

Kheyraadka Cuntada

Liiskan wuxuu muujinayaa la-hawlgalayaasha bulshada ee gobolkeenna oo halkan u jooga inay ku taageeraan adiga iyo kuwa aad jeceshahay. Urur kastaa wuxuu bixiyaa ilo cunto ah si uu uga caawiyo yareynta caqabadaha inbadan oo naga mid ah laga yaabo inay la kulmaan xilli ciyaareedkan. Waan ognahay in waqtigan uu noqon karo mid adag, mana tihid kaligaa - caawimaad ayaa la heli karaa.

Fadlan ogsoonow in qaar ka mid ah wada-hawlgalayaasha ay la kulmaan baahi aad u sarreeya, sidaa darteed helitaanka way kala duwanaan kartaa. Fadlan xor u noqo inaad si toos ah ula xiriirto urur kasta si aad u hesho macluumaadka ugu

Waqooyiga & Bariga King County

Waxyaabaha Aasaasiga ah ee Marka hore

Websaydhka: <https://www.essentialsfirst.org/locations> | **Goobta:** Bellevue 919 124th Ave. NE, Suite 103 Bellevue, WA 98005.

Waxay bixisaa alaabada nadaafadda iyo sanduuqyada cuntada ee aan baabi'in karin iyada oo loo marayo Barnaamijka Cuntada Adduunka ee bulshooyinka kala duwan. Waxay furan tahay Isniin-Jimce saacadaha 10:00 - 14:00 U furan qof walba.

Bellevue LifeSpring

Bogga internetka: <https://www.bellevuelifespring.org/thehub/> | **Goobta:** Dugsiga Hoose ee Sherwood Forest - 16411 NE 24th St, Bellevue, WA 98008 & Dugsiga Dhexe ee Highland - 15027 Bel-Red Rd, Bellevue, WA 98007.

Xarunta Kheyraadka Qoyska ee Bellevue oo taageerta ardayda iyo qoysaska Degmada Dugsiga Bellevue. Saacadaha: Sherwood Forest - Isniinta & Talaadada laga bilaabo 10:00 subaxnimo - 4:00 galabnimo iyo Highland - Arbacada & Khamiista laga bilaabo 10:00 subaxnimo - 4:00 galabnimo Ballan looma baahna.

Ciidanka Badbaadada Everett Corps

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

Qaybinta cuntada waxay u furan tahay dhammaan Isniinta - Khamiista laga bilaabo 10:00 subaxnimo - 3:30 galabnimo Bangiga cuntada ee raashinka oo bixiya cuntooyin nafaqo leh iyo sidoo kale cuntooyin kulul. Cuntooyinkan waxaa loo adeegaa qof kasta oo u baahan.

Ciidanka Badbaadada Eastside Corps

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

Qaybinta Cuntada waxay u furan tahay dhammaan Isniinta, Arbacada, iyo Jimcaha laga bilaabo 10:00 subaxnimo - 12:00 galabnimo Cunnooyinka Kulul waxaa la heli karaa Isniinta ilaa Jimcaha 5:30 galabnimo - 6:30 galabnimo

Bangiga cuntada ee raashinka oo bixiya cuntooyin nafaqo leh iyo sidoo kale cuntooyin kulul. U furan qof walba.

Ruuxa Quduuska ah ee Kaniisadda Lutheran ee Kaniisadda Bulshada

Websaydhka: <https://www.hslckirkland.org/community-pantry> | **Goobta:** 10021 NE 124th Street, Kirkland, WA 98034.

24/7 Sanduuqa Bakhaarka Bulshada ee bilaashka ah (aan baabi'in karin). Helitaanka furan; 'Qaado waxa aad u baahan tahay' moodeelka.

Bangiga Cuntada ee Degmada Jaamacadda

Websaydhka: <https://www.udistrictfoodbank.org/> | **Telefoonka:** 206.523.7060

Waxay bixisaa gargaar cunto oo loogu talagalay qoysaska iyo barnaamijyada hadiyadaha fasaxa ee carruurta.

