

Food Resources

This list highlights community partners across our region who are here to support you and your loved ones. Each organization offers food resources to help ease the challenges many of us may be facing this season. We know this time can be difficult, and you are not alone — help is available.

Please note that some partners are experiencing high demand, so availability may vary. Please feel free to contact each organization directly for the most current information.

North & East King County

Essentials First

Website: <https://www.essentialsfirst.org/locations> | **Phone:** 425.502.7768 | **Location:** Bellevue 919 124th Ave. NE, Suite 103 Bellevue, WA 98005, Open Monday-Friday 10 AM-2 PM.
Provides hygiene products and non-perishable food boxes through the World Foods Program for diverse communities. Open to all.

Bellevue Family Hub

Website: <https://www.bellevuelifespring.org/thehub/> | **Location:** Sherwood Forest Elementary School - 16411 NE 24th St, Bellevue, WA 98008. Open Mondays and Tuesdays from 10 a.m. to 4 p.m., and our Highland Middle School Hub is continuing operations as usual on Wednesdays and Thursdays from 10 a.m. to 4 p.m.
One-stop resource center supporting Bellevue students and families. Open to Bellevue School District families.

Salvation Army Eastside Corps

Website: https://bellevue.salvationarmy.org/eastside_bellevue_corps/ | **Location:** 911 164th Ave NE, Bellevue, WA; Food Distribution is open to all Mondays, Wednesday, and Fridays from 10 - 12 PM. Hot Meals are available Mondays through Fridays 5:30 - 6:30 PM.
Grocery-style food bank offering nutritious foods as well as hot meals. Open to all.

Holy Spirit Lutheran Church Community Pantry

Website: <https://www.hslckirkland.org/community-pantry> | **Location:** 10021 NE 124th Street, Kirkland, WA 98034.
24/7 free community pantry box (non-perishables). Open access; 'take what you need' model.

University District Food Bank

Website: <https://www.udistrictfoodbank.org/> | **Phone:** 206.523.7060
Provides food assistance for families and holiday gift programs for children.
Residents who have accessed at least three food services between Jan 1–Nov 14, 2025.

Shoreline-Lake Forest Park Senior Center Food Program

Website: <https://www.shorelinewa.gov/home> | **Location:** 17500 Midvale Ave N. Shoreline, WA 98133-4905
Grocery delivery and pantry access. Seniors 60+ in Shoreline and Lake Forest Park.

Issaquah Food & Clothing Bank

Website: <https://issaquahfoodbank.org/> | **Location:** 179 1st Ave SE Issaquah, WA. 98027.
Weekly food bags, holiday gift programs for children. Available to residents in Issaquah and surrounding areas.

KidVantage

Website: <https://kidvantagenw.org/> | **Location:** 1065 12th Ave NW, #E3, Issaquah, WA 98027
Provides baby food, formula, diapers, and groceries for families. Available to families with infants/toddlers on the Eastside.

Rainier Valley Food Bank

Website: <https://www.rvfb.org/> | **Location:** 9021 Rainier Ave S, Seattle, WA 98118
Emergency food assistance, fresh produce, and groceries. Open to residents of Rainier Valley and surrounding neighborhoods.

Renewal Food Bank

Website: <https://renewalfoodbank.org/get-food> | **Location:** 15022 Bel-Red Rd, Bellevue, WA 98007; Open Mon 12–3pm, Tue 4–6:30pm, Wed 10am–1pm.
Grocery-style food bank offering nutritious and culturally relevant foods, plus diapers, baby food, pet food, and hygiene supplies. No ID, proof of income, or address required. Open to all. Visit once per week.

Redmond United Methodist Church

Website: <https://redmondumc.org/open-kitchen/> | **Phone:** 425.883.7553 | **Location:** 16540 NE 80th Street · Redmond WA 98052
Dinner once a week at dine-in or take-out every Wednesday, 5-6pm. Anyone who needs a meal, a warm cup of coffee, or just a friendly conversation is welcome!

Redmond Senior & Community Center Senior Lunch Program

Website: www.redmond.gov | **Phone:** 425.556.2300
Offers nutritious meals three days a week (Tuesdays, Wednesdays, Thursdays) for adults 50+. Served in a group setting; \$4.50 requested donation.

Fall City Community Food Pantry

Website: <http://www.fallcityumc.org/foodpantry.html> | **Phone:** 425.222.6655
Distribution occurs on the first and third Wednesdays of each month from noon–1:30 p.m. and 6:30–7:30 p.m. The Fall City Food Pantry offers food to neighbors in need in Fall City, Preston, North Bend, Carnation and Snoqualmie. Open to anyone in need of grocery assistance.

Lake Washington School Foundation Pantry Packs

Website: <https://www.lwsf.org/our-work/pantry-packs/> | **Email:** antrypacks@lwsf.org.
If you have a student in LWSF, talk to your school counselor about qualifying for Pantry Packs (nonperishable food students take home from school)

Sno-Valley Senior Center Community Dining Lunch

Website: <https://snovalleysenior.org/services/food-and-dining/> | **Phone:** 425.333.4152

Served at noon, Monday – Friday. Cost: \$5 suggested donation over 60 years old, \$10 fee under 60. We accept EBT as well. The menu is subject to change without notice due to product availability. Available for King County residents 60+.

Holy Innocents Food Pantry

Website: <https://www.holyinn.org/holy-innocents-food-pantry> | **Phone:** 425.788.1400

Location: 26526 NE Cherry Valley Rd, Duvall, WA 98019

Holy Innocents Roman Catholic Church is in Duvall, in Washington state, USA and nestled in the Snoqualmie Valley--approximately 20 miles east of Seattle, Washington, USA. Their food pantry supports community members in Snoqualmie Valley and the Eastside. Pantry Open Hours include Tuesdays from 3pm - 6:30pm Tuesdays and Wednesdays 10am - 12 noon.

