

# Pathways to Success

October-December 2016 Vol. 9, No. 4

The quarterly newsletter of Hopelink's services



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*"The greatest wealth is health." –Unknown*

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# HOPELINK HELP

Hopelink can help you in many different ways. If we don't have what you need, we can tell you whom to call.

## WHERE TO LOOK FOR HELP

**Hopelink is here to help you.** We have five centers where we offer emergency help and support to people who need it.

**Not sure where to call?** To find out more about Hopelink services, please call the center closest to where you live. All Hopelink centers are open Monday through Friday from 8:30 AM to 5:00 PM, except Sno-Valley, which is closed on Fridays.

## HOPELINK CENTERS

### Redmond

425-882-0241  
16725 Cleveland Street  
Redmond, WA 98052

### Bellevue

425-943-7555  
14812 Main Street  
Bellevue, WA 98007

### Kirkland/Northshore

425-889-7880  
11011 120th Ave NE  
Kirkland, WA 98033

### Shoreline

206-440-7300  
15809 Westminster Way N  
Shoreline, WA 98133

### Sno-Valley

425-333-4163  
31957 E Commercial Street  
Carnation, WA 98014

*See page 8 for bus route information to all centers.*

## Family Development Program

Hopelink provides a Family Development Program for families looking to move towards self-sufficiency. Families meet regularly with a Family Development Specialist and set short and long-term goals related to:

- Financial Stability
- Employment
- Housing Search Assistance
- Parenting
- Legal Concerns
- Education
- Health
- Life Skills

To learn more please call the Intake Screening Line  
425-883-4755

## Food Bank

Hopelink has food banks in Bellevue, Carnation, Kirkland, Kenmore, Redmond, and Shoreline to serve these cities and their surrounding communities. Registered clients may visit twice per month.

The food available includes fresh fruits and vegetables, with many different and unique offerings each week. Other core foods include soup, canned fruits and vegetables, pasta, peanut butter, rice, beans and tuna among many others.

In addition, paper products, soap, toothpaste, diapers, pet food and similar items are often available. On average, a family of four will be able to take home about \$200 worth of food from one food bank visit.

Food bank hours and locations are listed on page 8. Hopelink also has volunteers who are able to make home deliveries to individuals who are homebound.

To qualify for a Hopelink food bank, you must reside in our service area and your gross monthly income must be equal to or less than 185 percent of the federal poverty level (\$3,746 monthly for a family of four; \$1,832 for an individual).

**Call the Hopelink center nearest to where you live for more information or to make an appointment to register for the food bank.**

## Legal Help

The Eastside Legal Assistance Program (ELAP) is a non-profit legal aid organization that helps people in north and east King County with their civil legal needs. ELAP's team of volunteer attorneys offers 24 legal clinics every month in Bellevue, Redmond, Kirkland and Issaquah. The clinics can help you with family law, immigration issues, bankruptcy and general law. ELAP also provides services to domestic violence survivors throughout King County. Telephone interpreters are available to help those who do not speak English. The Immigration Legal Clinic is held at Hopelink's Bellevue Center twice a month. ELAP also conducts a family and general law clinic at the Kirkland Center twice a month. Additional clinics meet at other eastside locations.

**To make an appointment for a free 30-minute consultation with an attorney, call 425-747-7274 Monday-Friday from 10:00 AM – 1:00 PM. This line is available in both English and Spanish, and through the use of telephonic interpreter services, ELAP is able to accommodate most other languages as well.**

**ELAP also organizes free public lectures on various legal issues. These are held in public libraries, community centers and schools. Lectures are held during the day and also in the evening. If you are interested in learning more about these free lectures, call ELAP at 425-747-7274. Children are welcome.**

## Housing Programs

### Eviction Prevention

When a family is in danger of losing their home in a crisis, Hopelink offers a program that can help to provide a portion of the funds needed to prevent eviction. **Please contact the closest Hopelink emergency service center to find out more about this service.**

### First Month's Rent

Hopelink may be able to help with part of the first month's rent if you are moving to a new rental. You must have a "move-in" agreement and be in north or east King County to qualify. **Contact the closest Hopelink emergency service center to find out more about this service.**

