

Table of Contents

King County Resources:

Housing Pages 2-6

Food Pages 6-8

Utilities Page 8

Benefits Access Page 9
(Public Benefits)

Pierce County Resources:

Housing Pages 10-11

Food Pages 11-13

Utilities Page 13

Benefits Access Page 14
(Public Benefits)

King County COVID-19 Resources

Housing

Resource	Website	Description
Catholic Community Services	https://ccsww.org/get-help/housing/	Housing services Phone: 206-328-5900
Multi-Service Center	https://mschelps.org/gethelp/housing/	MSC provides one-time rent assistance to individuals and families living within the city limits of Des Moines, Federal Way, Kent, Renton, or Sea-Tac with low to moderate income. MSC may also be able to assist residents of Fern Hill Terrace with one-time assistance. Phone: 253-874-6718, then select Option 4 for the MSC Regional Access Point.
YMCA	https://www.seattleyymca.org/blog/rent-help-available-young-adults-ages-18-24-king-county	The Y Social Impact Center is offering up to six months of rent assistance for young adults ages 18-24 who live in King County. After applying, you will be contacted by the Y Social Impact Center Staff in 7-10 business days about needed documents in order to meet additional eligibility. Phone: (206) 751-7130
YWCA	https://www.ywcaworks.org/programs/housing-stability-project-king-county	YWCA Housing Stability Project is open to families whose income must not exceed 50 percent of the area median income (AMI) and must be verifiable and current. Military and veteran households must also have proof of status.

		Phone: 425-523-1377
Solid Ground	https://www.solid-ground.org/get-help/housing/	Whether you have lost your home and need shelter – or need support to stay in your current home – we can connect you with information, resources and referrals to support your housing stability. Phone: (206) 934-6160
Vine Maple Place	https://www.vinemapleplace.org/get-help.html	Housing stability, rent assistance, and emergency shelter services. Phone: 425.432.2119
Helping Hand House	http://helpinghandhouse.org/	Homelessness prevention Phone: (253) 848-6096
Low Income Housing Institute	https://lihi.org/	The Low Income Housing Institute develops, owns and operates housing for the benefit of low-income, homeless and formerly homeless people in Washington State. Phone: 206-443-9935
Kent Youth and Family Services	https://kyfs.org/homelessness-prevention/	Homeless Prevention Phone: 253-859-0300

Muckleshoot Resource Center (Tribal)	https://rentassistance.org/program/muckleshoot_resource_center_auburn_wa.html	Emergency Assistance with rent/mortgage, utilities, appliances, furniture (including beds), car insurance (liability only), home telephone service (basic service only-no cell phone payments), car repairs (through a certified mechanic only), homeowner's insurance, etc; Food Bank; Clothing Bank; Laundry Assistance; Other Assistance; Energy Assistance; Senior Energy Assistance; General Assistance Phone: (253) 876-3336
Muckleshoot Housing Authority (Tribal)	https://rentassistance.org/program/muckleshoot_resource_center_auburn_wa.html	Emergency Assistance with rent/mortgage, utilities, appliances, furniture (including beds), car insurance (liability only), home telephone service (basic service only-no cell phone payments), car repairs (through a certified mechanic only), homeowner's insurance, etc; Food Bank; Clothing Bank; Laundry Assistance; Other Assistance; Energy Assistance; Senior Energy Assistance; General Assistance Phone: (253) 833-7616
Nexus Youth and Families	nexus4kids.org	Youth social services organization in Auburn. Phone: (253) 939-2202
Auburn Oxford House	https://oxfordhouse.org/directory_listing.php?state=WA	Transitional housing Phone: (253) 735-2736
St. Stephen Housing Association	https://ststephenhousing.org/gethelp/	Homeless families looking for housing or shelter Phone: (253) 638-9798