Tolt Congregational United Church of Christ

Website: <https://toltucc.org/food-program/> | **Location:** 4851 Tolt Ave, Carnation, WA 98014

It offers a food bank every Wednesday from 4:00 PM to 5:30 PM, which runs alongside a community dinner also offering take-out meals. If you are unable to join during these times, their teams also have a 24-hour food box outside their location. All are welcome!

Additional Resources across King County

Lifelong Nutritious Groceries

Website: <https://www.lifelong.org/food-nutrition> | **Phone:** 206.957.1600

Prepared meals, groceries, and home delivery for medically vulnerable people. Low-income, medically vulnerable, or limited mobility.

FamilyWorks Seattle

Website: <https://www.familyworksseattle.org/programs/> | **Phone:** 206.647.1770 | **Email:** theteam@familyworksseattle.org

Food access, referrals, and family support programs. For families and individuals in need.

United Way of King County – Home Grocery Delivery Program

Website: <https://www.uwkc.org/need-help/food-resources/#foodDelivery> | **Phone:** 206.461.3700 | **Email:** customerservice@uwkc.org

United Way of King County provides free, weekly and biweekly home grocery delivery in partnership with King County food banks, Cascadia Produce, and DoorDash to over 4,000 households weekly. Available for seniors, primarily over 75, who are Asian and live alone.

Central Co-op

Website: <https://www.centralcoop.coop/> | **Location:** 1600 E Madison St, Seattle, WA 98122

The Healthy Communities Program is a Central Co-op specific initiative that supports those shopping on a restricted income by providing a 10% discount on your groceries. Members and non-members who participate in at least one other food assistance program such as SNAP, WIC, or Freshbucks are eligible. Bring your food assistance card to any cashier and ask for a sign-up form.

City of Seattle's Fresh Bucks

Website: <https://www.seattlefreshbucks.org/>

This Seattle city program provides a monthly \$40 stipend for fresh fruits and vegetables at independent grocers, including Central Co-Op, as well as farmer's markets and supermarkets. Open to low-income individuals – sign up required.

Greenwood Senior Center

Website: <https://www.phinneycenter.org/seniors/gsc/> | **Location:** 525 N 85th St, Seattle, WA 98103

The Greenwood Senior Center is an inclusive community that provides social, physical, and educational activities focused on the needs of older adults. Provides free hot lunches M-F to those aged 60 or older.

Busy Bee Butlery

Central Seattle pantry open to all community members - hardworking families, caregivers, and immigrants. Free food pantry with pop-up location at Yesler Community Center located at 917 E Yesler Wy, Seattle, WA 98122.

GenPride @ Pride Place

Website: <https://genprideseattle.org/> | **Location:** 1521 Broadway Suite A, Seattle, WA 98122

Advocates for Seattle/King County older LGBTQIA+ adults' unique needs through programs and services that cultivate well-being and belonging. Provides LGBTQIA+ seniors with free hot lunches in the heart of Capitol Hill every Tuesday and Thursday from 12pm to 1pm.

Jewish Family Services – Polack Food Bank

Website: <https://www.jfsseattle.org/what-we-do/food-access/> | **Location:** 1601 16th Ave, Seattle, WA 98122

We improve access to healthy, culturally appropriate food, with dignity and respect, to individuals and families throughout the Puget Sound region. Open Wednesday: 10 a.m. to 12 p.m. - Thursday: 2 to 4 p.m. - Friday: 10 a.m. to 12 p.m.

That Brown Girl Cooks – Catering Kitchen

Website: <https://www.thatbrowngirl.com/> | **Location:** Catering Kitchen is located right across from the Mt. Baker Light Rail Station located at 3000 Rainier Ave S, Seattle, WA 98144

Intermittently, the Brown Girl Cooks will open their community kitchen to community members for “pay what you can” meals (suggested donation: \$5). Open to all – Walk up window. Limited supply.

Solid Ground – Resource Wire

Website: www.solid-ground.org/resource-wire/ | **Phone:** 206.694.6700 | **Email:** info@solid-ground.org

Comprehensive directory of food resources including emergency food providers and community kitchens. Open to all King County residents.

Northwest Harvest

Website: <https://www.northwestharvest.org/find-food/> | **Phone:** 800.722.6924 | **Email:** info@northwestharvest.org

Distributes free groceries at food banks and meal programs. For all residents of Washington State, especially low-income households.

Additional Resources in Snohomish & Pierce Counties

Nourish Pierce County

Website: <https://nourishpc.org/need-food/> | **Phone:** 253.383.3164

Free food bank distribution at multiple sites. No income verification required; open to all.

Eloise’s Cooking Pot (The MAD Foundation)

Website: <https://themadf.org/eloises-cooking-pot/> | **Phone:** 253.212.2778

Food bank and delivery service providing groceries and hot meals. Pierce County residents in need.

Snohomish Food Bank

Website: <https://snohomishfoodbank.org/programs/> | **Phone:** 360.568.7993

Packaged groceries, fresh produce, hygiene items (Pre-Pack Program). Available to all without cooking facilities or unhoused.

Lahai Health Resource Center Sonohomish Resources

Website: <https://lahai.org/> | **Phone:** (206) 363-4105

Provides a holistic list of partners in the area who offer food and hygiene support. Open to Snohomish County residents in need.

We are recurrently updating these resources to bring you the most up to date and relevant resources. If you or someone you know needs support, please feel free to share this resource or visit <https://www.hopelink.org/blog/food-assistance-resources/> for additional resources.