

# SVDP Resource List

## Dental (August 2022)

Community Health Center of Snohomish County  
1701 76th  
Edmonds  
425-789-3700  
Sliding fee scale based on income

Sea Mar  
4111 Alderwood Mall Bld  
Lynnwood  
425-616-4100 ext33100  
Sliding fee scale

Lahai Health  
Located in Lynnwood near Trader Joe's  
206-363-4105 ext 701

Dental Van Clinics free dental care usually once per month call for appointment  
Lynwood Food Bank  
Call 425-481-4483

Edmonds Food Bank Dental Clinic  
206-849-2643  
425-778-5833

## Food (updated September 2022)

**Nazarene Church Food Bank** ([www.lynnwoodfoodbank.org](http://www.lynnwoodfoodbank.org))  
5326-176<sup>th</sup> ST SW, Lynnwood. (425).745.1635 No ID requirements  
Wednesday: 11 AM to 5:00 PM and Friday: 10 AM - 1 PM  
and

A refrigerated food truck is at **Whispering Cedars Apartment complex mailboxes**: 6501-208<sup>th</sup>  
ST SW, Lynnwood  
Saturday from 9:30 - 10:30 AM

**Concern for Neighbors: MLT Food Bank** ([www.concern4neighborsfb.org](http://www.concern4neighborsfb.org))  
4700 228<sup>th</sup> St SW, Mountlake Terrace. (425).778.7227  
Tuesdays: 9:30 AM to 11:30 AM, MLT

If you need help shopping, someone will help you. Can call from **9:30 to 11:30 AM for an appointment.**

(May be utilized weekly, need "ID" for all family members, and proof of residency.)

**Westgate Chapel: food and clothing bank** ([www.westgatechapel.com](http://www.westgatechapel.com))

22901 Edmonds Way, Edmonds. (425).775.2776. Thursday 11:00 AM to 2:00 PM  
Also provide some financial assistance, gasoline and community transit vouchers for appointments or job searches and/or grocery vouchers for specialized needs. *Clothing is free of charge, but recipients must register in the food bank for this service.* (May utilize weekly, need ID for all family members and proof of residency)  
Financial help: (425).977.4500. Emergency food bags: Mon. - Thurs. at the Office 9 AM to 4:30 PM.

**Edmonds United Methodist Church:** ([www.edmondsfoodbank.org/get-food/](http://www.edmondsfoodbank.org/get-food/) )

828 Caspers St., Edmonds 425-778-5833  
Mondays: 3 PM to 6 PM. Tuesdays 9:00 AM to 12:00 AM Residents of Edmonds or surrounding area  
(Must bring "ID" for all family members, and proof of residency, may use weekly.)  
Encourage filling out the required annual registration form on-line. Encourage pre-ordering on-line for pick-up. Offer home delivery to those over 60 or an ADA customer.

**Lutheran Community services:** (425).670.8984, Call for an appointment. (<https://lcsnw.org>)

They can help with: finding a place to live; retaining current housing; Basic necessities: food, toiletries, diapers; Mental health support; DSHS and government benefit application; Medical insurance applications; Connecting those living with disabilities to support resources; Veteran services; Job search: resumes, and cover letters; Utilities (with disconnect notice); Emergency clothing and household items.

**Modest Family Solutions**

Modest Family Solutions offers Good Neighbor Days. Come thru and pick up a box of FREE fresh produce for the week. <https://www.modestfamilysolutions.org> 425-310-2411  
18122 Bothell Way NE, Bothell 98011 Thursday - Sunday Best to schedule online, but it is not required. (They only use it to keep food stocked up.) No ID is required and it's OK to use a fake name.

