



FOOD AND CLOTHING

Government Food Programs



Resource: [Within Reach](#)

A statewide resource that provides a simple, integrated phone screening to determine [eligibility](#) for SNAP, WIC, and Apple Health. Screeners help fill out online applications for benefits, provide a tracking number, and explain

what documents are required. Take the verified eligibility information to appointments.

Hours: Mon.-Thurs., 8am-5pm & Fri. 8am-5:30pm. 1-800-322-2588

1. Determine eligibility through phone screening
2. Bring required documents to an in-person interview with SNAP or WIC.
 - Call DSHS for an appointment or walk into the nearest DSHS office for SNAP.
 - Within Reach helpline provides the address to the nearest SNAP office or WIC clinic, plus phone number and hours of operation.

Resource: [SNAP](#) in [Pashto](#)

The Supplemental Nutrition Assistance Program (SNAP) is a nationwide program that offers electronic payments for groceries to people with low incomes. In Washington, the program is called Basic Food or EBT.

To apply, call 877-501-2233 Monday - Friday 8:00am. - 3:00pm

Tips: Provide proof of your identity, family income, and immigration status. Non-citizens are eligible if their status is refugee, Afghan parolee, or Afghan SIV holder.



Resource: [WIC](#) [Dari Pashto](#)

The *Women, Infants, and Children Nutrition Program* (WIC) is a nationwide program that offers healthy foods for children under age 5, and pregnant or breastfeeding women. To find a WIC clinic, call 1-800-322-2588.



Tips: Your first appointment will take about 30-45 minutes, and you'll receive food benefits the same day. Amount may increase when you add a pregnancy or a new baby, so report any changes. 1-800-322-2588

Resource: [National School Lunch Program](#)

The *National School Lunch Program* (NSLP) offers nutritious meals to children in school and during the summer. Children in households with incomes below 130 percent of the poverty level or those receiving SNAP or TANF qualify for free meals. Those with family incomes between 130 and 185 percent of the poverty line qualify for reduced-price meals.



Tips: Children 18 years of age and younger are eligible to participate in the Summer Food Service Program. To see locations of summer meals, see the [Summer Meals Site Finder](#).



Resource: [SNAP Market Match \(farmers market\)](#) food benefit program

You can use your EBT card at farmers markets. [Markets](#) match EBT money and give tokens to spend so you can buy twice as much fresh food. [Find a market near you.](#)

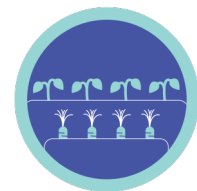
Tips: Go to a participating market's information booth and tell them you'd like SNAP Market Match. Swipe your EBT card for the amount you want to spend.

You will receive that amount in EBT tokens and the same amount in SNAP Market Match dollars. Markets match \$40 or more per day, check with your local market for their daily match amount ([Fresh Bucks](#) for Seattle residents). Examples:

- Tukwila Village Farmers Market: open mid-June through mid-October, Wednesdays 4–7 p.m. Tukwila Village Plaza, [14350 Tukwila International Blvd, Tukwila](#).
- Burien Farmers Market: open year-round, Thursdays (Summer/May–Oct) 10am–6pm, (Winter/Nov.–April) 10am–4pm. Burien Town Square Park, 480 SW 152nd Street, Burien.
- [Delridge Farmers Market](#): open May 16–October 3, Saturdays 10am–2pm, 8855 9th Ave SW, Seattle, WA 98106

Resource: [Community Gardens \(Pea Patch\)](#)

Many cities and community organizations set aside land for community members to plant their own gardens and grow food. Usually there is a fee to reserve a garden plot. Some fee waivers available.



Tips: Search for a “Pea Patch” or community garden in your area. [Seattle](#) [Kent](#) [Options](#) [Pierce County](#) [Snohomish County](#): [options](#) [Tukwila](#): [Burien](#):

[Community Food Banks](#)

Resource: [Food Bank Finder](#)

Hundreds of locations in Washington state offer food at no cost. Local “food banks” or “[food pantries](#)” can help feed your family every week. Most offer canned and boxed items. Some offer fresh produce and meat. Most serve only residents of particular zip code areas.



Tips: Call first to verify hours and services. Bring photo ID and proof of residency/zip code. Bring boxes or bags. Examples of [food banks in King county](#):

- [Tukwila Food Pantry](#): Tues, Thurs & Sat 12:30pm – 2:30pm. Riverton Park United Methodist Church 3118 S 140th St Tukwila, WA 98168. Phone: 206-431-8293
- [Multi-Service Center](#): Mon., Wed., and Fri., 10:00 a.m. – 2:00 p.m. Provide photo ID and proof of residency within the Federal Way School District (zip codes: 98003, 98023, parts of 98001, 98032, 98422). 1200 S 336th St, Federal Way WA 98003. Phone: 253-838-6810

Halal Restaurants and Markets

Resource: [HalalRun.com](#): Helps find halal restaurants and meals.



- *International Food Bazaar*: Offers halal meat, 10:00 a.m.–8:00 p.m. 18439 E Valley Hwy #101, Kent, WA 98032. 425-656-9100
- *D K Market*: Offers frozen halal meat, wide selection of international groceries, accepts EBT cards, 8:00am– 7:00pm 720 Lind Ave SW, Renton, WA 98057. 425-277-5055
- *Al-Madina Grocery*: Offers halal food, 10:00 a.m. – 7:00 p.m., 81 S Tobin St, Renton, WA 98057. 425-228-8863
- [Saar's Super Saver Foods](#) : Accepts EBT cards. Offers halal meat and international groceries at several locations.

Free/Discount Clothing

Resource: [Clothing bank database](#)



Many locations in Washington state offer clothing at no cost. They're usually called "clothing banks" and provide essentials and secondhand items. "Thrift shops" or "thrift stores" offer secondhand clothing and household items for low cost. Many Americans buy secondhand items at thrift shops and donate good-condition clothes and household items that aren't needed anymore.

Tips: Many food banks also operate clothing banks.

- [Tukwila Children's Clothing Bank](#) offers secondhand clothing and shoes for babies, children, and teenagers, at no cost. It's opened the second Saturday of each month, 9:00 a.m. – 12:00 p.m., or by appointment, inside the Fellowship Bible Church. 15880 Military Road S Tukwila WA 98188 tukclothing@hotmail.com
- [Goodwill](#) offers low-cost clothing, shoes, and housewares, at several locations. Most items are secondhand. **Tips:** Type "WA United States" in the Search box. Click on "Filter" and unselect everything except "Retail Store."
- [Value Village](#) and [Savers](#) offer low-cost clothing, shoes, and housewares, at several locations. Most items are secondhand.
- [Deseret Industries](#) offers low-cost clothing, shoes, and housewares, in Puyallup and Shoreline. Most items are secondhand. Tues–Sat 10:00 a.m. – 6:00 p.m. 16014 Meridian Ave E Puyallup 98375 or 17935 Aurora Ave N Shoreline 98133.
- [Fred Meyer](#) is a grocery store that offers medium-cost clothing, shoes, and housewares, at several locations. **Tips:** Sign up for a [free Fred Meyer account](#) (android) to get discounts that mention a [membership card](#)

General Resource: Solid Ground “[Resource Wire](#)” email list ([Pashto/Persian](#)) provides [information and community resources](#), food assistance, healthcare, public benefits, transportation, housing resources, and more.

Tips: Go to the website and subscribe to receive regular emails/texts with valuable community resources, events, and programs.



For More Visit The AA+ Digital Resource Library <http://afghanadvantage.org/resources>



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Essentials**