



# NWMS NORTHWEST MEDICAL SPECIALTIES, PLLC

## Food Resources - King County

<p><b>Food Lifeline</b>  <a href="https://foodlifeline.org/need-food/">https://foodlifeline.org/need-food/</a>          Map of food banks all over western Washington.</p>	<p><b>Auburn Food Bank</b>          253-833-8925          2804 Auburn Way, North Auburn  <a href="https://www.theauburnfoodbank.org/food">https://www.theauburnfoodbank.org/food</a>          Mon, Tues, Th, Fri: 9 AM – 1 PM          2<sup>nd</sup> Wed: 4:30 – 6:15 PM          Info available in Spanish, Ukranian, Somali, Punjabi</p>	<p><b>Des Moines Area Food Bank</b>          206-878-2660          22225 9<sup>th</sup> Avenue South, Des Moines          Mon, Wed, Fri: 9:00 -11:45 AM          3rd Tuesday 6:00 – 8:00 PM</p>
<p><b>Plateau Outreach Ministries</b>          360-825-8961          1720 1/2 Wells Street, Enumclaw          Mon: 12 – 3 PM, Tuesday &amp; Wednesday, 9:00 – 12: PM.          Emergency food available M-F, 9 to 3 and Sat 10 – 2 PM</p>	<p><b>White Center Food Bank</b>          206-762-2848          10016 16th Ave SW, Seattle, WA, 98146  <a href="https://www.whitecenterfoodbank.org/service-hours">https://www.whitecenterfoodbank.org/service-hours</a>          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</p>	<p><b>Multi Service Center, Federal Way</b>          253-838-6810          1200 S 336<sup>th</sup>, Federal Way 98003  <a href="https://mschelps.org/gethelp/food/">https://mschelps.org/gethelp/food/</a>          Monday, Wednesday, Friday – 10 AM-2 PM</p>
<p><b>Maple Valley Food Bank</b>          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.</p>	<p><b>Covington Storehouse</b>          253-631-3038  <a href="https://covingtonstorehouse.org/">https://covingtonstorehouse.org/</a>          26201 180<sup>th</sup> Ave SE, Covington 98042          (Pull down the left driveway behind Real Life Church to back parking lot)          Monday 4-6; Fridays 10-12; Saturday 9-11am</p>	<div style="text-align: center;">  <p><b>2-1-1 United Way Resources</b></p> </div>

## Meal Delivery

<p><b>Meals on Wheels - Sound Generation</b>          206-448-5767  <a href="https://soundgenerations.org/our-programs/food-security/meals-on-wheels/">https://soundgenerations.org/our-programs/food-security/meals-on-wheels/</a>          Eligibility: King County residents aged 60+. For under 60 there is a \$8.50 cost. Complete application</p>	<p><b>The Ethnic Home-Delivered Meals Program – Korean Women’s Association</b>          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</p>	<p><b>Chicken Soup Brigade</b>          206-957-1686  <a href="https://www.lifelong.org/meals">https://www.lifelong.org/meals</a>          Eligibility: Live in King, Island, or Snohomish Counties and be low-income</p>
<p><b>Mom’s Meals</b>          1-888-726-4677          Meals delivered by FedEx  <a href="https://www.momsmeals.com/">https://www.momsmeals.com/</a></p>	<p><b>United Way of King County Home Delivery Program</b>          Partnership between doordash and United Way – complete form at  <a href="https://www.uwkc.org/need-help/food-delivery/">https://www.uwkc.org/need-help/food-delivery/</a> to join waitlist</p>	<p><b>Grocery Delivery</b>          Safeway, Albertson, Fred Meyers, QFC, etc. may offer grocery delivery to your home. Delivery cost.</p>