

Food & Clothing Distribution

2-harvest.org/i-need-food-assistance/
ifbmaps.wpengine.com
littlefreepantry.org
newhungercoalition.org
northwestharvest.org/statewide-network

Campus Kitchen at GU

502 E Boone 313-6939
MSC 2472, 99258 Fax: 313-6868
FB: [CampusKitchenGU](https://www.facebook.com/CampusKitchenGU)

Provides community service for students and anti-hunger programs for the community. Delivers meals to community organizations and agencies that provide other services.

Coats for Kids - KXLY329-5042

500 W Boone, 99201 kxly.com
Collects and distributes coats for area children for winter. Call or check website for distribution sites.

Feed Spokane 216-7364

PO Box 141674, 99214
admin@feedspokane.org
feedspokane.org
Exec Dir: Steven Brashears
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

Feeding Washington 252-6286

1234 E Front Ave, 99202
rod.wieber@feedingwashington.org
feedingwashington.org
Exec Dir: Rod Wieber
Food Lifeline and Second Harvest form the largest charitable food distribution network in the state and are united in their vision to end hunger in Washington.

Food Drives, Volunteers/Info

GUARD AGAINST HUNGER –
WASHINGTON NATIONAL GUARD
8700 W Electric Ave, 99224
patches.e.cox.ctr@mail.mil
gowguard.com/community-involvement/guard-against-hunger
Coord: Patches Cox 598-0645
Recruits area state high school students to collect non-perishable food items for local food banks.
LETTER CARRIERS FOOD DRIVE/USPS
lettercarriers.inland.volunteerhub.com/events/index1
Food Drive for Second Harvest
SCOUTING FOR FOOD - BOY SCOUTS
nwscouts.org/scoutingforfood
Lists District Contacts for drop off locations for local food banks.

Food for Kidz 868-9260

Eastpoint Church Warehouse at,
15303 E Sprague foodforkidz.org
6009 N Haye, Newman Lake 99025
Jim Dodd jim@foodforkidz.org

Organizes food packing events for children and families in US and around the world.

Food Preparation, Cooking & Nutrition Courses

EAT SMART IDAHO - UI EXTENSION
eatsmart@uidaho.edu uidaho.edu/extension/eatsmartidaho

State Coord: Kristin Hansen
Education to help limited-resource adults learn how to stretch food dollars to provide tasty, low-cost, nutritious meals for their families. Area counties: Benewah, Bonner, Boundary, Clearwater, Idaho, Kootenai, Latah, Lewis, Nez Perce and Shoshone.

-NORTH IDAHO 208-446-1686

Prog Coord: Kali Gardiner
kalg@uidaho.edu

FOOD SAFETY, APPLIED NUTRITION, OUTREACH AND INFO CENTER
Food Education. 888-723-3366

FOOD SAFETY - SRHD 324-1560 x2
1101 W College, 99201 srhd.org
Restaurant inspections, complaints and permitting.

SNAP-ED - NUTRITION EDUCATION NETWORK OF WA nutrition.wsu.edu
manenica@wsu.edu

A nutrition education program that teaches youth and adults with limited incomes skills and behaviors to eat healthy and maximize the value of their food dollars and food assistance benefits.

ASOTIN 243-2009
kim.belanger@wsu.edu

PEND OREILLE 447-6479
christine.knoefler@wsu.edu

SPOKANE 477-2194
Ivananrooy@spokancecounty.org

WALLA WALLA 524-2685
meike.johnson@wsu.edu

SPOKANE VALLEY PARTNERS 927-1153
10814 E Broadway, 99206

PO Box 141360 Fax: 928-8463
Spokane Valley 99214 svpart.org

THE KITCHEN - SECOND HARVEST
1234 E Front St 252-6271

melissa.johnson@2-harvest.org
secondharvestkitchen.org

Food Stamps, (EBT)

SUPPLEMENTAL NUTRITIONAL ASSISTANCE PROGRAM (SNAP)
-FOOD AND NUTRITION OFFICE, WEST REGIONAL OFFICE 415-705-1310
90 Seventh St, Ste 10-100
San Francisco CA 94103

fns.usda.gov/snap
Offers nutrition assistance to millions of eligible, low-income individuals and families, provides economic benefits to communities.