Dadka deggan ee helay ugu yaraan saddex adeeg oo cunto ah intii u dhaxeysay Janaayo 1-Noofambar 14, 2025.

Barnaamijka Cuntada Xarunta Sare ee Shoreline-Lake Forest Park

Websaydhka: <https://www.shorelinewa.gov/home> | **Goobta:** 17500 Midvale Ave N. Shoreline, WA 98133-4905.

Gaarsiinta raashinka iyo helitaanka bakhaarka. Waayeelka 60+ ee Shoreline iyo Lake Forest Park.

Everett Cunnooyinka Kulul

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

Cunnooyinka La heli karo maalin kasta, oo ay ku jiraan ciidaha qaarkood, meelaha Everett oo dhan.

Issaquah Food & Clothing Bank

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

Dukaamaysiga waa toddobaadkii kale, waxaana hadda jira dukaamaysi cusub oo Express ah Khamiista Toddobaadyada Dukaamaysiga. Haddii aadan awoodin inaad wax ka iibsato inta lagu jiro [saacadaha suuqa furan](#) usbuuca wax iibsiga, waxaad soo qaadan kartaa boorsada wax soo saarka iyo sanduuqa alaabta qallalan Jimcaha laga bilaabo 12:00 galabnimo - 4:00 galabnimo. Bacaha wax soo saarka degdegga ah iyo sanduuqyada alaabta qallalan ayaa la heli karaa. Waxaa loo heli karaa dadka deggan Issaquah iyo nawaaxigeeda.

Barnaamijka Cuntada Issaquah

Websaydhka: <https://ccsww.org/services/issaquah-meals/> | **Goobta:** 180 E. Sunset Way, Issaquah, oo ku xigta saldhigga dabka.

Waxaa la heli karaa 7 maalmood / usbuucii, 365 maalmood / sanadkii, oo la siinayo cunto kulul oo bilaash ah Hoolka Bulshada ee Issaquah Isniinta - Jimcaha 5:00 galabnimo - 6:00 galabnimo, Sabtida: 5:00 galabnimo - 6:00 galabnimo, iyo Axadda: 4:00 galabnimo - 5:00 galabnimo Dhammaantood waa la soo dhaweynayaa, diiwaangelin looma baahna.

KidVantage

Bogga internetka: <https://kidvantage.org/>

Waxay siisaa cunto ilmaha, caanaha, xafaayada, iyo raashinka qoysaska. Waxaa loo heli karaa qoysaska leh dhallaanka / dhallaanka yar yar ee ku yaal Bariside.

Bangiga Cuntada ee Rainier Valley

Websaydhka: <https://www.rvfb.org/> | **Goobta:** 9021 Rainier Ave S, Seattle, WA 98118.

Gargaarka cuntada degdegga ah, wax soo saarka cusub, iyo raashinka. Waxay u furan yihiin dadka deggan Rainier Valley iyo xaafadaha ku xeeran.

Bangiga Cuntada ee Cusboonaysiinta

Websaydhka: <https://renewalfoodbank.org/get-food> | **Goobta:** 15022 Bel-Red Rd, Bellevue, WA 98007.

Bangiga cuntada ee raashinka ah oo bixiya cuntooyin nafaqo leh oo dhaqan ahaan khuseeya, oo lagu daray xafaayada, cuntada carruurta, cuntada xayawaanka, iyo sahayda nadaafadda. Waxay furan tahay

Isniinta 12:00 - 15:00 galabnimo, Talaadada 16:00 galabnimo - 6:30 galabnimo, Arbacada 10:00 - 13:00 Looma baahna aqoonsi, caddeyn dakhli ama cinwaan. U furan qof walba. Booqo usbuucii hal mar.

Kaniisadda Redmond United Methodist

Websaydhka: <https://redmondumc.org/open-kitchen/> | **Telefoonka:** 425.883.7553 | **Goobta:** 16540 NE 80th Street, Redmond, WA 98052.

Casho usbuucii hal mar cunto ama qaadasho Arbaco kasta, 5:00 galabnimo - 6:00 galabnimo Qof kasta oo u baahan cunto, koob kafee diirran, ama wada hadal saaxiibtinimo oo keliya waa la soo dhaweynayaa!

