



# Food Resources



## On-Campus Resources



**Food Pantries:** Students enrolled at either UW-Bothell or Cascadia College can access their college's food pantry. Check the website for up-to-date information on hours of operation and current offerings:

- **UWB:** Husky Pantry in ARC 120 (Health and Wellness Resource Center) \_\_\_\_\_



- **Cascadia:** Kodiak Cave in LB2-006 (Across from the ARC, next to Campus Safety office) \_\_\_\_\_



**Hopelink Mobile Market:** Twice per month, the Hopelink Mobile Market is on campus handing out free groceries! Offerings may include local produce, pantry staples, frozen meat, and milk/eggs. Bring your own bag!

Hours: 1st and 3rd Thursday of the month from 11:30 am-12:30 pm

Location: In front of the ARC (18115 Campus Way NE)

Eligibility: Open to all students, staff, and community members

For more info  
and full schedule



**Emergency Grant Funding:** Both UW Bothell and Cascadia College offer students a one-time emergency grant, which can be used for food, if needed, amongst other necessities. Students can request up to \$1000 one time per quarter. To access more information and submit a request, follow the QR code:

**UWB:**



**Cascadia:**



## Off-Campus Community Resources

Below is a list of the food banks/food pantries that are closest to campus. Please check the individual location's website for open hours, eligibility (i.e. ID requirements, local address requirements, etc.), and other information.

- Kirkland/Northshore Hopelink Market and Service Center: <https://www.hopelink.org/locations/kirkland-northshore/>
- Food Bank at Cedar Park Kenmore Church: <https://cpkenmore.com/food-bank>
- Woodinville Storehouse Food Bank: <https://www.woodinvillestorehouse.org/>
- Canyon Hills (Bothell) Community Church Food Bank: <https://www.canyonhillscommunitychurch.com/assistance/>
- Bellevue Hopelink Market and Service Center: <https://www.hopelink.org/locations/bellevue/>
- Mill Creek Community Food Bank: <https://www.hopecreekcf.org/mccfb/>

Need something closer to you? Here's how to find additional support:

- **Food Lifeline:** For a map of local food resources: <https://foodlifeline.org/need-food/#map>
- **USDA National Hunger Hotline:** Can call 1-866-3-HUNGRY to speak with a representative or text the automated service at 914-342-7744, to find food resources such as meal sites, food banks, and other social services available near your location.
- **211:** King County 2-1-1 connects you with a variety of support services. To reach 211, dial 2-1-1 or 866-427-4747 or visit [King County Crisis Connections](#)

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# Public Assistance

## What is Basic Food?

In Washington State, Basic Food, also known as the Supplemental Nutrition Assistance Program (SNAP), EBT, and/or food stamps, provides individuals and families with more money for groceries. <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>



**How it works:** Each month, Basic Food dollars are automatically loaded onto an EBT card, which functions similarly to a prepaid debit card. Your EBT card is accepted at grocery stores, limited online stores, and at many farmers markets.

**Immigration Status:** Basic Food is not considered as part of the public charge rule and does not impact immigration status. Mixed-status households can ALWAYS apply on behalf of eligible children.

## Other Benefits with Basic Food:

- [SNAP Market Match](#) allows individuals and families to double their Basic Food benefits at WA state farmers markets.
- Community and technical college students qualify for [the Basic Food Employment and Training \(BFET\) program](#), an education and work training program that can help with books, tuition, and childcare subsidies. Cascadia College: <https://www.cascadia.edu/programs/workforce.aspx>
- Sign up for a [reduced cost YMCA membership](#) in the Greater Seattle Area
- Many local attractions offer reduced cost tickets including the [Seattle Aquarium](#) and some [Seattle museums](#).
- Children in families with Basic Food are automatically enrolled in [Free or Reduced School Meals](#) and may be eligible for the [Women Infant and Children \(WIC\) program](#).

## HOW TO SIGN UP?

Students must complete **a)** an application and **b)** an interview with DSHS in order to be eligible. You may complete an online application by using the [www.WashingtonConnection.org](http://www.WashingtonConnection.org) website, applying by phone at 877-501-2233 or going to your local [Community Services Office](#).

## Still Have Questions?

Email the Health and Wellness Resource Center at [hawrc@uw.edu](mailto:hawrc@uw.edu)

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