Fusion – Transitional Housing for Families in Need	http://www.fusionfederalway.org/	Provides housing and support services to families experiencing homelessness in our community so they will have a safe, secure environment as they work toward self-sufficiency. Phone: 253-874-1257
Shag Senior Housing Assistance	https://www.housing4seniors.com/helpful-resources/qualifications	All household members must be age 55 or older, and at least one household member must be age 61+ by the end of the current year, or disabled. Phone: 1-844-592-SHAG (7424)
Valley Cities	https://www.valleycities.org/	We work to secure housing for our clients in Valley Cities-owned properties, as well as through managed leases with landlords. Clients: Homeless/Disabled Phone: (206) 461-3222
Neighborhood House	https://nhwa.org/lookinside/program.php?program=Housing+Stability+	Neighborhood House focuses on coaching people toward finding their own solutions and provides one-time rental and move-in assistance, landlord mediation, housing location, job training, placement and retention, and financial counseling. Our clients include those who live in the city of Seattle and are in danger of being evicted or are at risk of losing their utilities. Phone: 206-825-2581 Referrals are taken the first week of every month.
New Horizons	https://nhmin.org/gethelp/	Housing services Phone: (206) 374-0866

ROOTS	https://rootsinfo.org/	Young Adult Shelter Phone: (206)632-1635
United Indians of All Tribes	https://www.unitedindians.org/	Homelessness prevention Phone: 206.285.4425
YouthCare	https://youthcare.org/	Youth Homelessness prevention Phone: 206.694.4500 // 800.495.7802

Food

Resource	Website	Description
Multi-Service Center	https://mschelps.org/gethelp/food/	Multi-Service Center offers supplemental and emergency food to individuals and families who live in the bounds of the Federal Way School District (zip codes: 98003, 98023, parts of 98001, 98032, 98422). Customers may visit the food bank once per week. Phone: 253-874-6718
DSHS	https://www.dshs.wa.gov/esa/community-services-offices/basic-food	The US Department of Agriculture (USDA), Supplemental Nutrition Assistance Program (SNAP), called Basic Food in Washington, helps people with low incomes make ends meet by providing monthly benefits to buy food. Phone: (206) 716-2300
WIC	https://www.kingcounty.gov/depts/health/child-teen-health/women-infants-children.aspx	Public Health offers First Steps and WIC services at multiple locations across King County. Home or off-site visits are also available. To schedule an

		appointment, call... Phone: 206-263-9300
Emergency Feeding Program	https://www.emergencyfeeding.org/	General public: Drive-thru for our pre-packed bag filled with your basic essentials. Each bag has bread, produce, pasta, dairy, and meat. No sign-up required. Serving all zip codes. <ul style="list-style-type: none"> • Hours: Tuesdays, 11:00 am - 12:00 pm • Location: Rainier Beach High School (8815 Seward Park Ave. S., Seattle, WA 98118) Phone: 425-277-0300
Gator Pantry	https://www.greenriver.edu/campus/campus-resources/gator-pantry/	Green River Community College's Food Pantry 253-288-3350
Auburn City Seventh Day Adventist Community Service Center	https://www.auburncitysda.com/	Food Bank Phone: (253) 833-3222
Christian Faith Center Community Meal	https://christianfaith.us/community/community-meal-2/	Soup Kitchen Phone: (253) 943-2435
Kent Food Bank and Emergency Services	https://kentfoodbank.org/	Food Bank Phone: (253) 520 -3550
First United Methodist Church	http://www.auburnfirstumc.org/	Meal served from 4:30-5pm on Monday To-Go Phone: (253) 833-3470
Maple Valley Food Bank	https://maplevalleyfoodbank.org/	Food Bank Phone: (425) 432-8633