Barnaamijka Qadada Sare ee Redmond Senior & Community Center

Websaydhka: www.redmond.gov | **Telefoonka:** 425.556.2300 | **Goobta:** 8703 160th Ave NE, Redmond, WA 98052.

Waxay bixisaa cuntooyin nafaqo leh saddex maalmood usbuucii, Talaadada, Arbacada, Khamiista 11:30 subaxnimo dadka waaweyn ee 50+. Diiwaangelin horumarsan ayaa loo baahan yahay si loogu oggolaado qadar ku habboon diyaarinta cuntada iyo diyaarinta kuraasta ku filan. Wuxuu u adeegay goob kooxeed; \$ 4.50 ayaa la codsaday deeq. Iska diiwaangeli halkan ama wac 425.556.2300.

Fall City Community Food Pantry

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

Qaybinta waxay dhacdaa Arbacada koowaad iyo saddexaad bil kasta laga bilaabo 12:00 galabnimo - 1:30 galabnimo iyo 6:30 galabnimo - 7:30 galabnimo Fall City Food Pantry waxay cunto siisaa deriska u baahan Fall City, Preston, North Bend, Carnation iyo Snoqualmie. Waxay u furan tahay qof kasta oo u baahan caawimaad raashinka.

Lake Washington School Foundation Pantry Packs

Websaydhka: <https://www.lwsf.org/our-work/pantry-packs/> | **Email:** antrypacks@lwsf.org
Haddii aad arday ku leedahay LWSD, kala hadal la-taliyahaaga dugsiga si aad ugu qalanto Baakadaha Pantry (cunto aan baabi'in karin oo ardaydu guriga ka qaataan dugsiga)

Sno-Valley Senior Center Qadada Cuntada Bulshada

Websaydhka: <https://snovalleysenior.org/services/food-and-dining/> | **Telefoonka:** 425.333.4152 | **Goobta:** 4610 Stephens Avenue, Carnation, WA 98014.

Cunto bilaash ah Waxay u adeegtaa duhurkii, Isniinta - Jimcaha. Qiimaha: \$ 5 deeq la soo jeediyay oo da'doodu ka weyn tahay 60 sano, \$ 10 khidmad ka yar 60 sano. Waxaan aqbalnaa EBT sidoo kale. Menu-ka waxaa lagu beddeli karaa ogeysiis la'aan alaabta sababo la xiriiira helitaanka. Boos celinta ayaa loo baahan yahay qadada, fadlan wac 425.333.4152. Cuntada waxaa la bixiyaa duhurkii, Isniinta-Jimcaha. Waxaa loo heli karaa dadka deggan King County 60+.

Bangiga Cuntada ee Snoqualmie Valley

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

Bangiga Cuntada ee Snoqualmie wuxuu bixiyaa cunto iyo ilo muhiim ah si uu u caawiyo bulshada. Iyagu si kastaba ha noqotee, waxay sii wadi doontaa inay u adeegto qof kasta oo iyaga u yimaada. Qofna weligiis looma celin.

Quduuska Quduuska ah ee Quduuska ah ee Cuntada

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

Goobta: 26526 NE Cherry Valley Rd, Duvall, WA 98019.

Bakhaarkooda cuntada waxay taageertaa xubnaha bulshada ee Dooxada Snoqualmie iyo Eastside. Saacadaha Furan ee Pantry waxaa ka mid ah Talaadada laga bilaabo 3:00 galabnimo - 6:30 galabnimo iyo Arbacada 10:00 subaxnimo - 12:00 galabnimo.

Tolt Congregational United Church of Christ

Websaydhka: <https://tolttucc.org/food-program/> | **Goobta:** 4851 Tolt Ave, Carnation, WA 98014

Waxay bixisaa bangi cunto Arbaco kasta laga bilaabo 4:00 galabnimo ilaa 5:30 galabnimo, kaas oo ay weheliso casho bulsho oo sidoo kale bixisa cunto la qaado. Haddii aadan awoodin inaad ku biirto waqtiyadan, kooxahoodu waxay sidoo kale leeyihiin sanduuq cunto oo 24 saacadood ah oo ka baxsan goobtooda. Dhammaantood waa la soo dhaweynayaa!

