ellis St. 10am - 6pm

Blaine Food Bank: 500 C St. 9am - 12pm

Ferndale Food Bank: 1671 Main St. 9 - 11am

Lynden Project Hope: 205 S BC Ave. 9:30am - 12pm

Salvation Army: 1515 Birchwood Ave. 1 - 3pm
For Seniors (60+) only on Mondays

Tuesday

Bellingham Food Bank Drive-thru: 1824 Ellis St
Required: make a reservation online
3:30 - 6:30pm

Foothills Food Bank: 8255 Kendall Rd. 8 - 11am

Lynden Project Hope: 205 S BC Ave. 3 - 6pm

Salvation Army: 1515 Birchwood Ave. 10am - 1pm

SeaMar Food FARMacia: 4455 Cordata Pkwy. 12 - 3pm

Wednesday

Bellingham Food Bank: 1824 Ellis St. 10am - 6pm

Blaine Food Bank: 500 C St. 5 - 7pm

Ferndale Food Bank: 1671 Main St. 9 - 11am

Thursday

Foothills Food Bank: 8255 Kendall Rd. 4pm - 7pm

Nooksack Valley Food Bank Everson: 100 E. 2nd St. 10am - 1pm & 6:30 - 7:30pm
Sumas: 461 Second St. 11am - 1pm

Salvation Army: 1515 Birchwood Ave. 10am - 1pm

Southside Food Bank: 1504 Larrabee Ave. 1st & 3rd Thurs., 10 - 11:30am

Friday

Bellingham Food Bank: 1824 Ellis St. 10am - 6pm

Blaine Food Bank: 500 C St. 9am - 12pm

Food Lifeline: 8255 Kendall Rd. 3rd Fri., 10 - 11am

Lummi Food Bank: 2830 Kwina Rd. 12:30 - 3:30pm, closed 1st Friday
For low-income reservation residents & tribal members only

Lynden Project Hope: 205 S BC Ave. 9:30am - 12pm

Nooksack Food Bank: 5061 Deming Rd. 1st Fri., 10am - 1pm

Point Roberts Food Bank: 1437 Gulf Rd. 8:30 - 10:30am

Saturday

Ferndale Food Bank: 1671 Main St. 9 - 11am

Food Lifeline Mobile Pantry: 8255 Kendall Rd. 1st Saturday, 11:30am - 12:30pm

Lord's Table River of Life: 4037 Valley Hwy. 2nd/4th Saturday, 10am - 12pm

All dates, times, and locations are subject to change without notice. Please help us keep this resource up to date: email changes to communityresources @oppco.org

Bancos de Comida en Whatcom

Puesto al dia 8/2025
Encuentra la versión actual en whatcomabc.org/food-guide/

Lunes

Bellingham Banco de Comida: 1824 Ellis St. 10am - 6pm

Blaine Banco de Comida: 500 C St. 9am - 12pm

Ferndale Banco de Comida: 1671 Main St. 9 - 11am

Lynden Project Hope: 205 S BC Ave. 9:30am - 12pm

Salvation Army: 1515 Birchwood Ave. 1 - 3pm
Solo para mayores de 60 años

Martes

Bellingham Banco de Comida: 1824 Ellis St.
Conducir hasta - Se necesitan reservas
3:30 - 6:30pm

Foothills Banco de Comida: 8255 Kendall Rd. 8 - 11am

Lynden Project Hope: 205 S BC Ave. 3 - 6pm

Salvation Army: 1515 Birchwood Ave. 10am - 1pm

Sea Mar Food FARMacia: 4455 Cordata Pkwy. 12 - 3pm

Miércoles

Bellingham Banco de Comida: 1824 Ellis St. 10am - 6pm

Blaine Banco de Comida: 500 C St. 5 - 7pm

Ferndale Banco de Comida: 1671 Main St. 9 - 11am

Jueves

Foothills Banco de Comida: 8255 Kendall Rd. 4pm - 7pm

Nooksack Valley Banco de Comida: Everson: 100 E. 2nd St. 10am - 1pm & 6:30 - 7:30pm
Sumas: 461 Second St. 11am - 1pm