### Emergency Family Shelter

If your family is homeless and does not have a place to live, you may be eligible for a Hopelink family shelter. Hopelink provides short-term housing and case management to assist your family in finding stable housing. **Please call 2-1-1 for more information.**

### Transitional Housing

Hopelink offers transitional housing programs in Bellevue, Redmond, Bothell and Duvall. During their time in the program, families work with a case manager to set and achieve goals focused on self-sufficiency, such as:

- Employment
- Parenting
- Improving Credit
- Money Management
- Legal Concerns
- Education
- Health

**Please call 2-1-1 for more information.**

## Transportation

### Hopelink Medicaid Transportation offers MyRideOnline.

Looking for another way to check on a Medicaid trip? Hopelink Medicaid transportation service has launched "MyRideOnline." The new web service lets you cancel a trip, check on the status of a trip, and offer feedback about a past trip - all without waiting on the phone.

To reach MyRideOnline, visit: [www.myrideonline.org](http://www.myrideonline.org).

You can continue to book trips on the phone by calling one of the toll-free numbers listed on *page 8*.

#### Medicaid Transportation

Do you receive Medicaid assistance? If you do, Hopelink may be able to help you get rides to and from your medical appointments.

**To schedule an appointment, please call:**

**In King County: 1-800-923-7433**

**In Snohomish County: 1-855-766-7433**

#### DART (Demand Area Response Transit)

King County Metro has hired Hopelink to operate DART (Dial-a-Ride Transit). DART buses have a set schedule like regular Metro Transit buses. In some areas of King County, the routes are flexible. This means they can pick up people who might not live near a regular Metro stop.

**To make an appointment for a Metro DART ride, please call 1-866-261-3278.**

**For more information on Hopelink's transportation services, please call 425-943-6789. TDD/TTY line: 1-800-246-1646 or go to [www.hopelink.org/programs/dart.html](http://www.hopelink.org/programs/dart.html) to book a DART reservation online.**

#### Getting Around Puget Sound

Do you need to get around Puget Sound? Not sure how to do it? Want to learn more about the ORCA card and riding the bus? Meet with Hopelink volunteers to learn about your transportation options, including taxis, volunteer drivers, ride sharing, and community transportation. **This is a free service.**

**Contact Travel Programs Manager at 425-943-6760 to learn about GAPS locations near you.**

#### VetsGO – Veterans Transportation

Are you or someone you know a veteran or active service member trying to figure out how to get around the Puget Sound area? There are many transportation options available to veterans and service members, however, many are not aware of the options beyond public transit.

VetsGO is designed to serve as a single web destination for veterans, service members, and their families to access the available transportation options in King County and the adjoining counties in the central Puget Sound region. Visit: [vets-go.com](http://vets-go.com) or **Contact Lauren Link if you have questions on transportation for veterans at 425-943-6761.**

#### Community Transportation Options

Contact the following providers for more information about their services. Links to websites are available at:

[www.hopelink.org/get\\_help/transportation](http://www.hopelink.org/get_help/transportation)

##### Sound Generations Hyde Shuttle

206-727-6262 or 1-877-415-3632 (toll-free)

**Northshore Senior Center Transportation:** 425-286-1026

##### Sound Generations Volunteer Transportation

206-448-5740 or 800-282-5815 (toll-free)

#### Travel Options continued

##### Snoqualmie Valley Transportation

425-888-7001

<http://www.svtbus.org>

##### Sound Transit: [www.soundtransit.org](http://www.soundtransit.org)

Call 888-889-6368 / TTY 711

##### Catholic Community Services of Western Washington

Volunteer Chore Services: 206-328-5787

or 1-888-649-6850 (toll-free)

##### Metro Transit

[metro.kingcounty.gov](http://metro.kingcounty.gov)

Access Transportation: 206-263-3113 / TTY 711

Rideshare Operations: 888-814-1300 / TTY 800-833-6388  
[rideshare@rideshareonline.com](mailto:rideshare@rideshareonline.com)

Half Price Taxi Fare Program (Taxi Scrip): 206-553-3000 / TTY 206-684-2029

Regional Reduced Fare Permit for seniors and people with disabilities: 206-553-3000 [customer.comments@kingcounty.gov](mailto:customer.comments@kingcounty.gov)

## Energy Assistance Programs

Hopelink can pay up to \$1,000 of your home heating costs each year if you are qualified. You don't need to be behind on your bill or have an urgent notice to get a grant – those earning a low-income are eligible to apply. Payments can help for heat sources including gas, electricity, oil, wood or propane. Energy assistance grants help cover these bills so you can devote your resources to other crucial expenses.

