

2025

# GOVERNMENT SHUTDOWN RESOURCES & ASSISTANCE

## Navy Federal Credit Union

To help members affected by the government shutdown, NFCU is offering a 0% APR Loan.

You may be eligible if you meet these 3 criteria:

- Your pay is impacted by the shutdown
  - You've set up direct deposit of pay with NFCU
  - You're one of the following:
    - A federal employee
    - An Active-Duty service member
    - A federal government contractor paid directly by the federal government
1. **Loan Amounts.** Loan amounts are calculated based on the amount of the most recent direct deposit of pay that was made to your account prior to your pay interruption. The Loan Amount Eligibility Chart can help you determine how much you're eligible to apply for.
    - a. Maximum loan amount: \$6,000
    - b. 0% APR—no fees or interest charges associated with this loan
    - c. No credit check required
  2. **Program Registration.** For loan proceeds to be available on your scheduled pay date, you must register by the day before your scheduled pay date. We'll continue accepting registrations until 3 days after your scheduled pay date.
  3. **Disbursement.** Loans will be available and disbursed only if the government fails to pay eligible members in connection with the government shutdown.
  4. **Repayment.** Once direct deposit of pay resumes, the amount credited to your account(s) will be deducted automatically as repayment.

You can register on [navyfederal.org](http://navyfederal.org), on the Navy Federal mobile app or call at [1-888-842-6328](tel:1-888-842-6328).

Last Eligible Direct Deposit of Pay	Loan Amount
\$250 to \$500	\$250
\$501 to \$1,000	\$500
\$1,001 to \$1,500	\$1,000
\$1,501 to \$2,000	\$1,500
\$2,001 to \$2,500	\$2,000
\$2,501 to \$3,000	\$2,500
\$3,001 to \$3,500	\$3,000
\$3,501 to \$4,000	\$3,500
\$4,001 to \$4,500	\$4,000
\$4,501 to \$5,000	\$4,500
\$5,001 to \$5,500	\$5,000
\$5,501 to \$6,000	\$5,500
Greater than \$6,001	\$6,000



## **USAA**

<https://www.usaa.com/support/government-shutdown-program>

Members impacted by a government shutdown can count on USAA and may be eligible to apply for a no-interest loan and other payment relief options across our banking and insurance products. This is a 0% interest loan equal to the amount of your net pay, from \$500 to \$6,000. It's designed to help if your pay is disrupted.

### **Requirements**

To qualify, you'll need to:

- Have direct deposit set up for a USAA Bank checking or savings account as of the federal payment disruption date.
- Receive at least one qualifying direct deposit to that same account within 30 days before the start of the disruption.
- Have a U.S. physical address or an APO, DPO, or FPO address.
- Get a credit approval from USAA Bank.

### **Eligibility**

You can apply if you're:

- A member employed by an impacted federal agency and you direct deposit your government paycheck or pay.
- An account holder on the impacted USAA Bank account.

### **Repayment**

How repayment works:

- You need to repay the loan within 3 months of funding.
- Payments will be split into 2 equal installments. The first is due in about 60 days and the second in about 90 days.



## **PenFed Credit Union**

<https://www.penfed.org/furlough>

We're here to help during government furloughs with special programs for our members.

Qualifying members who have their pay directly deposited into a PenFed checking account within the previous 30 days may qualify for an interest-free advance on an Overdraft Line of Credit account equal to their net pay, up to \$6,000. Members may request an additional advance for each direct deposit not received during the furlough. Members must provide a copy of the furlough letter to verify they are directly impacted by the shutdown. Advance(s) must be repaid within 10 days of receipt of the direct deposit to ensure the advance remains at 0% interest.

### **Paycheck protection loan**

Are you currently employed with the federal government but temporarily on nonduty, non-pay status because of the furlough?

If so, you could qualify for a no-interest loan equal to the amount of your paycheck if your payroll is directly deposited into your PenFed checking account.

### **Skip a payment**

Have you lost your federal government job due to a reduction in workforce?

If so, you may be eligible for a 1-month skip-a-payment on qualifying loans<sup>2</sup> due to the furlough.

Please note: First mortgages, fixed equity loans, and HELOC are not eligible.

Call [1-800-247-5626](tel:1-800-247-5626) for assistance.