Toasted Seattle

Instagram: <https://www.instagram.com/toasted.seattle/> | **Telefoonka:** 866.421.8505 | **Goobta:** 901

Dexter Ave N, Seattle, WA 98109.

Bixinta quraac bilaash ah (sandwich + cabitaan). Waxay furan tahay Isniinta - Axadda 7:00 subaxnimo - 4:00 galabnimo Shuruud ma leh, qof walba waa la soo dhaweynayaa.

Sweet Alchemy Seattle

Websaydhka: <https://sweetalchemyicecreamery.com> | **Telefoonka:** 206.632.0243 | **Goobta:** 4301

University Way NE Seattle, WA 98105.

Martigelinta bakhaarka bulshada ee alaabta aan baabi'in karin iyo dharka diirran.

Chu Minh Tofu & The Eggrolls

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

Cunto kulul oo vegan ah oo bilaash ah Axad kasta oo ku taal Little Saigon.

NW Share Free Food Truck

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

U adeeg cunto kulul oo cusub oo la kariyey toddobaad kasta iyada oo loo marayo gaarigeena cuntada ee "BILAASH" Khudaarta / Vegan si aad ugu adeegto dadka u baahan aagga Seattle.

Qaboojiyaha Bulshada ee Seattle

Websaydhka: <https://seattlecommunityfridge.org/> | **Goobaha:**

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)

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

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

Xarunta LGBTQ +: 400 E Pine St, Seattle, WA 98122 (Waxay ku taal gudaha xarunta)

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

Maktabadda Estelita (Degmada Dhexe): 241 Martin Luther King Jr Way S, Seattle, WA 98144.

Cunto bilaash ah oo ku baahsan Seattle iyada oo loo marayo qaboojiyaha martigelinta.

Isbahaysiga Gargaarka Wadajirka ah ee Seattle

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

Barnaamijka quraacda wuxuu quraac bilaash ah u adeegaa qof kasta oo u baahan Xarunta UHeights ee Degmada U Axadda 10 a.m. Quraac bilaash ah oo loogu talagalay qof kasta oo u baahan.

Khayraadka Dheeraadka ah ee ku baahsan King County

Raashinka Nafaqada Nololsha oo dhan

Websaydhka: <https://www.lifelong.org/food-nutrition> | **Telefoonka:** 206.957.1600

Cunnooyinka diyaarsan, raashinka, iyo gaarsiinta guriga ee dadka caafimaad ahaan nugul. Dakhliga hooseeya, caafimaad ahaan u nugul ama dhaqdhaqaaq xaddidan.

FamilyWorks Seattle

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

Helitaanka cuntada, gudbinta, iyo barnaamijyada taageerada qoyska. Qoysaska iyo shakhsiyaadka u baahan.

United Way of King County - Barnaamijka Gaarsiinta Raashinka Guriga

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

United Way of King County waxay bixisaa lacag la'aan, toddobaadle ah iyo laba toddobaadle gaarsiinta raashinka guriga iyadoo lala kaashanayo bangiyada cuntada ee King County, Cascadia Produce, iyo DoorDash in ka badan 4,000 oo qoys toddobaadkiiba. Waxaa loo heli karaa dadka waayeelka ah, gaar ahaan ka weyn 75 sano, kuwaas oo ah Aasiya oo kaligood ku nool.

Seattle - Kheyraadka Cuntada Degdegga ah ee Aagga

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

In ka badan 100 kheyraad cunto oo bulshada ah ayaa laga heli karaa King County. Bakhaarrada cuntada waxaa loo sameeyay sida dukaamada raashinka, taas oo u oggolaanaysa dukaameystayaasha inay doortaan waxyaabaha ay ugu baahan yihiin. Barnaamijyada cuntada waxay bixiyaan cunto kulul oo diyaarsan oo ku yaal goob makhaayad ah. Raadi ilaha cuntada ee kuu dhow.