Eligible households with the highest heat costs receive the greatest assistance. Funding is currently plentiful and we encourage those who live in our service area to apply. Beginning September 19, appointments can be made from the webpage ([Hopelink.org/energy](http://Hopelink.org/energy)) or by calling the new appointment line number at **425-658-2592**. To learn more about other important changes to the program beginning in the fall, visit [Hopelink.org](http://Hopelink.org) or call your local center.

## RotaCare Free Health Clinic

RotaCare Free Health Clinic offers free basic medical care and medicines to men, women and children. (RotaCare does not offer services for chronic care or long term illnesses, school immunizations or physicals of any kind.) You may come to the clinic if you do not have medical insurance and do not have the money to pay the full cost of a regular doctor's visit. You do not need an appointment for RotaCare Clinic.

**The clinic is held at the Hopelink center in Bellevue on Saturdays from 9:30 AM to 11:30 AM. It is suggested that you arrive early.**

## Bridge to Basics Free Help

Bridge to Basics helps connect Hopelink clients to other services. The program is a collaboration between WithinReach – an agency that helps families become healthy and stay healthy – and United Way of King County.

See if you qualify for: food assistance - basic food/food stamps, utility assistance, free or low cost children's health insurance, help finding childcare for working parents, job training resources, Bank on Seattle - free and low cost bank accounts, or free check cashing.

For more information on this program, contact your local Hopelink center.

# Hopelink Cooking Demos Can Help You Save Time, Money

Have you ever noticed a unique fruit or vegetable at a Hopelink food bank and wondered how to prepare it? Or maybe you're tired of the usual green salad and are looking for something simple and new to fix for dinner?

Hopelink Harvest, based in Carnation at the Sno-Valley Hopelink Center, has a solution! Hopelink Harvest has begun offering cooking demos at all five Hopelink centers. The demos are run by Hopelink volunteers, who prepare a food item, offer samples and provide copies of the recipe.

The demos feature produce and other ingredients commonly available in Hopelink food banks to create healthy, affordable, kid-friendly dishes that don't require a lot of time in the kitchen.

Hopelink Harvest Program Coordinator Lindsey Robinson says the demos are a great way to "demystify" some of the fruits and vegetables that are available in the food bank.

"We wanted to make it fun and easy to prepare quick, healthy dishes using fresh, seasonal ingredients."

—Hopelink Harvest Program Coordinator  
Lindsey Robinson

"It can be intimidating," Robinson said, "to be faced with whole, fresh produce and not know what to do with it. We wanted to make it fun and easy to prepare quick, healthy dishes using fresh, seasonal ingredients."

Robinson said the idea for the demos surfaced late last year, after the harvest season. The popular demos began in January, and are in full swing now that fresh fruits and vegetables are available in abundance.

Hopelink Harvest works with local farms, farmers markets, community gardens, and individual growers to collect surplus produce for Hopelink and other local food banks. Last year, volunteer "gleaners" collected more than 22,000 pounds of fresh produce from local farms.

Do you have a quick, healthy recipe you'd like to share? Email it to [hopelinkharvest@hopelink.org](mailto:hopelinkharvest@hopelink.org), and you just might see it on the Hopelink Harvest cooking demo circuit! Recipes from previous demos are available online at [Hopelink.org](http://Hopelink.org).