Utilities

Resource	Website	Description
Gator Pledge	https://forms.office.com/Pages/ResponsePage.aspx?id=PmZA-ieXeEmbznds-CS8pUBEXTqPaBGtWH7PwAIlSBUQVVHQjZNNzNZSFVHSVFUMDIBN0pEQVBUI4u	Emergency Funding through GRC
Hopelink	https://www.hopelink.org/need-help/energy	Hopelink may be able to provide up to \$1,000 of your home heating costs each year. If you qualify for the program, you can receive assistance even if you are not behind on your bill and/or have not received a shut-off notice.
Multi-Service Center	https://mschelps.org/gethelp/energy/	Multi-Service Center's Energy Assistance Program helps households meet the financial challenges of increasing heat and light bills. We can help with bills for: Electricity, Gas, Propane, Wood and Oil.
Byrd Barr Place (LIHEAP) (PSE Help)	https://byrdbarrplace.org/programs-services/energy-assistance/	Energy Assistance: All Year Round Avoid energy shut-off. Receive assistance toward heating expenses and repairs.

Benefits Access

Resource	Website	Description
DSHS	https://www.dshs.wa.gov/esa/community-services-offices/basic-food	The US Department of Agriculture (USDA), Supplemental Nutrition Assistance Program (SNAP),

		called Basic Food in Washington, helps people with low incomes make ends meet by providing monthly benefits to buy food. Phone: (206) 716-2300
WIC	https://www.kingcounty.gov/depts/health/child-teen-health/women-infants-children.aspx	Public Health offers First Steps and WIC services at multiple locations across King County. Home or off-site visits are also available. To schedule an appointment, call... Phone: 206-263-9300
Apple Health	https://www.hca.wa.gov/health-care-services-supports/apple-health-medicare-coverage	Medicaid Coverage
Byrd Barr Place (LIHEAP) (PSE Help)	https://byrdbarrplace.org/programs-services/energy-assistance/	Energy Assistance: All Year Round Avoid energy shut-off. Receive assistance toward heating expenses and repairs.

Pierce County COVID-19 Resources

Housing

Resource	Website	Description
----------	---------	-------------

Tacoma Housing Authority (902 S L St.)	https://www.tacomahousing.net/ReceiveRentalAssistance	Tacoma Housing Authority operates one waitlist for all of its programs and properties. Phone: (253) 207-4400
Pierce County Housing Authority	https://www.pchawa.org/Housing.php	Phone: 253.620.5400
Pierce County Housing Programs	http://www.pchawa.org/	Housing stability Phone: (253) 798-7038
Tacoma Housing Authority (3201 Fawcett Ave)	http://www.tacomahousing.net/content/applicants-for-housing	Tacoma Housing Authority operates one waitlist for all of its programs and properties. Phone: (253) 474-9397
Tacoma Housing Authority (5317 S Orchard St)	http://www.tacomahousing.net/content/applicants-for-housing	Tacoma Housing Authority operates one waitlist for all of its programs and properties. Phone: (253) 475-7177
Family Housing Network	https://ccsww.org/get-help/shelter-homeless-services/family-housing-network/	Assistance to house families experiencing homelessness & connects them with resources that maximize stability and self-sufficiency, in order to prevent future homelessness Phone: (253) 471-5340
The ARC of King County	https://arcofkingcounty.org/	The Arc of King County is committed to supporting and advocating for the housing needs of people with Intellectual and Developmental Disabilities and their family members. Phone: (206) 364-6337

Food

Resource	Website	Description
Special Diet Tacoma - Central Tacoma Seventh Day Adventists Community Services	https://www.tacoma-accs.org/	Provides food baskets only for people on special diets who cannot get the food they need from regular food banks; Serves people who have special dietary needs, cancer, AIDS or diabetic patients whose needs aren't met at a food pantry Phone: 253-272-8289
BASH (Bikers Against Statewide Hunger)	https://www.freefood.org/l/bash-bikers-against-statewide-hunger	Walk in and some home delivery; Must sign up; Require a current month's utility bill or bank statement with address to verify residency; No exceptions Delivery of food from food banks to elderly, homebound and disabled, clothing banks, some food boxes available to walk-ins. Call for location/info. Phone: 253-531-9600
Bonney Lake Food Bank	https://www.bonneylakefoodbank.org/	Last walk-ins must arrive no later than 15 minutes prior to close; Proof of address and photo ID required Phone: 253- 863-4043
Salvation Army	https://tacoma.salvationarmy.org/	Walk-in OK; Please bring ID Phone: 253-572-8452
NOURISH Pierce County	https://nourishpc.org/need-food/	We do not require any client to provide documentation or to register. For health reasons, we no longer offer self-selected shopping. Clients will be served pre-packed groceries either in a

