South Sound 2-1-1  We make it easy to apply for Basic Food benefits

More and more people are searching for ways to stretch their paycheck each month. For some, the Basic Food program may be the answer. The Basic Food program provides funds to help qualifying applicants purchase nutritious food each month. The benefit card can be used just like a debit card and is now eligible to more people.

How do I qualify?
By simply dialing 2-1-1, the trained specialists at South Sound 2-1-1 can provide application assistance and even tell you whether or not you are eligible. The process is done over the phone, and we can determine eligibility in about five minutes. From there, 2-1-1 can also help callers complete the Basic Food application. On average, the process takes about 20 minutes to complete. There is no waiting in line, and South Sound 2-1-1 can also check your application's status once it has been submitted.

Who is eligible?
New income eligibility criteria for the Basic Food program means that people who may not have qualified in the past may now be eligible for assistance. Single individuals, students, families with children, homeowners and immigrants are all eligible for the Basic Food program.

To find out if you are eligible or to apply for the Basic Food program, dial 2-1-1. South Sound 2-1-1 Serves Pierce, Thurston and Lewis Counties.

FamilyWize

More than 13 million people helped and $1.5 billion in savings!

We partner with nearly all pharmacies nationwide to negotiate prescription discounts, so you receive a lower price. FamilyWize understands you’re looking to reduce the cost of your prescription medications, and our goal is to help you do that. Our pharmacy discount card is for everyone nationwide, whether or not you have health insurance coverage.

Sign up at familywize.org

Ride United: Lyft Transportation Service

Medical Trips • Employment Trips • Public Benefit Trips

Our 2-1-1 Transportation Navigators can help you with access issues that include bus passes, ridesharing services and other resources throughout Pierce, Thurston and Lewis Counties. Ride United helps address the transportation needs in Tacoma, Fife, University Place, Lakewood, Puyallup, Parkland, Spanaway, Sumner and Bonney Lake for individuals and families when no other transportation option is available. We do this by providing free Lyft rides for trips related to Education, Employment, Financial Benefits, Food Access and Medical Appointments.

Call 2-1-1 or email 211@uwpc.org for assistance or find South Sound 2-1-1 resources online at: www.uwpc.org/get-help-now-dial-211

South Sound 2-1-1 operates its programs without regard to race, color, and national origin. To receive additional information on its discrimination obligations, including its complaint procedures, please contact the Call Center Supervisor at 253-272-4263 or 211@uwpc.org.
Help Me Grow Pierce County


We all want our children to be happy and healthy! Help Me Grow Pierce County partners with families to make this a reality by connecting them to local resources.

Help Me Grow envisions a vibrant community where all families are supported and nurtured. It serves as the “go-to” place for families to find resources in their area for pregnancy, children ages 0 to 5 years old, and to connect to other families. Help Me Grow Pierce County is a free service offered through a partnership of local community organizations.

Resources may include:

- Pregnancy Support and Information
- Parenting Education & Support Groups
- Housing & Utility Assistance
- Medical & Dental Care
- Transportation
- Family-Friendly Activities
- Mental Health & Drug Recovery Services
- Child Care & Educational Options

When you call 211, one of our Family Resource Navigators will listen to your needs, answer your questions, and connect you with the available resources for your family. Visit HelpMeGrowPierce.org for more information.

Dial 211 for Help Finding Behavioral Health Services and Programs in Pierce County

- 24-hour Pierce County Crisis Line 1-800-576-7764
- Crisis Text Line Text HEAL to 741-741
- National Suicide Prevention Help Line 1-800-273-TALK
- Call 911 if you are having an emergency.

Pierce County Recovery Support Line
When you need to talk to someone who has also faced mental health challenges | Daily from 3:00 – 11:00 PM 1-877-780-5222

Washington Recovery Help Line
24-hour help finding resources for substance use, mental health, and gambling problems 1-866-789-1511

Teen Link Phone and online chat support and resource assistance
Every night from 6:00 – 10:00 PM 1-866-TEENLINK

Calls are confidential.