## **Navy-Marine Corps Relief Society**

<https://www.nmcrcs.org/news/navy-marine-corps-relief-society-stands-ready-to-help-during-a-government-shutdown>

NMCRS offices will be open during normal hours to assist those families who are experiencing immediate needs related to the loss of income from a government shutdown.

### **When the government shuts down, here is how your pay is affected:**

- Service members and retirees will receive their October 1 paychecks before the fiscal year ends and therefore, your first of the month pay is not affected.
- The first pay period impacted by the shutdown will be the October 15 pay period.

### **What you can do to be ready:**

- Delay/defer non-essential purchases from your October 1 paycheck.
- Contact the financial institution that receives your DOD direct deposit for paycheck protection assistance (no fees, 0% interest).
- **Complete necessary registration/enrollment for paycheck protection from your financial institution.**
- Service members who may be out of the area for October 15 payday (e.g., deployed, TDY), should complete an [NMCRS Pre-Authorization form](#) for their spouse should they need NMCRS assistance. (SEE ATTACHED)
- Contact creditors/landlords/utility companies/etc. and apprise them you are without a routine paycheck due to the government shutdown yet expect back pay as soon as the government is open and will pay your bills upon restoration of pay.
- We strongly discourage use of “buy now pay later” and other predatory loans.

### **The following institutions offer paycheck protection programs:**

- Navy Federal Credit Union, USAA, PenFed, Marine Federal Credit Union

**Navy-Marine Corps Relief Society is available to assist with immediate needs such as basic living expenses like food, gas, utilities if a paycheck protection option is not available from your financial institution. We can help even if you have a current loan with NMCRS.**

NMCRS Everett Location: (425) 304-3203

13910 45th Ave NE

Smokey Point Support Complex - Room 829

Marysville, WA 98271



## Operation Homefront

<https://operationhomefront.org/critical-financial-assistance/>

### **Critical Financial Assistance Program**

- Our program is designed to provide short-term financial help for military families who are experiencing financial hardship. **To find out if you qualify, please [review our eligibility criteria](#):**
  - **Wounded, Ill, Injured** - Actively served in the United States military post 9/11 and sustained a wound, illness, or injury in the line of duty. If discharged, must have received an Honorable or General (Under Honorable Conditions) and be within 10 years of separation.
  - **Deployed** - A service member of rank E-1 to E-6 with DEERS eligible/legal dependents AND one of the following criteria met:
    - Currently deployed to an overseas location and receiving Hostile Fire Pay
    - Assigned to a ship that has been at sea for 30+ days and is en route to theater, forward deployed, or otherwise on a mission status – not a training status.
    - On unaccompanied, overseas PCS orders and receiving Hostile Fire Pay
    - National Guard member or Reservist on Title 10 orders (not Title 32) who either:
      - Will deploy to an overseas Hostile Fire Pay theater in the next 90 days
      - Has returned from an overseas Hostile Fire Pay theater within the last 180 days
- The process includes a 10-day Application and Initial Processing Period (Days 1-10), a 10-day Evaluation and Review Period (Days 11-20), and a 10-day Notification and Final Processing Period (Days 21 to end of month).
  - **STEP 1:** Submit your application for initial processing by creating an account or logging in to our portal
  - **STEP 2:** We will review your application and contact you for any additional information.
  - **STEP 3:** The case is evaluated and, if approved, you will be notified.
  - **PLEASE NOTE:** *We understand that families seeking critical financial assistance are facing significant stress and pressure to address urgent needs. Please know that our caseworkers are working diligently to process your request as quickly as possible. Thank you for your understanding and cooperation.*



## **Veterans of Foreign Wars (VFW)**

<https://www.vfw.org/assistance/va-claims-separation-benefits>

During this partial government shutdown, the VFW Accredited Service Officers should have the ability to still assist veterans from any reliable internet connection. Please email your accredited service officer directly. If you are a separating service member, contact us at [BDD@vfw.org](mailto:BDD@vfw.org). If you cannot contact your accredited representative, but still need assistance, please contact the VFW Member Service Center at 1-833-839-8387

Service Officers:

**Charlene Brown**

Assistant Department Service Officer  
915 Second Avenue, Room 1044  
Seattle, WA 98174  
Phone: 206-341-8284  
Fax: 206-223-3414  
[charlene.brown2@va.gov](mailto:charlene.brown2@va.gov)

**Gabriel Leach**

Department of Service Officer  
915 Second Avenue, Room 1044  
Seattle, WA 98174  
Phone: 206-341-8287  
Fax: 206-223-3414  
[gabriel.leach@va.gov](mailto:gabriel.leach@va.gov)

