**HOT MEALS**

**Arcadia Drop-In Center** 253-740-7189
932 Auburn Way S, Auburn
Hours: M-F: 2:30pm-6pm.
Offers youth and young adults aged 12-24 with drop-in services, counseling, and resources.
Provides access to basic needs including food, showers, and laundry service.

**Catholic Comm. Services** 253-893-7895
33505 13th Place S, Suite D, Federal Way
All Ages: M-F: 10am-3pm.
Families with children: Tu, Th: 4pm-7pm.
Provides showers, laundry, computers, mail service, phones, and other services.

**Kent Community Supper** 253-852-2057
Kirkland 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.

**Kent Community Supper** 253-852-2057
Kirkland 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.

**Neighborhood Supper** 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.

**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.

** transforms 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.

**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-Th: 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: 5pm-7:30pm.
Serves Highline 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
2145 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-Service 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.

Plateau Outreach Ministries 360-825-8961x3
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-11:30am, 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 Way 253-874-7634
33431 13th Pl S, Federal Way
M, W, Th, 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 Clinic, 13030 Military Rd S
M-W: 8am-8pm; Th F: 8am-5pm;
Sa: 10am-3pm.

Public Health 206-257-6870
Navos - 1210 SW 136th St, Burien
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.

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

—Federal Way 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.