**Catholic Comm. Services** 253-893-7895
33505 13th Place S, Suite D, Federal Way
All Ages: M-F 10am-5pm.
Families with children: Tu, Th: 4pm-7pm.
Provides showers, laundry, computers, mail service, phones, and other services.

**Ray of Hope Resource Center** 253-833-8925
2806 Auburn Way North, Auburn
M-Sa: 8:30am-8pm. Su: 2pm-8:30pm.
Serves families and individuals. Offers laundry and shower facility on select days, and offers breakfast, lunch, and dinner. Please call ahead.

**HOT MEALS**

**Auburn Food Bank** 253-833-8925
100 N Street SE, Auburn
Meals: M: 4:30pm-5pm.
Provides a free to-go dinner to anyone in need.

**Calvary Chapel South** 253-852-7030
1340 West Smith Street, Kent
Meal: 4th Sa of Month: 11am-1pm.
Provides a hot meal once a month to anyone in need. Also offers clothing and hygiene kits.

**Comm. Caregiving Network** 253-661-0505
Serves hot meals to anyone in need.

---

**Christian Faith Center**
33645 20th Ave S, Federal Way
Meal: M: 5pm-6pm.

**Church of the Good Shepherd**
345 S 312th Street, Federal Way
Meal: Sa: 1pm-2pm.

**Hungry Soul Café** 253-852-1044
3807 Reith Rd S, Kent
Meal: W: 4:30pm-5:30pm.
Serves a free nutritious dinner once per week to anyone in need.

**Kent Community Supper** 253-852-2057
Kent Lutheran Church
336 2nd Ave S, Kent
Contact: Tu-F: 10am-2pm. Meal: M: 5pm-6pm.
Serves a free hot dinner once a week. Snack bags may be available during office hours.

**Neighbor to Neighbor** 253-852-3883
Kent Seventh Day Adventist Church
25213 116th Ave SE, Kent
Sa: 2pm-3pm.
Provides a sack lunch to anyone in need.

---

**Pacific/Algona Comm. Center** 253-929-1150
100 3rd Ave SE, Pacific
Office: M-F 8:30am-4:30pm.
General Public: M: 11am-12:30pm.
Seniors Nutrition Lunch: Tu-F: 12pm.
Offers a lunch for seniors, and a separate lunch for the general community.

**Renton Community Supper** 425-255-5974
720 S Tobin Street, Renton
Meal: M-Th: 4pm-5pm.
Provides a hot meal four days a week. Available to anyone in need.

---

**CLOTHING**

**Help Northwest** 206-227-5977
404 22nd St SE #D, Auburn
Office Hours: M-F: 1pm-3pm.
Provides clothing, coats and blankets to residents in the Auburn Valley area experiencing homelessness.

**Plateau Outreach Ministries** 360-825-8961 x3
1806 Cole St., Enumclaw
W: 9am-12pm.
Provides clothing for residents of Enumclaw and the greater Plateau area. Clients may visit weekly.

**Transform Burien** 206-839-6620
15623 Des Moines Memorial Dr. South, Burien
W: 12pm-2pm; Su: 3pm-5pm.
Serves anyone in need, with no geographic restrictions. Offers clothing and toiletries.

---

Call Ahead First!
FOOD BANKS

Food banks may serve specific geographic areas. Call ahead for eligibility requirements.

Auburn Food Bank 253-833-8925
930 18th Pl NE, Auburn
M, Tu, Th, F: 9am-1pm, 2nd W: 4:30pm-5:30pm.
Serves Auburn School District residents.

Black Diamond Comm. Center 360-886-1011
31605 3rd Ave, Black Diamond
M: 9am-4pm, Serves residents of Black Diamond, Covington, Maple Valley, and Ravensdale.

Des Moines Food Bank 206-878-2660
United Methodist Church, 22225 9th Ave S, Des Moines
M, W, F: 9am-11:45am, 3rd Tu: 6pm-8pm.
Online order pickup: Tu: 1pm-3pm, by appointment.
Serves Des Moines and parts of Kent, Normandy Park, and SeaTac. Call ahead.

Enumclaw Kiwanis 253-239-7501
1350 Cole St, Enumclaw
M-W, 9am-11:45am.
Serves Enumclaw School District residents. May visit once per month. Curbside service only.

Highline Area Food Bank 206-433-9900
18300 4th Ave S, Burien
Tu: 12pm-2:30pm; Th: 10am-12:30pm;
2nd Tu: 5:30pm-7pm.
Serves Highland area residents. May visit weekly.

