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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.

Parent Tot-Group



The LIFRC currently hosts a Parent-Tot group for children aged 0-5! While our previous model of hosting in-person is on hold, we've been distributing activity kits and resources through our weekly Food Share Drive-Thru. We're now serving 23 young children with the kits each week! These kits have included a wide range of materials such as basic needs goods, arts and craft supplies, non-perishable goods and farm fresh fruits and vegetables, along with literature focused on a fun and easy early learning experience that helps promote an emotional connection between parents/caregivers and their young. Resources and activities we provide are distributed in both Spanish & English. If you're interested in your child receiving an activity kit each week, please email Katy Hill at katy@lifrc.org! If you can't make it to the Food Share Drive-Thru to pick up the kit, we can make other arrangements.



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.

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.



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