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

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
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** 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**

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