



Special News from the Social Worker:
IF YOU ARE IN NEED THIS HOLIDAY SEASON:

Please contact the Maple Valley Food Bank at **(425) 432-8139** or **21415 Maple Valley Rd SE, Maple Valley, WA**

Holiday Meals:

Clients will receive a turkey and the trimmings for a Thanksgiving and holiday meal to take and prepare in the comfort of their own home.

- You will need to register Mon, Wed or Thur 10:30 am - 12:30 pm or Thursday, Nov 10 or Dec 8, from 5:30 - 7 pm.
- Thanksgiving Basket Registration October 31 - November 17, 2011
- Thanksgiving Basket Distribution, Tuesday, November 22, 2011 by appointment only
- Holiday Basket Registration October 31- December 15, 2011
- Holiday Basket Distribution, Tuesday, December 21, 2011 by appointment only

Children's Holiday Gift Program: Parents and guardians select new gifts at our Christmas Store for their children ages newborn to 15 years of age. Black Diamond residents must register with the Black Diamond Community Center.

- Registration begins October 31 and runs through December 15, 2011
- You will need to register Mon, Wed or Thur 10:30 am - 12:30 pm or Thursday, Nov 10 or Dec 8, from 5:30 - 7 pm.
- At registration, you will receive an appointment time and directions to our store
- Gift Distribution is by appointment only, December 18 and December 19, 2011.

Additional Services Available at the Maple Valley Food Bank:

Financial Assistance:

Assistance is available for utility disconnects, eviction notices, move-in costs, prescription drugs, medical bills and other emergency needs. Funding is limited each month and we will be taking applications only when funds are available. To apply for financial assistance you must submit an application at our office during regular food bank hours. Bring your disconnect notice, eviction notice or other qualifying bill to attach to your application. Priority is given to households with children, seniors and disabled.

Federal Energy Program (LIHEAP) and PSE HELP:

We are now scheduling appointments at our site for the Federal Energy Program. At this time, funding is only available for the PSE Help Program. The LIHEAP Program is waiting for funds to be released by Congress. If your primary heat source is oil, propane or wood, we are unable to schedule an appointment at this time. If your primary heat source is gas or electric through PSE, you will be able to schedule an appointment. Our agency has limited appointment times, please call 425-432-8139 ext 100 to make an appointment. You can also call 1-800-348-7144 to make an appointment through the Multi Service Center. [Income Guidelines and Documentation needed.](#)

Outreach Programs:

King County Veterans' Program: Each Monday, the King County Veterans' Program has an outreach worker on site to assist veterans, service members and their dependents with housing, employment, and living stability. **Please call 206-296-7656 to make an appointment.** When you call, specify the desire for an appointment at the Maple Valley site.

Twice each month, outreach workers provided by both the Korean Women's Association and WithInReach come to assist applicants with the **Washington Basic Food Stamp Program.**

Weekly, Washington State University, King County Extension, provides a **Food Sense Program** educator, sharing food prep skills using the food

from our food bank, teaching healthful eating habits and ways to maximize the value of food dollars and food assistance benefits.