Central Co-op

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

Barnaamijka Bulshooyinka Caafimaadka leh waa hindise gaar ah oo Central Co-op ah oo taageera kuwa wax ka iibsanaya dakhliga xaddidan iyagoo siinaya qiimo dhimis 10% raashinkaaga. Xubnaha iyo kuwa aan xubnaha ka ahayn ee ka qayb qaata ugu yaraan hal barnaamij oo kale oo gargaar cunto ah sida SNAP, WIC, ama Freshbucks ayaa xaq u leh. U keen kaarkaaga kaalmada cuntada khasnad kasta oo weydiiso foomka diiwaangelinta.

Magaalada Seattle ee Bucks cusub

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

Barnaamijkan magaalada Seattle wuxuu bixiyaa mushahar bille ah \$ 40 oo loogu talagalay miraha iyo khudaarta cusub ee dukaamada madaxa-bannaan, oo ay ku jiraan Central Co-Op, iyo sidoo kale

suuqyada beeralayda iyo dukaamada waaweyn. U furan shakhsiyaadka dakhligoodu hooseeyo - isdiwaangelinta ayaa loo baahan yahay.

Xarunta Sare ee Greenwood

Websaydhka: <https://www.phinneycenter.org/seniors/gsc/> | **Goobta:** 525 N 85th St, Seattle, WA 98103
Xarunta Waayeelka ee Greenwood waa bulsho loo dhan yahay oo bixisa waxqabadyo bulsho, jireed iyo waxbarasho oo diiradda saaraya baahiyaha dadka waaweyn. Waxay siisaa qado kulul oo bilaash ah M-F dadka da'doodu tahay 60 ama ka weyn.

Mashquul Bee Butlery

Bartamaha Seattle bakhaarka wuxuu u furan yahay dhammaan xubnaha bulshada - qoysaska dadaalka badan, daryeelayaasha, iyo soogalootiga. Bakhaar cunto oo bilaash ah oo leh goob pop-up ah oo ku taal Xarunta Bulshada Yesler oo ku taal 917 E Yesler Wy, Seattle, WA 98122.

GenPride @ Pride

Place Websaydhka: <https://genprideseattle.org/> | **Goobta:** 1521 Broadway Suite A, Seattle, WA 98122
U doodayaasha baahiyaha gaarka ah ee dadka waaweyn ee LGBTQIA + ee Seattle / King County iyada oo loo marayo barnaamijyo iyo adeegyo kobcinaya wanaagga iyo lahaanshaha. Waxay siisaa waayeelka LGBTQIA + qado kulul oo bilaash ah bartamaha Capitol Hill Talaado kasta iyo Khamiis kasta laga bilaabo 12:00 galabnimo - 1:00 galabnimo

Adeegyada Qoyska Yuhuudda – Bangiga Cuntada ee Polack

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

Waxaan hagaajineynaa helitaanka cunto caafimaad leh, dhaqan ahaan ku habboon, sharaf iyo ixtiraam, shakhsiyaadka iyo qoysaska gobolka Puget Sound. Waxay furan tahay Arbacada: 10:00 subaxnimo ilaa 12:00 galabnimo - Khamiista: 14:00 galabnimo ilaa 16:00 galabnimo - Jimcaha: 10:00 subaxnimo ilaa 12:00 galabnimo

Gabadhaas Brown Cooks - Jikada Cuntada

Websaydhka: <https://www.thatbrowngirl.com/> | **Goobta:** Jikada Cuntada waxay ku taal meel ka soo horjeedda Mt. Saldhigga Tareenka Fudud ee Mt. Baker oo ku yaal 3000 Rainier Ave S, Seattle, WA 98144. Si isdaba joog ah, Brown Girl Cooks waxay u furi doonaan jikadooda bulshada xubnaha bulshada si ay "u bixiyaan wixii aad awoodo" cuntada (deeqda la soo jeediyay: \$ 5). U furan oo dhan - Kor u soco daaqadda. Sahayda xaddidan.

Dhulka adag - Resource Wire

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

Tusaha dhammaystiran ee ilaha cuntada oo ay ku jiraan bixiyeyaasha cuntada degdegga ah iyo jikada bulshada. U furan dhammaan dadka deggan King County.

