

No phone? Ask a library or outreach worker to help call.  
Say: "I need shelter, food or treatment near me."

**NEED HELP? CALL 211**

TAPE TAB

TAPE TAB

## FOLD & FEED

This food is yours. Help is your choice.

Keep food in sealed or food-safe inner packaging.

Contents: \_\_\_\_\_

Packed on: \_\_\_\_\_

Keep ingredient and allergen labels with the food.

Seattle / Local contacts on the lid / Build a test box first

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**Call or text 988**  
Emotional support / 24 hours a day  
988lifeline.org

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02 / LID - fold the walls, tape the tabs, then slide over the tray

|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |          |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| TAPE TAB | <p><b>You deserve care. / Keep these contacts.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | TAPE TAB |
|          | <div><div><p><b>FOLD &amp; FEED / SEATTLE</b></p><p><b>Need help? Start here.</b></p><p>Call a number below. Keep this lid.</p><p><a href="https://foldandfeed.com/?city=seattle#help">foldandfeed.com/?city=seattle#help</a></p></div><div><p>Scan for help</p></div></div> <div><p><b>SHELTER REFERRALS / Compass Day Center</b></p><p><b>206-474-1630</b> 210 Alaskan Way S<br/>Seattle, WA 98104</p><p>Drop in Mon-Fri 9 am-4 pm, except holidays. Day center; shelter referrals, not beds.</p></div> <div><p><b>FOOD &amp; MEALS / Community Lunch on Capitol Hill</b></p><p><b>206-972-2524</b> 509 10th Ave E<br/>Seattle, WA 98102</p><p>Mon-Fri: breakfast 9:30-10:30 am; lunch 11:30 am-1 pm. All welcome; no sign-in.</p></div> <div><p><b>DRUG &amp; ALCOHOL HELP / Evergreen Treatment Services</b></p><p><b>206-223-3644</b> 317 S. Bennett St.<br/>Seattle, WA 98108</p><p>Temporary Bennett St. clinic. Opioid-care intake Mon-Fri 6-11 am; call about access.</p></div> <p><b>More options: 211 / Crisis: call or text 988 / Emergency: 911 / Web check: 2026-09-30</b></p> |          |
| TAPE TAB | <p><b>Food and a next step. Shared with respect.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | TAPE TAB |

|—————| This line must measure 50 mm (1.97 in). Print at 100%.

# Seattle / Print. Fold. Share.

The tray and lid make the box; keep the lid for all three local contacts.

————— CUT: solid      - - - - - FOLD: dashed

## 1 PRINT AT ACTUAL SIZE

Print this city's tray and lid on clean, printer-compatible cardstock. Use single-sided landscape, 100% / Actual size. Do not use Fit to page. Check that the ruler on the lid measures 50 mm.

## 2 CUT THE NETS

Cut the solid outside outline and four short solid corner slits on each sheet. Keep the tabs. Do not cut the dashed fold lines.

## 3 CREASE & FOLD

Set the unprinted side face up. Crease each dashed line. Fold walls toward the unprinted side so the contacts stay outside.

## 4 TAPE & CLOSE

Fold tabs inside the long walls and tape them to the unprinted face. Make the lid the same way, then slide it over the tray.

## 5 PACK & OFFER

Test an empty box, then its carrying strength with a small load. Use sealed, ready-to-eat food or a food-safe inner container. Keep ingredient and allergen labels. Ask what is welcome and respect a no.

## LOCAL ACCESS DETAILS

### Compass Day Center

Drop in during business hours. This is a day center, not an overnight shelter; shelter referrals depend on available spaces. Call to confirm access.

Provider details: [compasshousingalliance.org](https://compasshousingalliance.org)

### Community Lunch on Capitol Hill

All are welcome. No sign-in is required. Call to confirm the current serving schedule before traveling.

Provider details: [communitylunch.org](https://communitylunch.org)

### Evergreen Treatment Services

The clinic has moved during construction; all operations are now at Bennett Street. Call Intake to confirm arrival instructions, eligibility, documents, fees and coverage. Ask 211 or SAMHSA for other drug or alcohol treatment options.

Provider details: [evergreentreatment.org](https://evergreentreatment.org)

Before sharing a batch, call providers to confirm these details. Printed cardstock is an outer carrier; prepared meals need proper food-safe packaging and handling.

Tray: 180 x 125 x 35 mm / Two sheets per box.

**Prototype: physical fold, lid fit and carrying strength need testing.**

Sources checked online 2026-09-30; providers have not been called.

Food ideas: [foldandfeed.com/#packing](https://foldandfeed.com/#packing) / Crisis: call or text 988