*Cooking demo photos courtesy of Hopelink Harvest volunteer Craig Staats.*



**Zucchini flatbread demonstration at the Sno-Valley food bank**

## Food Bank Recipe Corner

### Zucchini Flatbread

Inspired by Joy of Cooking's  
"Basic Pizza Dough"

#### Ingredients

- 1 pkg dry yeast (2¼ tsp)
- 1 1/3 cups of warm water (105 degrees)
- 3 ½ cups of all-purpose or bread flour
- 2 cups grated zucchini
- 2 tbs olive or canola oil
- ½ tbs salt

#### Directions

- Combine dry yeast and warm water in a bowl. Mix to dissolve and let sit for 5 minutes.
- Add flour, grated zucchini, olive oil and salt. Mix to combine.
- Knead by hand for 7 to 10 minutes on a floured board. Add flour board as needed if dough gets too sticky.
- Oil two pie pans. Divide dough in half and put into pans, pressing to fill the pan. Flip dough over so oil side is up.
- Let dough rise for 90 minutes in a warm place. (On counter or in oven set to low with door open n a crack.)
- Preheat oven to 400 degrees. Use finger to dimple the dough. (Optional: Drizzle oil on top and sprinkle with dried herbs or salt.)
- Bake 25 minutes. Let cool, and serve warm or at room temperature.
- Enjoy!



**Hopelink  
Food Assistance**

[Hopelink.org/get-help/food](http://Hopelink.org/get-help/food)

# TO SERVE YOU FASTER

## Changes Coming to the Energy Assistance Program

If you've ever been frustrated trying to set up an appointment to receive energy assistance, help is on the way!

Hopelink is making several significant changes to our energy assistance program that will make it easier to sign up and get the money into your account more quickly.

You may be surprised to learn you don't need to be behind on your bills or have an urgent/shut off notice in order to qualify for help – anyone earning a low-income can apply. You may be able to receive up to \$1,000 to help pay for your home heating and energy costs. This assistance can be used to pay for heat sources that include gas, electricity, oil, wood and propane.

Energy assistance grants help cover these bills so you can devote your resources to other crucial expenses. Eligible households with the highest heat costs receive the greatest assistance. Each year Hopelink distributes about \$3 million dollars in grants to about 5,000 households. If you live in the Hopelink service area and are low income, you are encouraged to apply.

### SCHEDULE APPOINTMENTS ONLINE

The new energy season begins in October each year, and you can begin scheduling appointments September 26. When appointments first open, they are in high demand – with hundreds of people trying to schedule a visit. We understand it can be frustrating trying to get through, especially in the fall months.

So this year – to help reduce the time it takes for you to schedule an appointment – we have created a page on our website that will enable you to set an appointment online. The new online scheduler is faster and easier than calling for an appointment.

If you do not have online access, you can schedule an appointment through the new number: 425-658-2592. The Senior & Disabled Appointment Line will not be operating this year, so all appointments scheduled by phone will be through the new number.

### ALL DOCUMENTS ARE NOW REQUIRED AT THE TIME OF APPOINTMENT

Our goal is to get funds to you as quickly as possible. To do this, the application process cannot begin until all necessary paperwork is collected. Please know that without all needed documents, energy appointments will have to be rescheduled.

By bringing all of your documents with you to your appointment, we will be able to process your application more quickly, and get funds to you faster. A complete list of required documents is available at [Hopelink.org/energy](http://Hopelink.org/energy).

Questions? To learn more about Hopelink's energy program, visit [Hopelink.org](http://Hopelink.org) or call your local center.



### What you need to bring to your appointment

#### Identification for Adults (over 18)

- Proof of Social Security number for all adults. (Acceptable official documents include: Social Security card, Medicare card, or a letter from the Social Security Administration).
- Photo ID with date of birth (required for primary applicant, recommended for all adults in the household)

#### Identification for Children (under 18)

- Acceptable official documents include: Social Security card, birth certificate, or passport.

#### Your most recent energy bill (If you have no energy bill, we require a proof of address.)

#### Proof of income is required for the 3 months prior to the month of your appointment (required for all adult household members).

- Paystubs (for all employed household members with earned income).
- Social Security award letter (Includes SSA/SSI/SSDI/SSP).
- Pensions or retirement income (an award letter from the current year or a bank statement showing all relevant deposits).
- Any documents relating to child support, unemployment, caretaker income (COPES), self employed or 1099 income.
- Any adult who was unemployed and received no income will need to complete a "No Income Statement" available at our centers and on our website.



**Hopelink**  
**Energy Assistance**

**[hopelink.org/energy](http://hopelink.org/energy)**  
**425.658.2592**

## Get Around Redmond on the LOOP



Leaves Redmond Transit Center every 45 minutes on weekdays, between between 9 AM and 3 PM.

