

## Local Nutrition Resources

### Oak Harbor:

North Whidbey Help House  
1091 SE Hathaway St  
(360) 675-0681

### Coupeville:

Gifts from the Heart  
203 N Main St  
(360) 672-5502

### Anacortes:

Food Bank  
512 4th St  
(360) 293-6445

### Burlington:

Tri-Parish Food Bank  
935 Peterson Rd  
(360) 757-0128

### Mount Vernon:

Neighbors in Need  
1615 S. 2nd St  
(360) 982-2089

Phone Ahead for Distribution Days / Hours

## Food Lifeline

<https://foodlifeline.org/need-food>

Find a food bank or meal program near you. Interactive Map identifies local food banks, click on the map for food bank contact information.



<https://doh.wa.gov/you-and-your-family/wic/apply-wic>



WIC Nutrition Program provides free healthy food to income eligible pregnant, postpartum or breastfeeding adults, & infants & children under 5. Dads, grandparents, or other caregivers of eligible children may also sign them up for WIC.

WIC NASWI: (360) 679-8049; 260 W. Pioneer Way, Oak Harbor  
Seaplane Base, BLDG 13



<https://www.dshs.wa.gov/esa/community-services-offices/basic-food>

A federal nutrition program that provides food benefits to supplement qualifying individuals' and families' grocery budgets to purchase healthy foods.



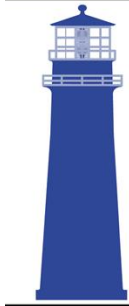
<https://www.washingtonconnection.org/home/>



Offering a fast and easy way for individuals and families to apply for various services such as Food, Cash, Child Care, Long-Term Care, and Medicare Savings Programs. Click on SEE IF I QUALIFY.



## SUPPORT SERVICES AND FINANCIAL ASSISTANCE PROGRAMS



**The**  
Fleet & Family Support  
**Center**

Fleet and Family Support Center  
3675 W. Lexington Street  
Building 2556, Ault Field  
Oak Harbor, WA 98278  
360-257-2271

<https://whidbey.navylifepnw.com/>

Navy-Marine Corps Relief Society provides programs and services to assist active duty and retired Sailors, Marines and their families in financial need.

NMCRS Whidbey Island  
260 W Pioneer Way  
Building 13, Seaplane Base  
360-257-2728  
<https://www.nmcrs.org/locations/whidbey-island>



NAVY-MARINE CORPS  
RELIEF SOCIETY

**MILITARY**  
**ONESOURCE**

<https://www.militaryonesource.mil/>

Military OneSource is your 24/7 gateway to trusted information, resources and confidential help.

When MilLife happens, it's your "first line of support" — giving service members and military families tools to stay well and thrive.

Call us anytime at 800-342-9647  
We're here for you.