-WASHINGTON APPLICATION
dshs.wa.gov 877-501-2233

HEALTHY FOOD. EVERY PERSON. EVERY DAY.



"I think the stigma was that everybody that goes to the food bank is just looking for a handout. A large part of it for us is we feel like we've done so many things right, but we're still stuck in a situation where we can't quite afford rent, or food stamps aren't getting us all the way through the month." - Austin

1 in 8 people, including **1 in 5 children**, in Spokane and the Inland Northwest struggle with hunger.

Second Harvest provides free food to over **55,000 people** each week through neighborhood food banks, meal programs and Mobile Market distributions.

You can help. Donate. Volunteer. Organize a drive.

Visit 2-harvest.org and click "FOOD NEAR ME" for a list of local pantries and Mobile Markets.



HARVEST

(509) 534-6678 | 2-harvest.org



Recipient fraud 800-562-6906
Retailer fraud 888-436-6392
-IDAHO APPLICATION 877-456-1233
Recipient fraud 800-926-2588
Welfraud@dhw.idaho.gov

Gleaners

BACKYARD HARVEST 208-669-2259
933 E 7th St backyardharvest.org
PO Box 9783, Moscow 83843
COMMUNITY ROOTS 208-667-9093
KOOTENAI ENVIRONMENTAL ALLIANCE
206 E Indiana, #112, CdA 83814
kealliance.org Fax: 667-9093
SPOKANE EDIBLE TREE PROJECT (SETP)
Community Bldg/Saranac, 25 W
Main, Ste #244, 99201 209-2890
info@spokaneedibletreeproject.org
spokaneedibletreeproject.org
WHITMAN GLEAN TEAM 416-6622
whitmanglean@gmail.com

Heal Spokane healspokane.org
PO Box 28253, 99228
heal.spokane@gmail.com
A service group that prepares
necessity kits for families.

HRC Ministries 879-3773
POB 14257, Spokane Valley 99214
warehouse@hrcministries.com
hrcministries.com 922-0939
Food distribution to partner
ministries and churches.

**Inland Empire Chapter of
Safari Club International**
2910 E 57th, Ste 5, PMB 306, 99223
larrymaddux.sci@gmail.com
iesci.org/sportsmen.htm 443-1474
Sportsmen Against Hunger
program invites hunters to donate
game meat to local charities.

**LDS Welfare Home Storage
Center** providentliving.org
9423 E 4th, 99206 928-1035
Provides food to LDS members
and friends with bishop's
approval. 10-5, F & Sat.

Mobile Food Banks
IDAHO MOBILE FOOD BANK
Idaho Food Bank 208-336-9643
3562 South TK Ave, Boise 83705
[idahofoodbank.org/idaho-food-
assistance-mobile-pantries-only/](http://idahofoodbank.org/idaho-food-
assistance-mobile-pantries-only/)
JUMPING BEANS MOBILE FOOD BANK PANTRY
9428 N Government Way
Hayden 83835 208-762-7052
jumpinbeans.org Fax: 762-7022
SECOND HARVEST OF THE INLAND NW
1234 E Front 534-6678

NEW Hunger Coalition
Tri County Economic Develop.
Dist Bldg, 986 S Main St, Ste D
Colville 99114 690-1299
office@newhungercoalition.org
newhungercoalition.org

15 food banks and 9 community
partners in rural Northeast WA
work to stabilize and strengthen
the emergency food system while
addressing the root causes of
hunger in area communities.

**Northwest Harvest Spokane
Warehouse** 800-722-6924
PO Box 12272, Seattle 98102
northwestharvest.org
EASTERN WASHINGTON
3808 N Sullivan Rd, Bldg 14-J
Spokane Valley 99216 891-7012
Operations Mgr: Dennis Vorhies
Supplies 50 hunger relief prog-
ams and eight high-need schools,
delivering 2.5 million lbs of food.

