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A weekly newsletter from the Lopez Island Family Resource Center (LIFRC). Includes information about LIFRC programs and also reminders of federal, state, and local utility and food assistance programs. For more information, find us at lifrc.org or call us at 360.468.4117.



Low Income Energy Assistance, LIHEAP

Need Help with paying your **Energy Assistance Bills!!**

We can help with electricity, natural gas, propane, heating oil, and firewood expenses.

Family Size	Income Guidelines
1	\$ 1,590.00
2	\$ 2,155.00
3	\$ 2,715.00
4	\$ 3,275.00



Lopez Food Share

Lopez Food Share has moved!
We're at Lopez Storage, 1008 Dill Road. Fresh produce from local farms, local bread, homemade soup, cheese, canned goods and more! Email katherine@lifrc.org or call the LIFRC for further details.

Washington Basic Food, SNAP

You may qualify for Basic Food Benefits. Income guideline's for 2021 have increased!!

Congress approved supplemental funding for recipients of food assistance due to the impacts of COVID-19!! Food supplements have been issued since April 2020 and continue on a month-to-month basis with federal approval. Call the LIFRC to apply.

Household Size	Monthly Income
1	\$2,127
2	\$2,873
3	\$3,620
4	\$4,367
5	\$5,113
6	\$7,354

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