**Ken “Rusty” Walters**

Department Service Officer  
915 Second Avenue, Room 1044  
Seattle, WA 98174  
Phone: 206-341-8287  
Fax: 206-223-3414  
[kenneth.walters@va.gov](mailto:kenneth.walters@va.gov)

**Ken “Rusty” Walters**

Department Service Officer  
VAMC Seattle Hospital  
1660 S. Columbian Way Bldg 1, Rm 108  
Seattle , WA 98108  
Phone: 206-768-5359 (Tue/Thur Only)  
[kenneth.walters@va.gov](mailto:kenneth.walters@va.gov)

\*VFW does offer financial assistance for service members experiencing financial difficulties, however due to the magnitude of the government shutdown they are unable to assist with it as it is not a military pay error.

## **The American Legion**

<https://www.legion.org/get-involved/community-programs/temporary-financial-assistance>

### **Temporary Financial Assistance**

The American Legion's Temporary Financial Assistance (TFA) program has provided cash grants to support the minor children of active duty service members and American Legion members in times of need.

### **Who is eligible for a grant?**

The minor child must be under the age of 18 and still in high school, however TFA may be extended until the completion of high school provided the child has not reached the age of 21. The minor child must be the biological child, stepchild, or in the legal custody of, a qualifying veteran. A qualifying veteran is defined as a member of the United States Armed Forces serving on federal orders current under Title 10 of the United States Code, inclusive of all components, OR any veteran possessing an up-to-date membership in The American Legion. Active duty applicants can be considered without being a member of The American Legion. A single onetime non-repayable Temporary Financial Assistance grant of up to \$2,500 will be permitted for the minor child(ren) of a qualifying veteran.

No child is considered eligible for Temporary Financial Assistance until a complete investigation is conducted at the post or department level, a legitimate family need is determined, and all other available assistance resources have been utilized or exhausted. Additionally, the TFA application must originate and be filled out by someone at the local level.

### **How to Apply**

Contact your local American Legion post or department (state) headquarters.

#### **WA Post 0181**

Post Type: Traditional

[8021 20th St SE Lake Stevens, WA 98258](#)

Family: Sons of The American Legion

Phone: [\(360\) 631-3242](tel:(360)631-3242)

Email: [info@lspost181.org](mailto:info@lspost181.org)

#### **WA Post 0096**

Post Type: Traditional

[1201 1st St Snohomish, WA 98290-2736](#)

Family: Legion Riders, Sons of The American Legion

Phone: [\(360\)568-5340](tel:(360)568-5340)

Email: [snohomishpost96@hotmail.com](mailto:snohomishpost96@hotmail.com)

#### **WA Post 0178**

Post Type: Traditional

[119 Cedar Ave Marysville, WA 98270-4930](#)

Family: Legion Riders

Phone: [\(360\) 653-0155](tel:(360)653-0155)

Email: [american.legion.post178@gmail.com](mailto:american.legion.post178@gmail.com)

#### **WA Post 0076**

Post Type: Traditional

[115 N Olympic Ave Arlington, WA 98223-1335](#)

Family: Legion Riders, Sons of The American Legion

Phone: [\(360\)435-2492](tel:(360)435-2492)

Email: [amloungepost76@gmail.com](mailto:amloungepost76@gmail.com)



## **Military OneSource**

<https://www.militaryonesource.mil/government-shutdown/>

### **MilLife support is still available 24/7**

Military OneSource connects service members and their families to information and support for MilLife. We answer your questions and help you overcome challenges so you can thrive. If you're eligible, you can call anytime to connect to free resources, specialty consultations or confidential counseling.

- **Answers for your everyday questions.** From relocation to recreation, find answers fast by asking a Military OneSource consultant. If we can't get you the answers you need, we'll connect you to someone who can.
- **Expertly trained specialty consultants.** Our consultants know the MilLife and have expertise on tons of topics including taxes and finances, health and wellness tools, the adoption process, wounded warrior benefits, special needs resources and more.
- **Help through confidential counseling.** Whether you're a single service member struggling with stress, a military couple looking to reinvigorate your bond, or a pair of MilParents working out communication with your children, we can connect you to pro help.

You can reach us 24/7 online and by telephone using the phone numbers or tools below.

