

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> | **Location:** Bellevue 919 124th Ave. NE, Suite 103 Bellevue, WA 98005.

Provides hygiene products and non-perishable food boxes through the World Foods Program for diverse communities. Open Monday-Friday 10:00 a.m. - 2:00 p.m. Open to all.

Bellevue LifeSpring

Website: <https://www.bellevuelifespring.org/thehub/> | **Location:** Sherwood Forest Elementary School - 16411 NE 24th St, Bellevue, WA 98008 & Highland Middle School - 15027 Bel-Red Rd, Bellevue, WA 98007.

Bellevue Family Resource Center supporting Bellevue School District students and families. Hours: Sherwood Forest - Mondays & Tuesdays from 10:00 a.m. – 4:00 p.m. and Highland - Wednesdays & Thursdays from 10:00 a.m. - 4:00 p.m. No appointment is needed.

Salvation Army Everett Corps

Website: https://everett.salvationarmy.org/everett_corps/cure-hunger/ | **Location:** 2525 Rucker Ave, Everett WA 98201.

Food distribution is open to all Monday – Thursday from 10:00 a.m. – 3:30 p.m. Grocery-style food bank offering nutritious foods as well as hot meals. These meals are served to anyone in need.

Salvation Army Eastside Corps

Website: https://bellevue.salvationarmy.org/eastside_bellevue_corps/ | **Location:** 911 164th Ave NE, Bellevue, WA 98008.

Food Distribution is open to all Mondays, Wednesday, and Fridays from 10:00 a.m. – 12:00 p.m. Hot Meals are available Mondays through Fridays 5:30 p.m. - 6:30 p.m. 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.

Everett Hot Meals

Website: <https://www.everettwa.gov/DocumentCenter/View/38152/Everett-Free-Meals-Schedule?bidId=>

Meals Available daily, including some holidays, at locations throughout Everett.

Issaquah Food & Clothing Bank

Website: <https://issaquahfoodbank.org/> | **Location:** 179 1st Ave SE Issaquah, WA. 98027.

Shopping is every other week, and there is now new Express Shopping on Thursdays of Shopping Weeks. If you aren't able to shop during open [market hours](#) on a shopping week, you can pick up a produce bag and dry goods box on Fridays from 12:00 p.m. – 4:00 p.m. Emergency produce bags and dry goods boxes available. Available to residents in Issaquah and surrounding areas.

Issaquah Meals Program

Website: <https://ccsww.org/services/issaquah-meals/> | **Location:** 180 E. Sunset Way, Issaquah, next to the fire station.

Available 7 days/week, 365 days/year, providing a free hot meal at the Issaquah Community Hall Monday – Friday 5:00 p.m. – 6:00 p.m., Saturday: 5:00 p.m. - 6:00 p.m., and Sunday: 4:00 p.m. - 5:00 p.m. All are welcome, no registration needed.

KidVantage

Website: <https://kidvantage.org/>

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.

Grocery-style food bank offering nutritious and culturally relevant foods, plus diapers, baby food, pet food, and hygiene supplies. Open Mondays 12:00 p.m. – 3:00 p.m., Tuesdays 4:00 p.m. – 6:30 p.m., Wednesdays 10:00 a.m. – 1:00 p.m. 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, 5:00 p.m. – 6:00 p.m. 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 | **Location:** 8703 160th Ave NE, Redmond, WA 98052.

Offers nutritious meals three days a week, Tuesdays, Wednesdays, Thursdays at 11:30 a.m. for adults 50+. Advanced registration is required to allow for proper quantities of food preparation and adequate seating arrangement. Served in a group setting; \$4.50 requested donation. Register [here](#) or call 425.556.2300.

Fall City Community Food Pantry

Website: <http://www.fallcityumc.org/foodpantry.html> | **Phone:** 425.222.6655 | **Location:** 4326 337th Pl SE, Fall City, WA 98024.

Distribution occurs on the first and third Wednesdays of each month from 12:00 p.m. – 1:30 p.m. and 6:30 p.m. – 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:** Pantrypacks@lwsf.org

If you have a student in LWSD, 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 | **Location:** 4610 Stephens Avenue, Carnation, WA 98014.

Free meals 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. Reservations are required for lunches, please call 425.333.4152. Meals are served at Noon, Monday-Friday. Available for King County residents 60+.

Snoqualmie Valley Food Bank

Website: <https://www.snoqualmievalleyfoodbank.org/> | 425.888.7832 | **Location:** 122 East 3rd Street North Bend, WA 98045.

The Snoqualmie Food Bank provides food and key resources to help the community. They will continue to serve everyone who comes to them. No one is ever turned away.

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.