Quilting Ministry, Women
CHRIST CENTRAL 327-9322
19 W Shannon Ave, 99205
centralbaptistspokane@comcast.net
Meets 9a.m.-noon, every other
Thursday assembles for needy..
**FOOTHILLS FABRICATORS QUILT GROUP -
FOOTHILLS COMMUNITY** 926-4971
11102 N Forker, 99207
foothillscscc.net Meets 1st M

Salvation Army 325-6821
222 E Indiana, 99207 Elisha Roberts
Food Box Delivery Program
Temporarily scheduling and
delivering perishable and non-

perishable food boxes to those
that are afraid to venture out, are
facing food insecurities currently
due to layoff, or do not have the
transportation to make a trip to a
local food bank.

**Second Harvest of the Inland
Northwest**
1234 E Front, 99202 534-6678
2-harvest.org Fax: 534-8252
Supplies half a million pounds of
food weekly to a network of 250
Inland NW neighborhood food
banks and meal centers, as well as
Mobile Food Banks.

Serve Spokane 444-8445 x111
8303 N Division, 99208
vinnydpizzo@yahoo.com
Viny Del Pizzo ServeSpokane.org
Admin: Cathy Del Pizzo
Faith-based community outreach
to those in need includes: food/
clothing, small construction
projects and backpack giveaway.

SNAP Cuisine for Clients
snapwa.org 456-SNAP
Donations will be used to
purchase meals from SNAP-
supported restaurants and donated
to residents living at SNAP
affordable housing properties.




northwest HARVEST nwh.org GROWING FOOD JUSTICE ACROSS WASHINGTON

In addition to making sure those who suffer from hunger have increased access to healthy food, Northwest Harvest acts to remove structural inequities that exist within our food and economic systems—and addresses the disproportionate societal barriers to healthy, nutritious food.

Please join us in bringing equity to our state's food system
Together, we can end hunger in Washington.

DONATE. VOLUNTEER. RAISE YOUR VOICE.
northwestharvest.org | 800.722.6924



Those jeans you bought aren't just a good deal. They're also helping people get jobs, housing, and training in the Inland Northwest.

Good job, you!
You just joined the Cycle for Good.

THE CYCLE FOR GOOD

Goodwill
Industries of the Inland Northwest

Donate. Shop. Change a life.
discovergoodwill.org

Spokane Area Jewish Family Services

director@sajfs.org

1322 E 30th, 99203 747-7394
Exec Dir: Neal Schindler sajfs.org
Provides food to clients, usually delivering it to their doorsteps but not having contact.

Spokane Food Fighters

Hello@SpokaneFoodFighters.org
spokanefoodfighters.org 280-7643
People may fill out a quick form to submit their request for volunteers to deliver food to their front step (unless otherwise specified). Deliveries are made between 4 - 9 p.m. daily. Able to fulfill up to 25 requests daily.

Thrift Stores Days & hours vary

Spokane Locations:

ARC OF SPOKANE, THE 328-8100
808 N Ruby, 99201
BARK IT MARKET THRIFT STORE-
SPOKANIMAL 534-8133 x216
715 N Crestline, 99202
spokanimal.org
FB: [BarkItMarketThriftStore](https://www.facebook.com/BarkItMarketThriftStore)
DISCOVERY SHOP - AMERICAN CANCER
SOCIETY 328-9373
805 W Garland cancer.org
GLOBAL NEIGHBORHOOD THRIFT
919 E Trent 868-0001
global-neighborhood.org
GOODWILL RESALE/THRIFT
Goodwill's community service programs are funded by donations

and sales at 11 regional Goodwill stores and shopgoodwill.com.
\$.85 of every dollar directly supports services in the communities. Shop and donate at any locations:

