



Food Resources- King County

Food Lifeline https://foodlifeline.org/find-food  Map of food banks and other resources all over western Washington.	Auburn Food Bank 253-833-8925 2804 Auburn Way, North Auburn Auburn Food Bank  Mon, Tues, Th, Fri: 9 AM – 1 PM 2nd Wed: 4:30 – 6:15 PM Info available in Spanish, Ukranian, Somali, Punjabi	Des Moines Area Food Bank 206-878-2660 22225 9th Avenue South, Des Moines Mon, Wed, Fri: 9:00 -11:45 AM 3rd Tuesday 6:00 – 8:00PM
Plateau Outreach Ministries 360-825-8961 1720 1/2 Wells Street, Enumclaw Mon: 12 – 3 PM, Tuesday & Wednesday, 9:00 – 12: PM. Emergency food available M-F, 9 to 3 and Sat 10 – 2 PM	White Center Food Bank 206-762-2848 10016 16th Ave SW, Seattle, WA, 98146 White Center Food Bank  Visits by appointment only, new customers come to register Mon 12 – 3 PM, Wed 10 – 1 PM (age 60+ only), Th – Fri 10 – 1 PM	Multi Service Center, Federal Way 253-838-6810 1200 S 336th, Federal Way 98003 Multi-Service Center  Monday, Wednesday, Friday – 10 AM-2 PM
Maple Valley Food Bank 425-432-8633 21415 Renton Maple Valley Rd SE, Maple Valley, WA 98308 Tuesdays 10:30 AM – 6 PM Wednesdays 10:30 AM -1 PM or by appointment. Info available in Russian, Spanish, or Ukranian.	Covington Storehouse 253-631-3038 Covington Store House  26201 180th Ave SE, Convington 98042 (Pull down the left driveway behind Real Life Church to back parking lot) Monday 4-6; Fridays 10-12; Saturday 9-11am	Kent Food Bank 253-520-3550 515 W Harrison St. Suite 107, Kent WA 98032 Wednesday and Friday 10:00am-1:00pm Second Wednesday of the month - 5:00pm-6:00pm Thursday (seniors 55+ only) - 10:00am-11:00am Please bring your own bags and/or boxes to carry your groceries!



Meal Delivery

Meals on Wheels - Sound Generation 206-448-5767 Sound Generations  Eligibility: King County residents aged 60+. For under 60 there is a \$8.50 cost.	The Ethnic Home-Delivered Meals Program – Korean Women’s Association 253-753-3168 or 253-538-8362 Eligibility: 60 years of age or older, homebound/unable to drive, not be living with a caregiver that drives, not have a paid caregiver authorized to cook	Lifelong/Chicken Soup Brigade 206-957-1686 Life Long  Eligibility: Live in King, Island, or Snohomish Counties and be low-income. Provides meals as well as other nutritional support services.
Mom’s Meals 1-888-726-4677 Moms Meals Meals delivered by FedEx 	United Way of King County Home Delivery Program Partnership between Doordash and United Way – complete form at United Way Food Resources to join waitlist 	Grocery Delivery Safeway, Albertson, Fred Meyers, QFC, etc. may offer grocery delivery to your home. Delivery cost.

2-1-1 United Way Resources
This confidential 24/7 call center connects people with locally available help.