**Bethesda Lutheran Church** - 23406 56<sup>th</sup> Ave W, MLT. 425-778-6390

Sundays at 4:00 Gleaning - food, (4<sup>th</sup> Saturday 8:00 AM community breakfast)

**Cedarwood International** Food pantry and clothing closet

Hours: Monday 1:00pm – 2:30pm 23010 66th Ave W., Mountlake Terrace, WA – 98043  
Important: Please **call** the food pantries to confirm that the hours have not changed. (425) 774-9300  
Contact Information <https://www.foodpantries.org/> website has links to many cities/states

**Other Local Food Banks**

**Salt of the Earth Blessings:** <https://soteblessings.org> Current website with five locations.  
Sundays at **Midnight Cry Church**, 210 Avenue B, Snohomish 4PM

Tuesday at **Hope Church**, 5002 Bickford Ave. Snohomish 11:30 AM  
Thursdays at **Marysville Foursquare Church**, 11911 State Ave., Marysville 11:30am  
Fridays at **Pinehurst Baptist Church**, 1902 Madison St., Everett 11:30am  
Saturdays at **LIFE Church 360**, 3310 Smokey Point Drive, Arlington 12 noon

**Everett Salvation Army**, Open Monday to Friday from 10-1 and 1:30-4. May come twice per month and

Bring ID each time 2525 Rucker Ave., Everett, WA, 425-259-8129

**Faith Lutheran Church**—Open on Fridays at 10:30 until food is gone.

6708 Cady Road, Everett 425-353-4758

**Everett United Church of Christ**—Last two Mondays of the month from 9:30 - 12noon

2624 Rockefeller Ave., Everett, 425-252-7224

**Mukilteo Food Bank**— <http://www.mukilteofoodbank.org> 425-366-8229

2<sup>nd</sup> & 4<sup>th</sup> Mondays 3:30-5pm, and 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 9-10:30am

At Mukilteo Presbyterian Church, rear door: 4514 84th St SW, Mukilteo, WA

**Volunteers of America**— <https://www.voaww.org/foodbank>

Mon & Wed & Thurs. 10am-2pm and 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays from 3 - 6pm

1230 Broadway Ave N, Everett, WA, 425-259-3191

You must bring identification and proof of residence when visiting your local food bank.

## **Nutrition**

Due to Covid 19, meals are being handled differently. Eligibility is established for any person 60 years of age or older and spouse; volunteers at the meal site; and handicapped or disabled individuals under the age of 60 who reside with an eligible participant.

### **1. Homage Services of Snohomish County Nutrition Program**

Meals on Wheels – Call the Homage Services of Snohomish County Nutrition Program at 425-347-1229 or toll-free at 800-824-2183.

### **2. Edmonds Water Front Center (Edmonds Senior Center)**

<https://www.edmondswaterfrontcenter.org/>

220 Railroad Ave., Edmonds 425-774-5555

Senior Dining Program: In partnership with the Potlatch Bistro, and in an effort to curb food insecurity for seniors, they offer a subsidized lunch for those 60 and older. Those who can are asked to make a \$5 contribution towards the cost of their meal. No senior is turned away for not being able to pay. However, customer must show ID and fill out a membership form to be approved for low-income.

### **3. Mountlake Terrace Senior Center**

Grab-and-go lunches served every Tuesday and Friday from noon to 1:00 pm via drive through in the parking lot. Thursdays 12-1pm is sit-down in the Lakeview Room.

\$3.00 suggested donation for both grab & go and for sit down, but not required. You are welcome to call at (425) 672-2407 with any questions. ID and Membership are not required.

## **Free Community Meals**

### **Sundays**

### **Mondays**

**Snohomish Community Kitchen** at St. John's Episcopal Church– 4:30 to 6 p.m. Mondays and Thursdays,  
Cold sack lunch. 913 Second Ave., Snohomish, 360-568-4622.

### **Tuesdays**

**Faith Lutheran Church**– Free community hot meal to go on Tuesdays from 5 - 6 PM.  
6708 Cady Road, Everett 425-353-4758

### **Wednesdays**

**Annie's Kitchen at Edmonds Lutheran**– Wednesdays 5:00-6:30pm \*CLOTHES AVAILABLE\*,  
23525 88th Ave W, Edmonds, WA 425-744-8090

**Everett First Presbyterian Church**–<https://firstpreschurch.com/dinner-at-the-bell> info about their shower and laundry services. Wednesday Dinner 5:15 p.m., 2936 Rockefeller Ave., Everett, 425-259-7139

**Gloria Dei Lutheran**–<https://www.gloria-dei-lutheran.org/wednesday-night-dinner>  
Wednesdays 5:30pm, 3215 Larch Way Lynnwood, WA, 425-776-2444

**Prince of Peace Lutheran**–<https://www.princeofpeaceshoreline.com/POPYsCafe.html>  
Wednesdays 5-6:30pm, 14514 20th Ave NE, Shoreline, WA 206-363-8100

### **Thursdays**

**Snohomish Community Kitchen** at St. John's Episcopal Church– 4:30 to 6 p.m. Mondays and Thursdays,  
Cold sack lunch. 913 Second Ave., Snohomish, 360-568-4622.