The City of Redmond and King County Metro have partnered to pilot the “Redmond LOOP,” a new shuttle service, as part of Metro’s Alternative Service Program. This partnership includes working with Hopelink’s Transportation Department to provide drivers and support for the shuttle. The Redmond LOOP will leave the Redmond Transit Center every 45 minutes on weekdays, between 9 a.m. and 3 p.m. The LOOP will travel from downtown Redmond through Education Hill, Avondale, Southeast Redmond and back through downtown. Standard Metro fares can be paid using an ORCA card (visit [kingcounty.gov/metro/fares](http://kingcounty.gov/metro/fares) for information on Metro fares). Redmond LOOP information will be available through the Puget Sound Trip Planner app (including desktop, generic mobile, Android and iOS versions), as well as online through Metro.

Redmond LOOP service helps support the city’s goal of providing attractive travel choices and improving local transit service to meet a wider variety of local travel needs. The Redmond LOOP serves the general public and is useful for different travel needs – such as connecting to regional transit service, getting to and from medical appointments, shopping, services and other amenities. Riders are able to call in advance for pick up and drop off at pre-defined “Flexible Service Destinations.”

For more information, visit [www.Redmond.gov/LOOP](http://www.Redmond.gov/LOOP)

## Hopelink Holiday Gift Rooms Set for Late December

At Hopelink, we believe every family and child should enjoy a happy holiday season. Hopelink’s holiday gift rooms can help you do just that. Every December, Hopelink food banks are transformed into holiday wonderlands; filled with new electronics, books, games, clothes, toys and stocking stuffers – enabling parents and grandparents to “shop” for their children or grandchildren. Hopelink gift rooms help parents who may not otherwise be able to provide presents during the holidays, and can be a great stress reliever!

Gifts come from many different sources, including local toy drives, corporate-sponsored giving trees, families and individual donors, and all of the toys and gifts are brand new, unopened and unwrapped. The gift rooms are staffed by Hopelink volunteers who serve as “personal shoppers” for each parent or grandparent. Hopelink staff and volunteers alike say there is nothing more exciting than seeing a parent’s face light up when they find the perfect present for their child!

Currently registered food bank clients begin signing up for gift room appointments in mid-October. If you qualify for a Hopelink food bank but are NOT already registered with Hopelink, you will need to either sign up as a food bank client, or bring current proof of your address along with IDs for all children in the household in order to receive a gift room appointment. Gift room dates and times vary by location. Clients who typically use the Kenmore food bank should register for a gift room appointment at the Kirkland Center. No children are allowed in the gift room, and only one parent per household may attend.

**Note: The gift room schedule may result in a change in regular food bank dates and times during the month of December. Contact your local center for more information.**



# HOPELINK CLASSES FOR ADULTS

## ENGLISH FOR WORK

**English for Work is an ESL program for people who have intermediate and advanced level English skills.** Classes help you learn to read, write, speak and listen in English. In English for Work, you will learn to: set goals; speak about your skills and experience, search for a job, write a resume and cover letter, interview for a job, navigate U.S. work culture, enroll in college and job training programs, and more!

Class sessions are three times per week in summer quarter and two times per week in fall, winter, and spring quarters. The class includes online homework and one-on-one coaching. Classes are held at various times and locations in Bellevue, Redmond, Shoreline, and Kirkland depending on the quarter. Those who are age 18 or older, looking for work in the United States, and are able to attend class regularly are eligible to register. People with B, F, J, or M visas are not eligible. When space is limited, low income students are given priority.

**To register for English for Work, contact Marci Williams at [marciw@hopelink.org](mailto:marciw@hopelink.org) or 425-250-3007.**

**Learn more at [adulthoodeducation.hopelink.org](http://adulthoodeducation.hopelink.org).**

## JOB CLUB

**Looking for a job?** Hopelink Job Club can help! Join others who are looking for work and get help with resumes, mock interviewing, cover letters and other job-readiness techniques. Drop-in meetings are held at the Kirkland Center on the 2nd and 4th Wednesdays of the month from 1:30 – 3:30 PM, and at the Redmond Center on Tuesdays from 10 AM – Noon. Meetings are open to the public and reservations are not needed.

