

Skagit County Food Resource Directory

Developed by Mount Vernon School District School Social Workers

Update Version: October 2025

If you have any resource needs try calling **211**? A free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, child care, after school programs, elder care, crisis intervention and much more. 211 is always ready to assist you in finding the help you need. Dial the three digit number **211** on your phone or visit the website:

<https://wa211.org/>

Community Action Resource Guide

<https://www.communityactionskagit.org/wp-content/uploads/2025/10/CRG-Eng.-updated-10.8.25.pdf>

FOOD ASSISTANCE

Skagit County Food Bank Flyer

[https://www.skagitcounty.net/PHTAC/Documents/Food%20Assistance%20Resources%20ENGLISH%20\(4\).pdf](https://www.skagitcounty.net/PHTAC/Documents/Food%20Assistance%20Resources%20ENGLISH%20(4).pdf)

Dinner Service at LaVenture Middle School:

<https://www.mountvernonschools.org/FoodServices>

1200 N Laventure Rd, Mount Vernon, WA 98273

3:30 pm to 4:45 pm, Monday - Friday

Any child 18 years and under eats for FREE

Neighbors in Need Food Bank

<http://www.svneighborsinneed.com/>

1615 S. 2nd St., Mount Vernon, WA

360-982-2089

Tuesday 1pm-6pm

Community Action of Skagit County WIC

(360) 416-7595

[WIC Benefits for Children 0-5 years old](#)

WIC Flyer:

<https://www.communityactionskagit.org/wp-content/uploads/2025/06/WIC-Brochure-Eng-Span-June-2025.pdf>

Senior Food Boxes (if students have eligible family members)

<https://www.communityactionskagit.org/wp-content/uploads/2025/04/4.3.25-Senior-Food-Box-Flyer.pdf>

Tri Parish Food Bank

<https://www.icc-mv.org/Tri-Parish-Food-Bank>

935 Peterson Rd. Burlington, WA (St. Charles Catholic church parking lot)

360-757-2563

Saturday 10:00am-2:00pm

Skagit Gleaners

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

1021 Riverside Dr, Mount Vernon, WA 360-848-1045

Triumph Teen Life Center

Monthly food assistance available to families of teen members

<https://www.triumphtlc.org/services/food-bank>

2121 E College Way, Suite B, Mount Vernon, WA 360-755-3267

Friendship House Cafe

<https://www.skagitfriendshiphouse.org/friendship-house-cafe>

Daily meal service, 7 days a week

5:30pm-6:30pm

108 Snoqualmie St Mount Vernon, WA

Holiday Meal Service for Thanksgiving/Christmas

Helping Hands Food Bank

<https://helpinghandsfoodbank.org/foodassistance/>

24703 Wicker Rd, Sedro-Woolley, WA

360-856-2211

Monday: 11:00-3:00 pm, Wednesday: 10:00-2:00 pm, Thursday: 12:00-4:00 pm, Friday: 2:00-6:00 pm

SUPPORT FOR WOMEN WHO ARE PREGNANT OR HAVE YOUNG CHILDREN

Help Me Grow Skagit

Family Resource Navigator: Call or text (360) 630-8352

Family Resource Center: Call or text (360) 230-9129

Si necesita algún recurso, intente llamar al 211.

211 es un servicio comunitario confidencial gratuito y su conexión integral con los servicios locales que necesita, desde asistencia con servicios públicos, alimentación, vivienda, salud, cuidado infantil, programas extracurriculares, cuidado de personas mayores, intervención en crisis y mucho más. **211** siempre está listo para ayudarlo a encontrar la ayuda que necesita. Marca el número de tres dígitos 211 en tu teléfono o visite el sitio web:

<https://wa211.org/es/>

Guía de recursos de acción comunitaria en español

<https://www.communityactionskagit.org/wp-content/uploads/2023/10/Community-Action-Resource-Guide-spanish-10-16-23.pdf>

AYUDA ALIMENTARIA

Folleto del Banco de Alimentos del Condado de Skagit

[https://www.skagitcounty.net/PHTAC/Documents/Food%20Assistance%20Resources%20SPANISH%20\(5\).pdf](https://www.skagitcounty.net/PHTAC/Documents/Food%20Assistance%20Resources%20SPANISH%20(5).pdf)

Servicio de cena en la escuela secundaria LaVenture:

1200 N Laventure Rd, Mount Vernon, WA 98273

De 15:30 a 16:45 h, de lunes a viernes

Los niños menores de 18 años comen GRATIS

Vecinos Necesitados

Banco de Alimentos

svneighborsinneed.com

1615 S. 2nd St., Mount Vernon, WA

360-982-2089

Martes 1pm-6pm

Acción Comunitaria del Condado de Skagit WIC

(360) 416-7595

<https://www.communityactionskagit.org/wp-content/uploads/2025/06/WIC-Brochure-Eng-Span-June-2025.pdf>

Cajas de comida para personas mayores (si los estudiantes tienen familiares elegibles)

<https://www.communityactionskagit.org/wp-content/uploads/2025/04/4.3.25-Senior-Food-Box-Flyer.pdf>

Tri Parish Banco de Alimentos

<https://www.icc-mv.org/Tri-Parish-Food-Bank>

935 Peterson Rd. Burlington, WA (St. Charles Catholic church parking lot)

360-757-2563

Sabado 10:00am-2:00pm

Skagit Gleaners

Sábados de 15:30 a 18:30, traiga bolsas para comprar

skagitgleaners.org

1021 Riverside Dr, Mount Vernon, WA
360-848-1045

Triumph Teen Life Center

Asistencia alimentaria mensual disponible para familias de miembros adolescentes.

<https://www.triumphtlc.org/services/food-bank>

2121 E College Way, Suite B, Mount Vernon, WA 360-755-3267

Friendship House Cafe

Servicio de comidas diario, 7 días a la semana

5:30pm-6:30pm

108 Snoqualmie St Mount Vernon, WA

Manos Amigas

Banco de Alimentos

Cómo ayudar a handsfoodbank.org

24703 Wicker Rd, Sedro-Woolley, WA

360-856-2211

Lunes: 11:00-3:00 pm, Miércoles: 10:00-2:00 pm, Jueves: 12:00-4:00 pm, Viernes:
2:00-6:00 pm