

NUTRITION RESOURCES AND FOOD ASSISTANCE PROGRAMS

Local Nutrition Resources

Oak Harbor:

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

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.