Kent Food Bank

Kent Alliance Center 253-520-3550
515 W Harrison St, Ste. 107, Kent
General: W, F: 10am-1pm.
Seniors 55+: Th 10am-11am.
Serves Kent School District residents; clients may visit twice per month.

Birch Creek Annex 253-520-3550
12961 SE 275th St, Kent
M: 10am-1pm.
Provides food for Kent School District residents.

Maple Valley Food Bank 425-432-8633
21415 Renton-MAPLE VALLEY RD, Maple Valley
Tu: 10:30am-6pm. W: 10:30am -1pm.
Serves residents of Maple Valley, Black Diamond, and Tahoma School District. Limited home delivery.

Margie Williams Helping Hands 425-255-1446
4519 NE 10th St, Renton
Sa: 8am-10:30am.
Serves anyone in need.

Muckleshoot Family Resource 253-876-3336
39015 172nd Ave SE, Auburn
M-F: 9am-4pm.
Muckleshoot Tribal members only.
Home Delivery for Elders and disabled adults.

Multi-Services Center 253-838-6810
1200 S 336th St, Federal Way
M, W, F: 10am-2pm; closed on holidays.
Operates food pantry for Federal Way School District residents. No-cook food bags available for homeless clients.

Plateau Outreach Ministries 360-825-8961 x3
1806 Cole St, Enumclaw
Pantry: W: 9am-12pm.
Emergency Food: M-Sa: 10am-3pm.
Serves residents of the Enumclaw area.

Salvation Army - Renton 425-255-5969
206 S Tobin St, Renton
M, Tu, Th, F: 9am-11:15am, 1pm-3:15pm.
Serves Renton, Mercer Island, and Skyway.

Tukwila Pantry 206-431-8293
3118 S 140th St, Riverton Park UMC, Tukwila
Tu, Th, Sa: 10am-2pm.
Serves Boulevard Park, Burien, SeaTac, and Tukwila residents.

MEDICAL CARE

HealthPoint
Low cost medical & pharmacy services.

Auburn 253-735-0166
126 Auburn Ave, Suite 300, Auburn
M-W: 8am-8pm; Th F: 8am-5pm; Sa: 10am-3pm.

Federal 253-874-7634
33431 13th Pl S, Federal Way
M, W, F: 8am-5pm; Tu: 8am-7pm.

Kent 253-852-2866
403 E Meeker St, Suite 200, Kent
M-W: 8am-8pm; Th F: 8am-5pm.

Renton 425-226-5536
200 S 2nd St, Renton
M, Tu: 8am-7pm; W-F: 8am-5pm.

SeaTac 206-277-7200
4040 S 188th St, Suite 201
M, Tu: 8am-7pm; W-F: 8am-5pm.

Tukwila 206-439-3289
Highline Medical, 13030 Military Rd S
M-W: 8am-8pm; Th F: 8am-5pm; Sa: 10am-3pm.

Public Health 206-257-6870
Navos - 1210 SW 116th St, Seattle
M-F: 8:30am-5pm.
Provides medical and mental health services.

Sea Mar Comm. Health 206-812-6140
14434 Ambaum Blvd SW, Suite 5, Burien
M-Sa: 8am-5pm.
Offers diagnosis, treatment, and health management.

DENTAL CARE

Christ Comm. Free Clinic 253-736-2634
925 East Main St, Auburn
One M or F a month: 8am-5pm.
Urgent dental care; serves those without dental insurance. Appointment required.

HealthPoint
Emergency walk-in appointments as schedule permits.

Auburn 253-735-0166
126 Auburn Ave, Suite #300, Auburn
M-F: 7:15am-5:30pm. Sa: 8:15am-12:30pm.

Federal 253-874-7646
33431 13th Pl S, Federal Way
M-F: 7:45am-4pm.
Emergency Walk-In: Th: 7:30am-12pm.

Kent 253-796-4071
403 E Meeker St, Suite #200, Kent
M-F: 7:30am-5:30pm; Sa: 8am-12pm.
Emergency Walk-In: M: 7:15am-12pm.

Midway 206-870-3600
26401 Pacific Highway S, Suite #101
M-F: 7:30am-5:30pm; Sa: 8:30am-12:30pm.

Sea Mar Community Health
Provides both primary and emergency dental care.

Burien 206-631-7316
18010 8th Ave S, Suite #416, Burien
M-F: 8am-5pm.

Des Moines 206-212-4520
2781 S 242nd St, Des Moines
M-F: 8am-5pm.

Federal Way 253-681-6620
31405 18th Ave S, Federal Way
M-F: 8am-5pm.