

## FOOD BANKS

### FISH Community Food Bank

804 Elmview Road, Ellensburg  
(509) 925-5990, [www.kvfish.org](http://www.kvfish.org)  
FISH Community Food Bank is the only food bank in Kittitas County. It warehouses and distributes food to the food pantries located throughout the county. The food bank does not have public hours.

## FOOD PANTRIES

### Apoyo Food Pantry

1320 18th Avenue, Ellensburg  
(509) 929-4112, [www.apoyofoodbank.org](http://www.apoyofoodbank.org)  
Hours: Wednesday 6:00 p.m. to 7:00 p.m., Saturday 1:00 p.m. to 2:00 p.m.

### CWU Presidents United to Solve Hunger (PUSH) Pantries

Open to CWU students, faculty, and staff. For pantry locations and more information, visit [www.cwu.edu/push](http://www.cwu.edu/push)

### Easton Community Food Pantry

*A satellite of FISH Community Food Bank*  
2821 Railroad Street, Easton  
(509) 656-2414 or (509) 925-9550, [www.kvfish.org](http://www.kvfish.org)  
Hours: first and third Wednesday of each month, 3:00 p.m. to 5:30 p.m.

### FISH Food Pantry

804 Elmview Road, Ellensburg  
(509) 925-5990, [www.kvfish.org](http://www.kvfish.org)  
FISH distributes food daily Monday through Friday and provides other resources and services to the community. Please call or visit [www.kvfish.org](http://www.kvfish.org) for service hours and details.

### HopeSource Food Pantry

110 Pennsylvania Avenue, Cle Elum  
(509) 674-2375, [www.hopesource.us/nutrition](http://www.hopesource.us/nutrition)  
Cle Elum HopeSource offers food boxes at the pantry location during open hours, and fixed site delivery to Upper Kittitas County for pre-qualified disabled and homebound clients.  
Hours: Food box distribution Monday from 1:00 to 3:00 p.m. and Wednesday from 3:00 p.m. to 5:00 p.m.

### Kittitas Neighborhood Pantry

319 Main Street, Kittitas  
Hours: Friday 1:00 p.m. to 3:00 p.m.  
For more information, contact Cheryl Winston at (509) 929-2210.



# FOOD 4 YOU!

FOOD ACCESS COALITION FOR KITTITAS COUNTY

## A Food Resource Guide Spring 2019 Edition

**The Food Access Coalition's mission is to engage local programs and agencies in advancing access to healthy foods in Kittitas County. The coalition is open to anyone interested in improving food access in our community.**

**The Food Access Coalition for Kittitas County created the Food 4 You Resource Guide for YOU!**

**This guide has information to help everyone connect with local food and food assistance programs in Kittitas County.**

Please contact the Food Access Coalition for more information regarding additional printed copies of this guide.

To get connected, contact the Kittitas County Public Health Department  
(509) 962-7515 | [healthpromotion@co.kittitas.wa.us](mailto:healthpromotion@co.kittitas.wa.us)

Learn about local food banks and pantries, meal assistance programs, farmers markets, and community gardens.



## MEAL ASSISTANCE PROGRAMS

### \*Free and Reduced Price School Meals

Free or reduced price school meals and free milk are available to eligible children of low-income families. Applications are available in each school office and online at: [www.esd401.org/departments/food-services](http://www.esd401.org/departments/food-services).

### \*Meals on Wheels / Senior Nutrition

Meals on Wheels is a meal delivery program that caters to nutritional needs of the elderly or those who are homebound. Senior Nutrition is a program that provides a hot, nutritious communal lunch in Ellensburg and Cle Elum. There is no charge for qualified participants and registration is required. For information or to register for these programs, please call (509) 925-6688.

### Open Table

FISH provides lunches Monday through Thursday for anyone in Kittitas County who needs a meal and connection to others. Meals are served in a communal setting. There is no cost and no registration. Meals are located at Calvary Baptist Church, 507 N Pine St in Ellensburg. Hours: Monday through Thursday, 11:30 a.m. to 12:30 p.m.

### Picnic in the Park

FISH offers the summer meal program for children and young people up to the age of 18. There is no charge and no registration required. Food is delivered to parks throughout Kittitas County June through August. For specific locations, dates, and times, please contact FISH at (509) 925-5990 or visit [www.kvfish.org](http://www.kvfish.org).

