

Local Resources for Food, Nutrition, Budgeting, and Gardening

General Resources:

The San Juan Island Community Resource Guide <https://sjiscommunityresource.org/>

This is a list by category and by island of resources for information and assistance.

San Juan Island Library

The San Juan Island Library provides access to diverse information resources and services.

Mailing Address: 1010 Guard Street, Friday Harbor, Washington, 98250

Phone: 360-378-2798

Contact: sjlib@sjlib.org

Website: www.sjlib.org

Food Assistance:

San Juan Island Food Bank

Provides food weekly to residents of San Juan Island in need of nutritional support in the form of foodstuffs. Proof of residence is required at first visit each year. **Hours 12-2 W, Sat**

Physical Address: 500 Market St, Friday Harbor, WA, 98250

Phone: 360-378-4640

Website: <http://www.fridayharborfoodbank.weebly.com>

Mullis Center: Meals for Seniors

Congregate Meals: If you are interested in low cost, nutritious meals for seniors, lunches are available at the Mullis Center (589 Nash Street, Friday Harbor). Lunches are currently offered on Mondays and Thursdays at 11:45am but starting in April, we plan to offer meals three days a week on Mondays, Wednesdays and Fridays. Cost is \$7 for persons under 60 years old; suggested donation for seniors is \$5.

Home Delivered Meals (aka Meals on Wheels): Fresh and frozen meals are delivered to homebound seniors. Suggested donation is \$5 per meal; donate what you can. Please contact 360-378-2677 for more information.

Seventh Day Adventist: Church Pantry: 76 Gilbert Lane, Friday Harbor. Hours Sun, W, Saturday 9am-6pm Open self-serve. For other times contact Valentin (206) 280-9157

Family Resource Center

Assistance with social service needs, including: DSHS application support,

Mailing Address: P.O. Box 1981, Friday Harbor, WA, 98250

Physical Address: 476 Market Street, Friday Harbor, WA, 98250

Phone: **360-378-5246**

Email: office.sjifrc@gmail.com

Website: sjifrc.org

Health & Community Services San Juan County

Countywide Services provided by the Community Health Services Division: Contact 360.378.4474 – all programs

Physical Address San Juan Island: 145 Rhone Street, Friday Harbor, WA 98250

Women, Infant & Children (WIC) Nutritional Program – Monthly food checks and nutritional services and support for pregnant and postpartum women, children up to age five and their families. Eligible families must be under 185% of the Federal Poverty Level.

Breastfeeding & Lactation Support Services – 24-hour on-call breastfeeding and lactation support services for pregnant and postpartum women.

SNAP-Ed – Community level program to improve fruit and vegetable consumption & increase physical activity for food stamp eligible individuals and families.

Fresh Bucks Program –. For those who are on Basic Food or are income eligible for Basic Food they receive up to \$20 match when they shop at the San Juan Island Farmers Market or the San Juan Island Co-op. For more information visit the Family Resource Center or Health Department.

Soroptimist IoFH Farmer's Market Matching Provides matching and expanded funds to WIC and Senior Nutrition program clients to spend at the Farmer's Market.

Gardening and Food Production:

WSU Master Gardeners

Provide educational information to the public in home and subsistence horticulture including vegetable and fruit gardening, lawn and landscape maintenance, composting, native plants, plant problem diagnosis, pest control and many other areas.

Program Contact: Caitlin Blethen, Master Gardener Program Coordinator

Phone: (360) 370-7663 • mg.sanjuancounty@wsu.edu

WSU Extension Food Preservation Information

Website: <https://extension.wsu.edu/sanjuan/food-preservation/>

San Juan Island Grange

Supports a resilient community of growers, makers, and keepers, fosters social and political engagement, and maintains our Hall as a home for celebrations and programs. Grange members grow food and fiber, make music and artifacts, keep house and livestock. In our programs we learn and teach the skills of living in this special place

Address: San Juan Island Grange #966

152 First Street North

PO BOX 2013

Friday Harbor WA 98250

Website: <https://sjigrange.wordpress.com/>

Meetings: First Wednesdays at 7PM

The San Juan Islands Agricultural Guild

The Ag Guild is a community-based volunteer organization dedicated to fostering a vibrant, resilient and sustainable local food system in San Juan County, Washington.

Physical Address: 150 Nichols Street, Friday Harbor, WA 98250
Phone: 360-378-0095

Mailing Address: P.O. Box 1945, Friday Harbor, WA 98250
Email: info@sjiaguild.com

Bulk Staples Sources:

On San Juan Island:

The Marketplace: 515 Market Street, Friday Harbor 98250
Phone: 360 378-3238

The San Juan Food Coop: 775 Mullis Street, Friday Harbor
Phone: 360.370.5170
E-mail: sanjuancoop@gmail.com
Website: sanjuancoop.org
Members may buy staples in case lot at discounted rates

On-line-shopping with Delivery:

Amazon: <https://www.amazon.com>
Prime membership required for free shipping of orders under \$40

Costco: website: <https://www.costco.com/all-costco-grocery.html> (2-day delivery)
Membership required

VitaCost: www.vitacost.com Free shipping on orders over \$49

Off-Island Shopping:

Costco: 1725 S. Burlington Blvd. Burlington WA Tel: 360 757-5703
Membership required

Smart FoodService Burlington: (formerly Cash and Carry) 150 Sharon Ave, Burlington WA [Tel:360 707-0109](tel:3607070109)
Website: <https://www.smartfoodservice.com/locations/store/burlington-570/>
You can search website for available products and prices
No membership, no minimum purchase

Potato Shed Burlington: 605 Avon Avenue Burlington, WA Tel: 360 755-9319
Website: <https://www.doublenpotatoes.com/>

Recycled Cooking and Gardening Equipment

Community Treasures 6739 Roche Harbor Rd, Tel: (360) 370-5562 website:
<http://www.rusticcopper.com/Friday%20Harbor%20Photos.htm>

Friday Harbor Fire Department Thrift Store: 667 Mullis St, Friday Harbor, Tel: (360) 378-8483