		<p>“Drive-Through” model or “Walk Up” line.</p> <p>Clients must remain 6 feet or more away from each other as they wait for service. Please wear a face mask. Food quantities are based on family size.</p> <p>We encourage clients to check the website or Facebook page for updates or changes in schedules.</p> <p>Also do FISH mobile Food Bank at varying locations in Pierce Co.</p> <p>Phone: 253-383-3164</p>
Chosen Generation Food Bank	http://www.bashfoodbank.org	<p>Food bank</p> <p>Phone: 253-576-8807</p>
Francis House	http://www.saintfrancishouse.net/	<p>Call to verify that your zip code is included in their service area</p> <p>Phone: 253-770-6991</p>
Parkland First Baptist Food Bank	n/a	<p>Serving zip codes: 98444, 98445, 98446, 98447, and 98387 zip codes</p> <p>First time clients must bring ID and proof of address</p> <p>Phone: 253-535-1293</p>
Spanaway FISH	http://www.fishfoodbanks.org/	<p>Food bank</p> <p>Phone: 253-383-1817</p>
Rainier View Christian Church-Food Bank	http://www.rainierview.org/community-care.html	<p>Serves zip codes: 98444, 98445, 98446, 98387</p> <p>Phone: 253-531-0757</p>

Utilities

Resource	Website	Description
Gator Pledge	https://forms.office.com/Pages/ResponsePage.aspx?id=PmZA-ieXeEmbznDs-CS8pUBEXTqQPaBGtWH7PwAIlSBUQVVHqjZNNzNZSFVHSVFUMDIBN0pEQVBUI4u	Emergency Funding through GRC
Hopelink	https://www.hopelink.org/need-help/energy	Hopelink may be able to provide up to \$1,000 of your home heating costs each year. If you qualify for the program, you can receive assistance even if you are not behind on your bill and/or have not received a shut-off notice.
Multi-Service Center	https://mschelps.org/gethelp/energy/	Multi-Service Center's Energy Assistance Program helps households meet the financial challenges of increasing heat and light bills. We can help with bills for: Electricity, Gas, Propane, Wood and Oil.
Byrd Barr Place (LIHEAP) (PSE Help)	https://byrdbarrplace.org/programs-services/energy-assistance/	Energy Assistance: All Year Round Avoid energy shut-off. Receive assistance toward heating expenses and repairs.

Benefits Access

Resource	Website	Description
DSHS	https://www.dshs.wa.gov/esa/community-services-offices/basic-food	The US Department of Agriculture (USDA), Supplemental Nutrition Assistance Program (SNAP), called Basic Food in Washington, helps people with low incomes

		<p>make ends meet by providing monthly benefits to buy food.</p> <p>Phone: (206) 716-2300</p>
WIC	https://www.kingcounty.gov/depts/health/child-teen-health/women-infants-children.aspx	<p>Public Health offers First Steps and WIC services at multiple locations across King County. Home or off-site visits are also available. To schedule an appointment, call...</p> <p>Phone: 206-263-9300</p>
Apple Health	https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage	Medicaid Coverage
Byrd Barr Place (LIHEAP) (PSE Help)	https://byrdbarrplace.org/programs-services/energy-assistance/	<p>Energy Assistance: All Year Round</p> <p>Avoid energy shut-off. Receive assistance toward heating expenses and repairs.</p>