For more information, contact **Jim Boland in Kirkland at 425-765-9263 or [jboland@hopelink.org](mailto:jboland@hopelink.org)**, or **Annaliese Deacon in Redmond at 425-466-3792 or [adeacon@hopelink.org](mailto:adeacon@hopelink.org)**.

**Kirkland Hopelink**  
**(All classes 1:30 – 3:30 PM)**  
**Wednesday, Sept. 14, 2016:**  
Open Computer Lab

**Wednesday, Oct. 26, 2016:**  
Working with Different  
Personality Types

**Wednesday, Sept. 28, 2016:**  
Conflict Management – How  
to Deal with Difficult People &  
Situations

**Wednesday, Nov. 9, 2016:**  
The Life Cycle of Job Search –  
How to Develop SMART Goals  
**Meetings are open to the  
public and reservations are  
not needed.**

**Wednesday, Oct. 12, 2016:**  
Open Computer Lab

For more information, contact **Jim Boland in Kirkland at 425-765-9263 or [jboland@hopelink.org](mailto:jboland@hopelink.org)**, or **Annaliese Deacon in Redmond at 425-466-3792 or [adeacon@hopelink.org](mailto:adeacon@hopelink.org)**.

## GED

Earn your GED to get a better job, prepare for college, or fulfill your personal goals.

Our GED program is designed to help you improve your reading, writing, and math skills and prepare for the GED exams. Classes are held year-round.

Students attend class twice a week in Redmond, Kirkland, or Bellevue and may choose to remain in our program until they earn their GED. We offer scholarships to help pay for the cost of the exams. Hopelink has a new partnership with the High School 21+ program at Lake Washington Institute of Technology. So, if earning a GED is not the right option for you, you can choose the High School 21+ path and work toward earning your high school diploma.

You can join anytime but must first make an appointment to observe a class and then attend orientation. We want to make sure our program is a good fit! People ages 19 and older are eligible for the program; those ages 16-18 are also eligible if they are not currently enrolled in school.

For more information contact:

**Debbie at [dmargolis@hopelink.org](mailto:dmargolis@hopelink.org) or 425-457-9685**

**Learn more at <http://adulthoodeducation.hopelink.org>.**

## WORKPLACE SKILLS ESL

**Workplace Skills ESL is a program for immigrants and refugees who have beginning and intermediate level English skills. This program is free!**

**Workplace Skills ESL classes help you learn to read, write, speak and listen in English. Classes also help you gain skills that are important to succeed at work. You will develop skills for:**

- Workplace communication and using technology
- Teamwork and conflict resolution
- Time management and more

The class includes online homework and one-on-one coaching. Classes are held at various times and locations in Bellevue, Redmond, Shoreline and Kirkland, depending on the quarter. To register, students must be age 18 or older, working or looking for work, and able to attend class regularly.

People with B, F, J, or M visas are not eligible. When space is limited, low income students are given priority.

**To register for Workplace Skills ESL, contact David Lynch at [dlynch@hopelink.org](mailto:dlynch@hopelink.org) or 425-250-3005.**

## EMPLOYMENT SERVICES

**Employment Specialists offer assistance with:**

- Resumes and Cover Letters
- Research & Career Mapping
- Communication and Interpersonal Skills
- Job Market and Education Research
- Interview Basics
- Job Search Methods
- Job Retention and Professional Development

**For more information contact:**

**Employment Services**

**Email: [hep@hopelink.org](mailto:hep@hopelink.org)**

**Phone: 425-250-3030**

## FINANCIAL EDUCATION CLASSES

Hopelink offers free classes throughout the year on topics including credit, banking, debt management, budgeting, and financial recovery. For more information or to register for a class **[www.hopelink.org](http://www.hopelink.org)**.

