



HOUSEHOLD AND TECHNOLOGY ESSENTIALS

Discount Computers and Internet Service



Resource: [Human-I-T](#) and [Human-I-T on eBay](#)

Description: Offers refurbished laptops, desktop computers, and hotspot devices. Households that make 250% of the federal poverty level threshold are eligible to shop. **Tips:** Provide a letter from SNAP, WIC, Medicaid, TANF, or Lifeline, dated within the last 6 months and showing that the benefit is active. Human-I-T also sells refurbished devices on [eBay](#) to anyone.

Resource: [Connect All](#) powered by [InterConnection](#)

Description: Offers refurbished computers and low-cost internet service. **Tips:** Provide a letter from SNAP, WIC, Medicaid, TANF, or LIHEAP during the process of creating an account.

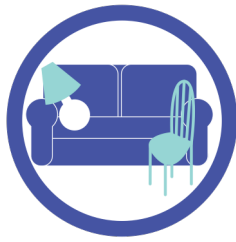
Resource: Internet Essentials

Description: [Internet Essentials](#) customers have the option to [purchase a new Dell laptop or Chromebook at the reduced price](#) of \$149.99 + tax.

HOW DO I...get help with my internet bill?

- **Step 1:** In the Seattle area go to [Internet Essentials from Comcast](#). This program provides a discounted price (\$9.95) for internet service.
- **Step 2:** Complete the [National Verifier Form](#). This form will be used to determine if you qualify for ACP (see step 3).
- **Step 3:** Apply for the [Affordable Connectivity Program](#) (ACP). This program will pay up to \$30 per month toward your internet bill. If you have both Xfinity Internet and Xfinity Mobile service, the ACP benefit will pay the Internet portion of the bill first, then the Mobile service bill.
- **Step 4:** Apply for [Lifeline Assistance](#). This program provides discounts on phone and internet bills.

Free and Discount Household Items



Resource: Muslim Community Resource Center ([MCRC](#))

Description: MCRC in Redmond has good quality, free, mostly secondhand furniture for anyone who needs it. **Tips:** Contact the case manager, manager@mcrctestle.org or call 1-888-404-6272 to make an appointment 16225 NE 87th Street Suite # A-4 Redmond, WA 98052.

Resource: Goodwill www.goodwill.org/locator

Description: Offers low-cost furniture, 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.”

Resource: Value Village stores.savers.com/wa

Description: Offers low-cost furniture, clothing, shoes, and housewares, at several locations. Most items are secondhand.

Resource: Deseret Industries www.deseretindustries.org/locations

Description: Offers low-cost furniture, 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.

Resource: [Fred Meyer](#)

Description: A grocery store that offers medium-cost furniture, clothing, shoes, and housewares, at several locations. **Tips:** Sign up for a [free Fred Meyer account](#) /[iosapp](#) to get discounts that mention a membership card.

Buy/Sell Household Items Online



Resource: [Buy Nothing Project](#)

Description: The app offers opportunities to see items or services being offered at no cost in your area. Most areas in King County also have a “Buy Nothing” group on Facebook. **Tips:** Create a post asking for the item you need. Add an example picture. If a giver chooses you to receive an item, send a private message asking for the address to pick up the item.

Resource: [OfferUp](#)

Description: [A community marketplace app](#) to buy and sell everything from clothing to a car. When you find a local item you like, tap “make offer” or “ask to chat” with the seller about the item. If you see both “ship to me” and “make offer” buttons, choose which method you prefer. The Buyer Protection program protects users from fraud and theft when paying and shipping through “Offer Up’s” system. **Tips:** Don’t pay with gift cards, checks, wire transfers, or cashless systems outside of “Offer Up”.

Resource: [Craigslist](#)

Description: There are different Craigslist groups around the country where community members sell to one another. Choose the one nearest you. Select “Free” to see local items available at no cost. Narrow your search by adding a specific category, “furniture” for example. When you find a local item you like, click the Reply button. It will provide an anonymous email address to contact the seller. **Tips:** For high-value items, get an expert’s feedback. For example, if you’re buying a cell phone, plan to meet at a carrier store to have the phone verified as unlocked and in working order.

Resource: [Facebook Marketplace](#)

Description: Offers opportunities to buy and sell furniture, household, and personal items, etc. Some items are offered at no cost. When you find a local item you like, contact the seller over Messenger to learn more about the item or select the “Send Offer” button and select how much you are willing to pay for the item. **Tips:** Make sure to update the city you’re in to get accurate listings. Some prices listed in the headline may not be the actual price the seller wants. Some sellers will put “Free” or a very low price to entice viewers to click on their post. Do not share private information or pay for things over Messenger. Choose a public, well-lit area. Create and share your meeting plan with a trusted friend or family member.

Rent a truck



Resource: [U-Haul](#)

Description: U-Haul offers trucks for rent, making it affordable to pick up large furniture items from donors or sellers, or move from one apartment to another. **Tips:** Rates are usually lower Sunday – Thursday. For a pickup truck, you’ll need a way to secure the load, such as [ratcheting tie-downs](#).

Resource: Solid Ground [“Resource Wire”](#) email list (Help available in [Pashto/Persian](#))

Description: Solid Ground provides information and community resources for Food Assistance, Nutrition, and Gardening, Health Care and 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>



Healthcare



Education



Finances



Immigration



Family



Transportation
& Public Safety



Utilities



Employment



Housing



Food &
Essentials