#### **Toll-free:**

[800-342-9647](tel:800-342-9647)

#### **En español llame al:**

[800-342-9647](tel:800-342-9647)

#### **TTY/TDD**

Dial 711 and give the toll-free number [800-342-9647](tel:800-342-9647).



## **Marysville Community Food Bank**

How do I get food?

We do our best to make it as easy and quick as possible. Here's what is required and what to expect:

1. **Register (first time only):** We respect and are committed to protecting your privacy. This information is only for proving how much food we give out to our community, so we can receive more funding. It also makes checking out with your free groceries easier.
2. **Schedule Your Appointment:** Sign up for a time slot to do your shopping. We are open Mondays, Tuesdays, Fridays, and one Wednesday night per month. You will need to create a SoxBox account.
3. **Arrive On Time:** Not early, not too late. Please arrive right at your appointment time since there is no place to safely wait. Otherwise, you will be asked to return at your appointment time.
4. **Check-In and Shop:** You'll be greeted by one of our volunteers, who will check you in. You'll get your own shopping cart please limit your shopping to 10-15 minutes.

To register and schedule your appointment, visit their website at:

<https://www.marysvillefoodbank.org/get-food>

**Eligibility: To qualify for the Marysville Community Food Bank, you must have a personal need for food and reside in zip codes 98270, 98271, or 98259. The food bank operates on a zero-barrier, zero-judgment policy, so no documentation or fees are required to receive assistance.**

**4150 88<sup>th</sup> Street NE, Marysville, WA 98270**

Hours of Operation –

MON | 9 am – 11 am

TUES | 3 pm – 6 pm

Last WED | 5:30 pm – 7:30 pm

FRI | 9 am – 11 am

(360) 658-1054 | [info@marysvillefoodbank.org](mailto:info@marysvillefoodbank.org)





## **Lake Stevens Community Food Bank**

**How do I qualify to get food?**

**If you need food, come and see us! We do not require “proof” of your need. Simply sign up for an appointment on our website and show up.**

No appointment is required for our Wednesday distribution at Calvary Chapel.

To schedule an appointment, please follow the link below:

<https://www.lakestevensfoodbank.org/find-food-2>

**2111 117<sup>th</sup> Ave NE, Lake Stevens, WA 98258**

Hours of Operation –

MON | 2 pm – 6 pm \*Appointment Required\*

TUES | 1:30 pm – 4 pm (55+ only) \*Appointment Required\*

THUR | 11:30 am – 2:30 pm \*Appointment Required\*

(425) 334-3430 | [info@lakestevensfoodbank.org](mailto:info@lakestevensfoodbank.org)

**9428 4<sup>th</sup> St SE, Lake Stevens, WA 98258**

**Calvary Chapel – Drive Up Food Bank**

Hours of Operation –

WED | 3 pm – 5 pm

(425) 334-3430 | [info@lakestevensfoodbank.org](mailto:info@lakestevensfoodbank.org)

## **Volunteers of America – Everett Community Food Bank**

Our Everett Community Food Bank serves guests in a walk-thru, grocery style experience. Appointments are suggested.

**Eligibility: Volunteers of America Food Bank eligibility is open to anyone who needs food assistance, with no income, address, or documentation requirements for the Volunteers of America Western Washington (VOAWW) network, including the Everett location. While VOAWW food banks collect zip codes for community needs data, they do not have strict eligibility requirements to receive food.**

To schedule an appointment, please follow the link below:

<https://portal.soxbox.co/pantry/voaww-everett-food-bank>

**1230 Broadway, Everett, WA 98201**

Hours of Operation —

MON, WED, THURS | 10 am – 2pm

2<sup>nd</sup> & 4<sup>th</sup> TUES | 2 pm – 5 pm

(425) 312-3630 | [food@voaww.org](mailto:food@voaww.org)

## **Volunteers of America – Sultan Community Food Bank**

Our Sultan Food Bank serves guests in a walk-thru, grocery style experience. No appointment is necessary.

**617 1<sup>st</sup> St, Sultan, WA 98294**

Hours of Operation —

MON | 5 pm – 7 pm

FRI | 9:30 am – 12 pm

(425) 309-5782 | [food@voaww.org](mailto:food@voaww.org)

## **Volunteers of America – Casino Road Food Pantries**

These locations offer pre-selected and packaged items. No appointment is necessary.

