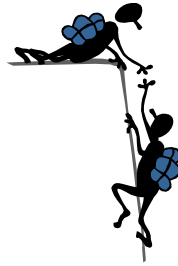


# Do You Run out of Money at the End of the Month?



# Do You Have Trouble Getting Enough Food?

The Washington **Basic Food Program** may be able to *help*.

Basic Food is the Food Stamp Program in Washington State. It helps low-income people get a more nutritious diet by supplementing their income with food assistance benefits from grocery stores.

Call your local DSHS Office to find out if you are eligible: (206) 341-7431 on Capitol Hill

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### Other Local Food Resources:

**Ballard Food Bank** (206) 789-7800  
7001 24th Avenue NW, Seattle, WA 98117

**Greenwood Food Bank** (206) 782-6731  
9747 Greenwood Avenue N, Seattle, WA 98103

**Hopelink** (425) 869-6024  
16225 NE 87th Street, Suite 1A, Redmond, WA 98052

**Lifelong AIDS Alliance** (206) 957-1662  
1002 E Seneca Street, Seattle, WA 98122

**North Helpline/Lakecity Food Bank**  
(206) 367-3477  
12707 30<sup>th</sup> Ave NE, Seattle, WA 98125

**Providence Regina House** (206) 763-9204  
8201 10th Avenue S #6, Seattle, WA 98108

**Solid Ground/Fremont Public Assoc.**  
(206) 694-6757  
1501 N. 45th Street, Seattle, WA 98103

**St. Mary's Food Bank** (206) 324-7100 x21  
611 20th Ave S, Seattle, WA 98144

**University District Food Bank**  
(206) 523-7060  
4731 15th Avenue NE, Seattle, WA 98105

**West Seattle Food Bank** (206) 932-9023  
3419 SW Morgan Street, West Seattle, WA 98126