Northwest Harvest

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

Waxay u qaybisaa raashinka bilaashka ah bangiyada cuntada iyo barnaamijyada cuntada. Dhammaan dadka deggan Gobolka Washington, gaar ahaan qoysaska dakhligoodu hooseeyo.

Warar dheeraad ah oo ka soo baxaya Qarax ka dhacay Degmada Baardheere ee Gobolka Shabeellaha Hoose & Khasaaraha ka dhashay

Nourish Pierce County

Websaydhka: <https://nourishpc.org/need-food/> | **Telefoonka:** 253.383.3164

Qaybinta bangiga cuntada ee bilaashka ah ee goobo badan. Looma baahna xaqiijin dakhliga; u furan qof walba.

Eloise's Cooking Plate (The MAD Foundation)

Websaydhka: <https://themadf.org/eloides-cooking-pot/> | **Telefoonka:** 253.212.2778

Bangiga cuntada iyo adeegga gaarsiinta bixiya raashinka iyo cuntooyinka kulul. Deggan Degmada Pierce ee u baahan.

Bangiyada Cuntada ee Degmada Pierce

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

Liiska dhamaystiran ee barnaamijyada gargaarka cuntada ee ku baahsan Degmada Pierce. Bangiyada cuntada inta badan waxay beddelaan saacadaha iyo maalmaha ay shaqeeyaan. Wac marka hore si aad u xaqiijiso macluumaadkan. Bangiyo badan oo cunto ah waxay u baahan yihiin ballan iyo sidoo kale caddaynta aqoonsiga, degenaanshaha, amniga bulshada, iwm. Qaar ka mid ah waxaa laga yaabaa in la yareeyo tirada booqashooyinka sanadkiiba.

Shabakadda Cuntada Degdegga ah

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

Shabakadda Cuntada Degdegga ah waxay siisaa cunto caafimaad leh, nafaqo leh 75+ la-hawlgalayaasha Degmada Pierce.

Bangiga Cuntada Bulshada ee Snohomish

Websaydhka: <https://snohomishfoodbank.org/programs/> | **Telefoonka:** 360.568.7993 | **Goobta:** 1330

Ferguson Park Road, Snohomish, WA 98290.

Raashinka la baakadeeyay, wax soo saarka cusub, alaabta nadaafadda (Barnaamijka Pre-Pack). Waxaa loo heli karaa qof kasta oo aan lahayn tas-hiilaad wax lagu karsado ama guri la'aan.

Isbahaysiga Cuntada ee Degmada Snohomish

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

Isbahaysiga Cuntada ee Degmada Snohomish waa shabakad mideysan oo ka kooban 19 urur oo u heellan hubinta helitaanka cunto nafaqo leh shakhsiyaadka iyo qoysaska gobolka oo dhan.

Hagaha Kheyraadka Bulshada ee Degmada Snohomish

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

Waxay bixisaa taageero badan oo muhiim ah oo maxalli ah. Si aad u hesho burbur buuxa oo ku saabsan ilaha cuntada oo ay ku jiraan cuntooyinka bilaashka ah, bangiyada cuntada, iyo goobaha qaybinta ee Degmada Snohomish. Eeg bogagga 24-29.

Xarunta Kheyraadka Caafimaadka ee Lahai Snohomish Resources

Websaydhka: <https://lahai.org/> | **Telefoonka:** 206.363.4105

Waxay bixisaa liis dhammaystiran oo ah la-hawlgalayaasha aagga ee bixiya taageerada cuntada iyo nadaafadda. U furan dadka deggan Degmada Snohomish ee u baahan.

Waxaan si isdaba joog ah u cusbooneysiineynaa kheyraadkan si aan kuugu soo bandhigno ilaha ugu casrisan uguna habboon. Haddii adiga ama qof aad taqaanid uu u baahan yahay taageero, fadlan xor u noqo inaad la wadaagto kheyraadkan ama booqo <https://www.hopelink.org/blog/food-assistance-resources/> si aad u hesho ilo dheeri ah.