### **Bible Baptist Church Drive-Thru Pantry**

805 W Casino Rd, Everett, WA 98204

Hours of Operation —

1st • 3rd TUES | 3 pm-5 pm

(425) 312-3630 | [food@voaww.org](mailto:food@voaww.org)

### **The Village Walk-Up Pantry**

14 E Casino Rd, Everett, WA 98208

Hours of Operation

2nd • 4th • 5th TUES | 2 pm-5 pm

(425) 312-3630 | [food@voaww.org](mailto:food@voaww.org)



## **Snohomish Community Food Bank**

Clients are welcome to visit the Food Bank once each week. Please do not arrive more than 10 minutes early. Folks who arrive early do not receive priority in terms of wait time or quality of food, we restock our food throughout service and are committed to providing quality food to all clients regardless of what time during service they shop.

The food bank is located behind The National Guard Armory, Fire Station and Haggen Grocery complex off Avenue D.

<https://snohomishfoodbank.org/get-help/>

**Eligibility: You must live within the Snohomish School District and verify your residence and household members on your first visit.**

### **Seniors (62+)**

1330 Ferguson Park Road, Snohomish, WA 98290

Hours of Operation

TUES | 3 pm – 4 pm

FRI | 10 am – 11 am

(360) 568-7993 | [info@snohomishfoodbank.org](mailto:info@snohomishfoodbank.org)

### **General**

1330 Ferguson Park Road, Snohomish, WA 98290

Hours of Operation

TUES | 4 pm – 6 pm

FRI | 11am – 1 pm

(360) 568-7993 | [info@snohomishfoodbank.org](mailto:info@snohomishfoodbank.org)



## **Stanwood Camano Food Bank**

The Stanwood-Camano Food Bank functions as a grocery store model where members can come in and shop with assistance from volunteers! Households may shop once per calendar week.

1. Please sign up online before your first visit to the Food Bank. If you haven't visited the Food Bank in over a year or your household situation has changed, please fill out the sign-up form again.
2. Come to the Food Bank on designated food distribution days (see below) and please bring your own bags.
3. We hand out colored number tickets at the front entrance of the building beginning 1 hour before we open until close on Distribution Days. Alternatively, you can get a number online via the virtual queue. We call groups of shoppers by number groups, so you have some flexibility during wait times.
4. Once your number is called, enter the Food Bank and check in at our front desk.

To sign up, follow the link below: <https://stanwoodcamanofoodbank.org/foodbank/>

**Eligibility: You are eligible for food assistance if you reside within the State of Washington. Please reference the income guidelines for receiving food assistance. These guidelines are self-verified by each client; we do not require proof of income paperwork.**

**27030 102<sup>nd</sup> Ave NW, Stanwood, WA 98292**

Hours of Operation –

WED | 3 pm – 7 pm

THUR | 11 am – 12 pm (by appointment for age 60+)

FRI | 11 am – 3 pm

(360) 629-3789 | [scfoodbank@scfbs.org](mailto:scfoodbank@scfbs.org)



## **Granite Falls Community Coalition**

The Granite Falls Community Coalition proudly provides a variety of impactful programs catering to the diverse needs of our community. From our Food Bank and Diaper Bank to the Meals 'til Monday program, and our commitment to providing Back To School Supplies, we strive to make a positive difference in the lives of those we serve. Our array of programs reflects our dedication to fostering a thriving and supportive community for all.

**There is no documentation required to receive services from the GFCC and Food Bank. No Address Verification. ID Verification or Residency Requirements.**

### **Granite Falls Food Bank**

307 N Alder Avenue Granite Falls, WA 98252

Hours of Operation for Groceries –

THUR | 4 pm – 6 pm

\*\*Appointments are required to shop at the food bank; you can make an appointment by contacting us below:

Online: <https://calendly.com/granitefallsfb>

Phone: 360-691-4253

Hours of Operation –

MON – THURS | 9 am – 3 pm

\*\*Inclement Weather Policy. If the Granite Falls School District has closed for the day the Food Bank will also be closed.

### **Diaper Bank**

307 N Alder Avenue Granite Falls, WA 98252

Hours of Operation –

MON – THURS | 9:30 am – 1 pm

\*\*We provide Diapers size New Born through Size 6. Other baby items such as pull ups, baby food are sometimes available. We do have a good selection of Baby Formula, please give us a call if you are looking for a specific Formula.