### \*Weekend Nutrition

Non-perishable food is available for children at risk of hunger every Friday through the local school districts during the school year. Contact your child's school for more information.

The following meal assistance programs provide benefits to purchase food from local retailers for income-eligible adults and children.

## MEAL ASSISTANCE PROGRAMS

### \*SNAP/Basic Food

Basic Food is Washington State's Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. Benefits can be used at all local grocery stores, farmers markets, and participating produce stands and convenience stores. Apply by making a free call to 2-1-1, through the Department of Social and Health Services (DSHS) in person at 1100 West University Way in Ellensburg, Monday through Friday 8:00 to 5:00, or online at [www.washingtonconnection.org](http://www.washingtonconnection.org).

### \*Women, Infants, and Children Program (WIC)

WIC provides checks for healthy food, health screenings, nutrition education, breastfeeding support, and community resources to income eligible pregnant women, a caregiver, or a mom with a child under 5 years old.

#### WIC Lower County

607 East Mountain View Avenue, Ellensburg  
(509) 962-7077

Hours: Monday through Friday, 8:00 a.m. to 5:00 p.m.

#### WIC Upper County

112 West Railroad Avenue, Cle Elum  
(509) 674-5513

Hours: Tuesday 8:45 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

## FARMERS MARKETS

The Ellensburg and Roslyn Farmers Markets accept SNAP/EBT food benefits as well as WIC and Senior Nutrition checks. Markets also participate in the *Fresh Bucks* program – for every \$5 in SNAP/EBT used at the market, customers will receive \$2 in *Fresh Bucks* which can be used to purchase fruits and vegetables.

### Ellensburg Farmers Market

Located on 4th Avenue in downtown Ellensburg  
[ellensburgfarmersmarket.com](http://ellensburgfarmersmarket.com)

Hours: Every Saturday May through October from 9:00 a.m. to 1:00 p.m.

For more information, contact Market Manager Colin Lamb at [eburgfarmersmarket@gmail.com](mailto:eburgfarmersmarket@gmail.com) or 509-899-3870

### Roslyn Farmers Market

Located on Pennsylvania Avenue in downtown Roslyn  
[roslynfarmersmarket.org](http://roslynfarmersmarket.org)

Hours: Every Sunday June through September from 10:00 a.m. to 2:00 p.m.

## COMMUNITY GARDENS

Community Gardens give people a chance to grow food and build connections. Give a small fee or volunteer hours in exchange for room to grow food.

### Central Washington University Campus Community Garden

You don't have to be a student to garden at CWU! The garden is located at the corner of North Alder Street and East 14th Street, across from Student Village Apartments. For more information, contact Becky Pearson at [becky.pearson@cwu.edu](mailto:becky.pearson@cwu.edu).

### Ellensburg Downtown Community Garden

The Ellensburg Downtown Community Garden is located at the corner of Pine Street and 1st Avenue in Ellensburg. For more information, contact Sarah Haven at [eburgcommunitygarden@gmail.com](mailto:eburgcommunitygarden@gmail.com).

### Ellensburg Community Garden at St. Andrew's Church

The Ellensburg Community Garden uses organic gardening practices and is located at 401 South Willow Street in Ellensburg. To learn more, contact Keyna Bugner at [eburggarden@gmail.com](mailto:eburggarden@gmail.com).

### Thorp Community Church Garden

Community members are invited to participate in the garden May 1st through October 15th. The garden location is 154 1st Street in Thorp. For more information, contact Roger McCune at (509) 312-9056 or [rogermccune44@gmail.com](mailto:rogermccune44@gmail.com). Volunteer Hours: Tuesday 10:00 a.m. to 12:00 p.m. and Thursday 3:00 p.m. to 7:00 p.m.

### Cle Elum Community Gardens

Cle Elum Community Gardens are located at 3rd and Yakima in Cle Elum. They were established through cooperation of the City, UKC Rotary and community volunteers. There are both raised and in ground beds. For more information go to [www.ukcrotatry.com/sitepage/community-garden](http://www.ukcrotatry.com/sitepage/community-garden)

**Did you know that you can use SNAP/EBT to buy vegetable seeds and starts?**

*\*Programs marked with a \* have applications or eligibility requirements.*