**Everett United Church of Christ**– 5:30 p.m. Thursdays, 2624 Rockefeller Ave., Everett 425-252-7224

### **Fridays**

**Everett First Baptist Church**–5:15PM every Friday, sit down meal, 1616 Pacific Ave, Everett.  
425-259-9166

**Maplewood Presbyterian Church-** Fridays 5:00-7:00 pm, 19523 84th Ave W, Edmonds, WA, (425) 778-5248

### **Saturdays**

**Trinity Lutheran Church** – Neighbors in Need Program 8:30am-10:30am: groceries including fresh produce, clothing, grab & go food (no sit down meal) 6215 196th St SW Lynnwood, WA, 425-778-2159

**Bethesda Lutheran Church** - 23406 56<sup>th</sup> Ave. W., MLT. 425-778-6390  
4<sup>th</sup> Saturday 8:00 AM community breakfast

## **MEDICAL RESOURCES (August 2022)**

Going to an Urgent Care Clinic (aka “doc-in-a-box”), is more or less, 50% less expensive than the hospital emergency department.

### **Comprehensive Treatment: (Sliding Scale)**

-- Community Health Center of Snohomish County (Medical & Dental) (7/1/2022)

<https://www.chcsno.org/lynnwood-clinic/>

Edmonds: 23320 Hwy 99, Edmonds, WA 98026 (425) 640-5500

Lynnwood 4111 194th St SW, Lynnwood, WA 98036 (425) 835-5200

### **Chronic Conditions/Non-Urgent Treatment: Medical & Dental**

– Lahai <https://lahai.org/> \$10 suggested copay (7/1/2022)

Located in Community Life Center

19820 Scriber Lake Rd Suite #2, Lynnwood, WA 98036 Phone (206) 363-4105 ext. 701

### **Health Screening:**

– Citrine Health (screening, food assistance, classes) 2940 W. Marine View Drive, Everett, WA 98201 425-259-9899 (7/6/2022)

### **Immunizations and Health Screening:**

– Snohomish Health District (425) 339-5200 (7/6/2022)

### **Mental Health:**

– Compass Health – Resource line: 425-349-8200 (7/6/2022)

– Sea Mar Behavior Health: 425-609-5505 & 425-312-0277

**Health insurance** – Obama Care for Washington State (7/1/2022) <https://www.obamacareplans.com/>

**Seniors and Disabled** (6/29/2022)

--Homage Senior Services

5026 196<sup>th</sup> St. SW, Lynnwood, WA 98036 425-355-1112

**Medical Equipment (DME)**

– Donor Closet, 409 Howell Way, Edmonds, WA 98020 425-712-1807

**Pregnancy:**

– Next Step Pregnancy Services <https://www.nextstepnw.com/> (7/1/2022)

PG testing/ultrasound, infant clothing, post abortion care, referrals & resources  
(7/6/2022)

19525 64<sup>th</sup> Ave W, Lynnwood, WA 98036  
(425) 329-4569

## **School Supplies**

**Washington Kids in Transition** is providing back packs with school supplies, snacks and tickets to a local event. 17921 Scriber Lake Rd. #B, Lynnwood from 9:30-3:00PM Monday through Thursday.

**Edmonds School District**, 20420 68th Ave W, Lynnwood, WA, 98036, call (425) 431-7146

While resources may vary, in general they provide free school wardrobes, hygiene kits, backpacks, book bags, and other school supplies. Some of the schools will only help the homeless in their district.

**Mountlake Terrace Elementary** charges each parent a flat \$40 fee then bulk buys all the necessary supplies a child needs.