-Downtown Spokane Goodwill Store 444-2396
202 E Third Ave, 99202
-Goodwill Outlet Store, 1406 E Front Ave, 99202 279-2916
-North Nevada Goodwill Store 9832 N Nevada, 99218 466-2012
-Northwest Blvd Goodwill Store 2282 N Ash St, 99205 321-0579
-South Hill Goodwill Store 2927 E 27th 321-0478
NW CHRISTIAN SCHOOL THRIFT STORE 6607 N Maple 326-1522
nwcsthift.org/location/
SALVATION ARMY THRIFT STORE 2020 N Division 99207 325-6805
spokanethriftstore.salvationarmy.org
SPOKANE CHRISTIAN FELLOWSHIP THRIFT 1505 W Cleveland, 99205 328-1735
[SpokaneChristianFellowshipThrift-Store on FB](http://SpokaneChristianFellowshipThrift-Store.on.FB)
THE WINDFALL - ST JOHN'S CATHEDRAL 1024 S Perry, 99202 534-3888
[Windfall-Thrift-Store on FB](http://Windfall-Thrift-Store.on.FB)
THRIFTY BOUTIQUE 327-1584
Corbin Senior Center 827 W Cleveland, 99205
UGM THRIFT STORE - DOWNTOWN 301 W Boone, 99201 326-3316
uniongospelmission.org/thrift-stores/
Provides job training and a safe

work environment for UGM residents and other men and women in transition. Proceeds help fund its homeless services.
VALUE VILLAGE valuevillage.com
708 W Boone, 99201 325-2569
VETERANS THRIFT STORE 290-6891
4507 W Wellesley Ave
freehandymanfordisabledveterans.org/
In Spokane Valley:
GOODWILL RESALE/THRIFT 928-4032
13721 E Sprague Ave, 99216
SALVATION ARMY THRIFT STORE 11211 E Sprague, 99037 928-9970
spokanethriftstore.salvationarmy.org
UGM THRIFT STORE - VALLEY 11921 E Sprague, 99206 927-5905
uniongospelmission.org/thrift-stores/
VALUE VILLAGE valuevillage.com
13112 E Sprague, 99216 921-7889
In Eastern WA (509):
CARE & SHARE 299-9024
211 N LeFevre, Medical Lake 99022
COLVILLE GOODWILL STORE 684-6162
168 N Main, Colville 99114
COLVILLE HABITAT FOR HUMANITY 480 N Main 684-2319
EAST WENATCHEE GOODWILL STORE 620 Grant, Ste A, 98802 884-1906
GREENHOUSE, THE 276-8224
31 N Main St, Deer Park 99006
MOSES LAKE GOODWILL STORE 789 N Central, 98837 765-1769
NEEDFUL THINGS COMMUNITY THRIFT - PALOUSE COMMUNITY CENTER 220 E Main St, Palouse
NEWPORT ADVENTIST THRIFT STORE 777 Lilac Ln, 99156 447-3488

Sells gently used clothing and household items, emergency food services, vegetarian food.
PALOUSE TREASURES THRIFT STORE - BOOST COLLABORATIVE WA 332-4060
1005 NW Nye Ste
PULLMAN COMMUNITY CONGREGATIONAL THRIFT STORE 525 NE Campus St 334-6632
ST VINCENT DE PAUL 758-7061
609 3rd St Fax: 758-9545
Mail: 604 2nd St, Clarkston 99403
briebe@mysvdp.net
THE CENTER 522-2387
8th & Bade, College Place 99324
SONBRIDGE 529-3100
1200 SE 12 St, College Place 99324
Sonbridge.org

Idaho (208)

KOOTENAI COUNTY

GOODWILL STORE -CdA, 1212 N 4th, 83814 765-4520
-PF, 4040 E 16th 773-6181
HOSPICE THRIFT STORE -CdA, 1823 N 4th, 83814 667-5128
-PF, 503 E Seltice Way #5 773-5076
HUMANE SOCIETY THRIFT SHOP -CdA, 916 3rd St, 83814 667-5373
-PF, 1600 E Seltice Way 773-3074
IDAHO YOUTH RANCH THRIFT yrthriftstores.org
-CdA, 845 N 4th, 83814 664-1736
-PF, 317 E Seltice Way, Ste B 666-5680
-Post Falls Outlet 666-5680
6240 E Commerce Lp, 83854
RATHDRUM THRIFT SHOP 687-3696
8027 W Main, 83858

Windfall

thrift store

You never know what treasure you will find!

Clothing, books, household goods, and much more!

A thrift store that gives back to our community.

Donations of gently used items are greatly appreciated.