360-691-4253 | [gfccommunitycoalition@gmail.com](mailto:gfccommunitycoalition@gmail.com)

### **Meals 'Til Monday**

Free for all Granite Falls School District Students – they can pick up a backpack each Friday (at their school) full of food to last the weekend.

Sign up at the student's school

FREE – NO Income Verification

Crossroads High School | (360) 283-4407

Granite Falls High School | (360) 691-7713

Granite Falls Middle School | (360) 691-7710

Monte Cristo Elementary | (360) 691-7718

Mountain Way Elementary | (360) 691-7719



## **Skagit Valley Neighbors in Need Food Bank**

Signing up is easy. We are here to serve our community and have made the sign up process as easy and straightforward as possible. The only information we ask for is your name, household size, birthdates, and address. **We do not ask for your social security number or any financial information.** Your information will always remain confidential. We want to get food to you and have a system in place that eliminates the barriers that keep us from doing so. If you're in a position where you need food, we encourage you to come in any **Tuesday between 11 AM and 6 PM**, sign up, and get some food to feed yourself and your family the same day.

**1615 S 2nd Street, Mount Vernon, WA 98273**

**Eligibility: Must be a Skagit County resident**

Hours of Operation –

TUE | 11 am – 6 pm

(360) 982-2089 | <https://svneighborsinneed.com/>



## **Mukilteo Food Bank**

Mukilteo Food Bank Clients and Volunteers: During severe weather events, our food bank will observe and follow the decisions of the Mukilteo School District towards closure. If schools are closed, or if conditions at the food bank are deemed to be unsafe, the Mukilteo Food Bank will be closed, and distribution will not occur. Rescheduling is an option but should not be assumed. The safety of our clients and volunteers is our top priority.

**4514 84th St SW, Mukilteo, WA 98275**

**Eligibility: Must live in the Mukilteo School District**

Hours of Operation –

2nd & 4th MON | 3 pm – 5 pm

2nd & 4th TUES | 9 am – 10:30 am

Food Bank Calendar: <http://www.mukilteofoodbank.org/calendar>

(425) 366-8229 | [info@mukilteofoodbank.org](mailto:info@mukilteofoodbank.org)



## **Helping Hands – Sedro-Woolley**

Helping Hands works with local farmers, manufacturers, and retailers to save unwanted food from landfills and move donated grocery items to where it is needed most. Our staff members participate in grocery rescue partnering with Walmart, Target, Haggen, Fred Meyers, Costco, and more. Helping Hands uses the We Feed Grant to purchase crops from local farmers including fruits, vegetables, and milk.

**There are no eligibility requirements to receive services. Participants will be asked to fill out a registration form before access to the food bank; the form provides Helping Hands with information about the need in Skagit County so we can work to fill the gaps in our community.**

**Participants can visit any Helping Hands distribution location, no matter city or county of residence.**

**9386 Fruitdale Rd. Sedro-Woolley, WA 98284**

Food Hours of Operation –

MON | 11 am – 3 pm

WED | 10 am – 2 pm

THUR | 12 pm – 4 pm

FRI | 2 pm – 6 pm

Non-Food Essentials Hours of Operation –

Last FULL week of the month

(360) 856-2211 | <https://helpinghandsskagit.org/distribution/>

### **2025 Holiday Schedule:**

JULY 18 – CLOSED

AUG 30-SEP 1 – CLOSED

SEP 10 – CLOSED

OCT 11-13 – CLOSED

NOV 11 – CLOSED

NOV 27-29 – CLOSED

DEC 24 – CLOSED AT 2 PM

DEC 25-JAN 3 – CLOSED

## **Military Family Advisory Network**

MFAN is collaborating with partners to provide immediate assistance to eligible military families during the government shutdown. Active Duty, Guard, and Reserve families can sign up and once approved receive a box of shelf-stable food and a commissary gift card shipped directly to them.

1. Active Duty, Guard, and Reserve members can visit <https://www.mfan.org/topic/food-insecurity/> to register
  - Verify your military affiliation through their trusted SheerID portal. Most verifications are immediately approved.
2. Follow the prompts for your registration link.
  - To ensure we can provide support to as many families as possible, complete only one registration per household. If you do not see your email link, check your spam folder. Do not share your link or forward your email.
3. Wait for the box to ship directly to your door
  - Support includes a shelf-stable box that is designed to feed a family of four for one week and a Commissary Gift Card. You'll receive confirmation when your box ships from Umoja Health in Houston, TX and most will receive withing 2-5 days.