Their food pantry supports community members in Snoqualmie Valley and the Eastside. Pantry Open Hours include Tuesdays from 3:00 p.m. - 6:30 p.m. and Wednesdays 10:00 a.m. – 12:00 p.m.

Tolt Congregational United Church of Christ

Website: <https://toltuucc.org/food-program/%20> | **Location:** 4851 Tolt Ave, Carnation, WA 98014

It offers a food bank every Wednesday from 4:00 p.m. to 5:30 p.m., 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!

Toasted Seattle

Instagram: <https://www.instagram.com/toasted.seattle/> | **Phone:** 866.421.8505 | **Location:** 901 Dexter Ave N, Seattle, WA 98109.

Providing free breakfast (a sandwich + drink). Open Monday - Sunday 7:00 a.m. – 4:00 p.m. No requirements, everyone is welcome.

Sweet Alchemy Seattle

Website: <https://sweetalchemyicecreamery.com> | **Phone:** 206.632.0243 | **Location:** 4301 University Way NE Seattle, WA 98105.

Hosting community pantry for non-perishable items and warm clothing.

Chu Minh Tofu & The Eggrolls

Website: <https://chuminhtofu.com/> | **Location:** 1043 S Jackson St, Seattle, WA 98104.

Free hot vegan meals every Sunday in Little Saigon.

NW Share Free Food Truck

Instagram: <https://www.instagram.com/nwfreefoodtruck/> | **Location:** 5034 University Way NE, Seattle, WA 98105.

Serve fresh cooked hot meal every week via our "FREE" Vegetarian\ Vegan food truck to serve people in need in the Seattle area.

Seattle Community Fridge

Website: <https://seattlecommunityfridge.org/> | **Locations:**

Phinney Ridge: 225 N 70th St, Seattle, WA 98103 (Woodland Park Presbyterian)

Dunlap/Rainier Beach: 48th Ave S & S Thistle St, Seattle WA 98118 (In alley)

North Beacon Hill: 1307 13th Ave S, Seattle, WA 98144

Capitol Hill: 745 19th Ave E, Seattle, WA 98112 (St Joseph Parish)

LGBTQ+ Center: 400 E Pine St, Seattle, WA 98122 (Located inside the center)

Burien: 12027 10th Ave S, Seattle, WA 98168

Estelita's Library (Central District): 241 Martin Luther King Jr Way S, Seattle, WA 98144.

Free food across Seattle through hosted fridges.

Seattle Mutual Aid Coalition

Instagram: <https://www.instagram.com/p/DJ221KAv9VR/> | **Location:** 5031 University Way NE, Seattle, WA 98105.

Breakfast program serves free breakfast to everyone who needs it at the UHeights Center in the U District on Sunday at 10 a.m. Free breakfast to everyone who needs.

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.

Seattle – Area Emergency Food Resources

Website: <https://maps.seattle.gov/humanservices/foodresources/>

Over 100 community food resources are available in King County. Food pantries are set up like grocery stores, allowing shoppers to choose the items they need most. Meal programs offer hot, prepared meals in a restaurant-style setting. Find food resources near you.

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 12:00 p.m. – 1:00 p.m.

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: 10:00 a.m. to 12:00 p.m. - Thursday: 2:00 p.m. to 4:00 p.m. - Friday: 10:00 a.m. to 12:00 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.

Pierce Countywide Food Banks

Website: <https://www.piercecountywa.gov/454/Food-Banks>

Comprehensive list of food assistance programs across Pierce County. Food banks often change their hours and days of operation. Call first to confirm this information. Many food banks require an appointment as well as proof of ID, residency, social security, etc. Some may limit number of visits per year.

Emergency Food Network

Website: <https://www.efoodnet.org/find-food/>

The Emergency Food Network provides healthy, nutritious food to 75+ partners in Pierce County.

Snohomish Community Food Bank

Website: <https://snohomishfoodbank.org/programs/> | **Phone:** 360.568.7993 | **Location:** 1330 Ferguson Park Road, Snohomish, WA 98290.

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

Snohomish Countywide Food Coalition

Website: <https://snohomishcountyfoodbankcoalition.org/>

The Snohomish County Food Coalition is a united network of 19 organizations dedicated to ensuring access to nutritious food for individuals and families across the county.

Community Resource Guide for Snohomish County

Website: <https://pioneerhumanservices.org/wp-content/uploads/2025/10/CRC-Community-Resource-Guide-Oct-2025.pdf>

Provides a wide array of essential local support. For a full breakdown of food resources including free meals, food banks, and distribution sites across Snohomish County. See pages 24-29.

Lahai Health Resource Center Snohomish 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 recurringly 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.