Located in the vibrant South Perry Neighborhood

1024 S Perry - 534-3888 - 12:30-5:30 Tues-Sat - noon-5 Sat

A community ministry of the Service League of the Cathedral of St. John, Episcopal

like
us on facebook
for specials and updates

REAL LIFE MINISTRIES THRIFT STORES

1916 N Cecil Rd (PF) 777-092

SAFE PASSAGE VIOLENCE PREVENTION

CENTER 850 N 4th St 664-9303

-ST VINCENT DE PAUL

-CdA, 108 E Walnut 426-4699

-PF, 202 W Seltice 773-6836

BONNERS & BOUNDARY COUNTIES**2NDS ANYONE** 263-3247

101 N Boyer St, Sandpoint 83864

BONNERS FERRY COMMUNITY THRIFT

6778 Main/POB 331, 83805 267-5359

SECOND CHANCE ANIMAL ADOPTION

6647 Lincoln St, 83805 267-2815

secondchanceanimaladoption.com**CLARK FORK THRIFT & GIFT STORE**

Clark Fork UMC, 116 W 2nd,

83811 266-1234

GOODWILL STORE 265-1980

204 Larkspur St, Ponderay 83852

PLCCA THRIFT STORE 443-1403

Lamb of God Lutheran, 26506

Hwy 57, Priest Lake

PRIEST RIVER COMMUNITY 448-0707

6042 Albeni Hwy, Priest River

83856

SENIOR CITIZENS' THRIFT STORE

70 Walker Way, Sagle 265-2627

WEST BONNER COUNTY FOOD BANK

315 E 3rd South, Oldtown 597-3236

NEZ PERCE COUNTY - LEWISTON 83501**GOODWILL STORE**

3134 Fifth St 743-4528

IDAHO YOUTH RANCH THRIFT 746-3040432 Thain Rd, 83501 yrthriftstores.org**SALVATION ARMY FAMILY STORE**

1806 21st St 746-9654

lewistonthriftstore.salvationarmy.org**ST VINCENT DE PAUL**

3138 5th St 746-7860

LATAH COUNTY**GOODWILL STORE**

201 Warbonnet Dr 883-4280

SALVATION ARMY FAMILY STORE

315 S Jackson 883-4812

moscowthriftstore.salvationarmy.org**THE HOPE CENTER** 882-4144

1212 W Pullman Rd, Moscow

THE TROY THRIFT STORE

102 6th, Troy 835-4357

SHOSHONE COUNTY**REAL LIFE MINISTRIES THRIFT STORES**

10 S Division, Pinehurst 682-4801

SECOND CHANCE THRIFT STORE

221 Main St, Ste B 752-1111

PO Box 132, Smelterville 83868

ST VINCENT DE PAUL

415 Mullan, Osburn 556-1460

UGM Men's Shelter 535-8510

1224 E Trent, 99202

POB 4066, 99220 Fax: 535-0315

uniongospelmission.org

Dir: Gabe Shippam

Provides emergency shelter, food,

clothing and medical care for

homeless men.

Women & Children's Free Restaurant & Community Kitchenvolunteer@wcferspokane.org

1408 N Washington, 99201

wcferspokane.org 324-1995

Exec Dir: Lisa Diffley

Provides FREE scratch-made,

nutritious meals in a safe,

supportive environment for women

and children. Serves: Dinner

3-5:45 p.m., TW; lunch 11:30

a.m.-1:15 p.m., F.

Women & Children's
FREE RESTAURANT COMMUNITY KITCHEN

for your health!

Safety and Dignity for Women and Children
Curbside Meals and Groceries
Full Service Restaurant (reopening date TBD)
Focus on Fresh and Healthy Ingredients
Meal Partnerships with Local Nonprofits
Nutrition Education

Participate. Volunteer. Donate.
1408 N Washington St
Spokane, WA 99201
509.324.1995
wcferspokane.org

Shalom
MINISTRIES

DINING WITH DIGNITY
serves 4,000+ meals/month at
New Community Church
3rd & Howard

BREAKFAST: Monday - Thursday at 7:30 AM
DINNER: Monday and Tuesday at 4:30 PM
509-455-9019 • www.shalommeal.org