**Redmond Library | 15990 NE 85th Street, Redmond, WA 98052**  
1st & 3rd Tuesday of the month from 6:00 - 7:30 PM

**Hopelink Bellevue | 14812 Main Street, Bellevue, WA 98007**  
2nd Wednesday of the month 10 - 11:30 AM

**Kingsgate Library/Kirkland | 12315 NE 143rd Street, Kirkland, WA 98034**  
Monday Evenings from 6:30 – 8:00 PM

### Financial Coaching

Hopelink offers free and confidential 1:1 financial coaching services. Sessions will focus on your needs, and will provide the support, encouragement, accountability and resources needed to help you achieve your financial goals. Contact [doconnor@hopelink.org](mailto:doconnor@hopelink.org) or call 425-250-3003 to schedule an appointment.

## COOKING MATTERS

### Free Cooking & Nutrition Classes for Low-income Households at Hopelink

Join Cooking Matters for a six-week class and learn more about nourishing your body by preparing healthy, low-cost meals!

- Free classes are taught by a volunteer chef and nutritionist
- Free nutrition book and recipes
- Free bag of groceries at the end of each class!

If you sign-up for the class, please plan on attending all six sessions.

**Contact Lauren Rieves at 425-250-3021 or [lrieves@hopelink.org](mailto:lrieves@hopelink.org)**

# HOPELINK FOOD BANKS

## FOOD BANK DIRECTORY

### Bellevue Center

425-943-7555  
14812 Main Street  
Bellevue, WA 98007  
*Metro Route 245*

### Kirkland/Northshore Center

425-889-7880  
11011 120th Ave NE  
Kirkland, WA 98033  
*Metro Route 236*

### Kenmore Food Bank

425-889-7880  
6620 NE 185th Street  
Kenmore, WA 98028

### Redmond Center

425-882-0241  
16725 Cleveland Street  
Redmond, WA 98052  
*Metro Routes 224, 232 and 248*  
*Sound Transit Route 545*

### Shoreline Center

206-440-7300  
15809 Westminster Way N  
Shoreline, WA 98133  
*Metro Routes 358, 330 and E-Line*

### Sno-Valley Center

425-333-4163  
31957 E Commercial Street  
Carnation, WA 98014  
*Use Snoqualmie Valley Shuttle*  
*or request a ride: [www.svtbus.org](http://www.svtbus.org)*  
425-888-7001

## REGULAR FOOD BANK HOURS

*New clients: Call to register*

\*Food Bank hours may vary in December due to Holiday Gift Rooms (see page 6)

### ■ Bellevue Center

Mondays	10:00 AM – 2:00 PM
Tuesdays	3:00 PM – 7:00 PM
Wednesdays	10:00 AM – 2:00 PM
Thursdays	10:00 AM – 2:00 PM

### ■ Kirkland/Northshore Center

Mondays and Wednesdays	10:00 AM – 4:00 PM
Tuesdays and Thursdays	Noon – 6:30 PM

### ■ Kenmore Food Bank

2nd and 4th Tuesdays	4:30 PM – 6:30 PM
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### ■ Redmond Center

Tuesdays	1:30 PM – 4:30 PM
Wednesdays	4:30 PM – 7:30 PM
Thursdays	10:30 AM – 1:30 PM

### ■ Shoreline Center

Tuesdays	10:00 AM – 2:00 PM
Wednesdays	5:00 PM – 8:00 PM

### ■ Sno-Valley Center

2nd and 4th Wednesdays	4:30 PM – 7:00 PM
Thursdays	11:00 AM – 1:30 PM

**Note:** The above schedules are based on the center's usual business days. If a holiday falls during the week, it may affect the food bank schedule. Please check [hopelink.org](http://hopelink.org) for the most up-to-date hours.

# NEED HELP?



## FOOD ASSISTANCE

Contact your nearest center



## HOUSING

Call 2-1-1



## ENERGY ASSISTANCE

[hopelink.org/energy](http://hopelink.org/energy)  
425.658.2592



## EMERGENCY FINANCIAL HELP

Contact your nearest center



## TRANSPORTATION

Metro DART: 866.261.3278  
Medicaid: 800.923.7433  
GAPS: 425.943.6760



## EMPLOYMENT SERVICES

425.250.3030



## ADULT EDUCATION

English for Work: 425.250.3007  
GED Classes: 425.457.9685  
Work Ready: 425-250-3005



## FINANCIAL CAPABILITIES

425.250.3003



## FAMILY DEVELOPMENT

425.883.4755

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