Salvation Army: 1515 Birchwood Ave. 10am - 1pm

Southside Banco de Comida: 1504 Larrabee Ave. 1er y 3er jueves, 10 - 11:30am

Viernes

Bellingham Banco de Comida: 1824 Ellis St. 10am - 6pm

Blaine Banco de Comida: 500 C St. 9am - 12pm

Despensa de Alimentos Mobil: 8255 Kendall Rd. 3er viernes, 10 - 11am

Lummi Banco de Comida: 2830 Kwina Rd. 12:30 - 3:30pm, no abren el primer viernes
Para miembros de la tribu y, residentes de la reservacion

Lynden Project Hope: 205 S BC Ave. 9:30am - 12pm

Nooksack Banco de Comida: 5061 Deming Rd. 1er viernes, 10am - 1pm

Point Roberts Banco de Comida: 1437 Gulf Rd. 8:30 - 10:30am

Sábado

Ferndale Banco de Comida: 1671 Main St. 9 - 11am

Despensa de Alimentos Mobil: 8255 Kendall Rd. 1st Saturday, 11:30am - 12:30pm

Lord's Table River of Life: 4037 Valley Hwy. 2er/4er sábado, 10 - 12pm

Todas las fechas, horarios y ubicaciones están sujetos a cambios sin previo aviso. Por favor, ayúdenos a mantener este recurso actualizado, envíe los cambios por correo electrónico a: communityresources @oppco.org

Birchwood Food Share Boxes:

Free food pantry boxes throughout the Birchwood Neighborhood.

- 2833 Birchwood Ave.
- 2930 Patton St.
- 3248 Firwood Ave.
- 3315 Northwest Ave.
- 3329 Pinewood Ave.
- 3304 McAlpine Rd.
- 3138 Cherrywood Ave.
- 3127 Bennett Dr.

Community Freedges:

Community refrigerators packed with free nutritious food.

RE Store Freedge:
2316 Kulshan St., Bellingham
Monday - Saturday, 10am - 6pm

North Fork Library Freedge:
7506 Kendall Road, Maple Falls
Tuesday & Thursday, 10am - 8pm
Wednesday & Friday, 10am - 6pm
Saturday, 10am - 5pm

Miracle Food Network

Surplus food distributed throughout Whatcom County. Call (360) 685-1013, or visit miraclefoodnetwork.org for times and locations.

Home Deliveries

Delivery may be available for those unable to visit a food bank. Call (360)676-0392, or visit bellinghamfoodbank.org/home-delivery

Cajas de Alimentos Compartidos de Birchwood

- 2833 Birchwood Ave.
- 2930 Patton St.
- 3248 Firwood Ave.
- 3315 Northwest Ave.
- 3329 Pinewood Ave.
- 3304 McAlpine Rd.
- 3138 Cherrywood Ave.
- 3127 Bennett Dr.

Community Freedge:
El Freedge es un refrigerador que permite distribuir porciones individuales de comida sin costo a las personas que lo necesiten.

RE Store Freedge:
2316 Kulshan St., Bellingham
Lunes - Sábado, 10am - 6pm

North Fork Library Freedge:
7506 Kendall Road, Maple Falls
Martes & Jueves, 10am - 8pm
Miércoles & Viernes, 10am - 6pm
Sábado, 10am - 5pm

Miracle Food Network
Distribuye alimentos sobrantes en lugares en todo Whatcom.
Llame al (360) 685-1013, o visite miraclefoodnetwork.org

Entregas a Domicilio
Entrega disponible para aquellos que no pueden acudir a los servicios. Para más información, llame al (360) 676-0392, o visite bellinghamfoodbank.org/home-delivery

After School Tutoring

- Come by after school tutoring! We have snacks and people who want to help. We can get you a bus pass afterward if you take the bus. Justin is there once a week



If you have questions, would like assistance with these resources, or need something not listed, contact Justin at justin.sanchez@bellinghamschools.org or (360) 676-6470 ext. 7607. Our family liaison Frank Alvear can also be reached at frank.alvear@bellinghamschools.org, as well as for multilingual support.