

PREPARED MEALS

Most of these resources provide hot meals, while some may offer cold meals or sack lunches.

Angeline's Day Center..... 206.436.8650

YWCA, 2030 3rd Ave, Seattle

Meals daily: 8:10am, 11:30am, 12:30pm & 3pm.

Dinner daily: 6-7pm, provided by **Women's Referral Center**. Serves anyone who identifies as female.

Bread of Life Mission..... 206.682.3579, ext 100

97 S Main, Seattle

Lunch: M-F: 12:15pm. Dinner: M-Sa: 7:15pm. Optional Chapel Service at 6:30. Serves adults and families.

Cathedral Kitchen..... 206.264.2091

St. James Cathedral Hall, 907 Columbia St., Seattle

Meal tickets available M-F: 3:30pm; Dinner: 4:15pm.

Chief Seattle Club206.292.6214

410 2nd Ave Extension S, Seattle

Daily: 8-9:30am for breakfast; Sack lunches: Noon-1pm.

Serves American Indians & Alaska Natives, ages 18+.

Community Lunch on Capitol Hill 206.972.2524

Free meals for anyone in need. Vegetarian option offered.

Central Lutheran Church, Parish Hall, 1710 11th Ave

Tu & F: Noon-1pm.

All Pilgrims Church, 500 Broadway Ave E

W & Th: 5-6pm.

Lazarus Center206.623.7219

2329 Rainier Ave S, Seattle

Breakfast Daily: 8-8:45am; Lunch Daily: 12:30-2:20pm.

Serves ages 50+. Valid ID from any state required. Meals are free. Small cost for drinks.

Mary's Place..... 206.621.8474

1830 9th Ave, Seattle

M-F: Breakfast: 7-8:30am; Lunch: 12:30-1pm. Serves anyone identifying as female, with or without children.

Millionair Club206.728.5627

2515 Western Ave, Seattle

Breakfast: M-F: 6:15-7am. Lunch: M-F: Noon-1:30pm.

Serves anyone in need.

New Horizons Ministries206.374.0866

2709 3rd Ave, Seattle

Breakfast: M-F: 8-10am. Dinner and Drop-in: Su-Th: 7-9pm. Serves ages 23 or younger. ID required.

Outdoor Meal Site6th & Columbia, under I-5

Meals for anyone in need.

Monday - Thursday—Hot meals 8:30am, 1pm & 8-9pm

Friday—Hot meals 8:30am, 1pm, & 6:30pm.

Outdoor Meal Site (continued)

Saturday—Every Saturday, Sack lunch at Noon.

1st Sa of the month: Hot meal at 4pm.

2nd Sa of the month: Hot meal at 4pm.

3rd Sa of the month: Hot meal at 2pm & 4pm.

4th Sa of the month: Hot meal at 2pm & 5pm.

5th Sa of the month: Hot meal at 4pm.

Sunday—

1st Su of the month: Hot meals at 10am, 1pm & 5pm.

2nd Su of the month: Brunch at 11am, hot meals at 1pm & 5pm.

3rd Su of the month: Brunch at 12pm, hot meals at 2pm, & 5pm.

4th Su of the month: Hot meals at 1pm & 5pm.

5th Su of the month: Hot meals at 1pm & 5pm.

Queen Anne Food Bank.....206.216.4102

Sacred Heart Parish, 232 Warren Ave N Suite 8, Seattle

Sack lunch & soup M-Th: 8:30-11:30am, F: 9-11am.

Serves anyone in need.

St. John's Lutheran Church.....206.783.2244

5515 Phinney Ave N, Seattle

Dinner: Tu: 5-6pm, doors open at 4pm. Lunch: W: Noon-

1pm. Doors open at 11am. Serves anyone in need.

St. Luke's Episcopal Church.....206.784.3119

5710 22nd Ave NW, Seattle

Meals: Sept-June: Breakfast: M-F: 7-10am.

July-Aug.: Breakfast: 7-9am. No lunch. Serves anyone in need. Sobriety required.

Seattle Catholic Worker Center....Walk-in Only

5623 Rainier Ave S, Seattle

W-F: 9am-Noon. Drop-in center provides hot meals, clothing & toiletries, as available.

Seattle Indian Center206.329.8700

1265 S Main St, Suite 105, Seattle

Light Breakfast M-F: 9:30-10:30am; Lunch M-F: 12-1pm.

Serves anyone in need.

Teen Feed - University District206.229.0813

Free dinner for youth & young adults, ages 13-25, between three University District locations. Can sometimes provide clothing, toiletries & books.

University Lutheran Church, 1604 50th St NE

M, F, & Su: 7-8pm.

Univ. Cong. United Church, 4515 16th Ave NE

Tu-Th: 7-8pm.

University Methodist Church, 1415 NE 43rd St

Sa: 6:30-7:30pm.

Union Gospel Mission206.622.5177

318 2nd Ave Extension S, Seattle

Meals Daily: 7:30-9:30am, 11:30am-12:30pm, 5:30-6:30pm.

No 11:30am-12:30pm meal Su. Serves anyone in need.

YouthCare - Orion Center206.622.5555

1828 Yale Ave, Seattle

M-F: 8:30 -9am, 12:30-1pm, & 6-6:30pm. No 6pm meal on Tu. Serves ages 13-22.

SEATTLE

Food Resources



SEPTEMBER 2018

Brochures updated quarterly at
www.crisisconnections.org

King County 
2-1-1TM
Get Connected. Get Answers.
Crisis Connections · United Way

FOOD BANKS

Food banks usually serve specific geographic areas. Call ahead for eligibility requirements.

Central/Downtown
Between Lake Union/Ship Canal & I-90/
West Seattle Bridge

Asian Counseling RS Food Bank206.292.5714
919 S King St, Seattle
W, F: 11:30am-1pm. Tickets available at 9am. Provides culturally appropriate Asian-Pacific foods. ID required.

Byrd Barr Place.....206.812.4970
722 18th Ave, Seattle
Tu: 11am-4pm (98102, 98112, 98122 only for home delivery commodities), W: noon-4pm. Th: 9am-1pm. Sometimes has limited pet food.

Cherry Street Food Bank206.625.0755
Northwest Harvest, 711 Cherry St, Seattle
M, W, F: 9am-4:30pm. Families w/infants Th: 9am-5pm; Meat products avail last M and W of each month. No restrictions. No ID required.

Chicken Soup Brigade.....206.957.1686
210 S Lucile St, Seattle
M-F: 8:30am-5pm. Provides free food and nutrition services for people living with HIV/AIDS or other chronic conditions, who are homebound. Call for more info.

Food Bank at St. Mary's206.324.7100 ext.18
611 20th Ave S, Seattle
M, W, F: 10am-1pm. Bring own bags/boxes. ID required.

Immanuel Community Services206.622.1930
1215 Thomas St, Seattle
Last two M of each month: 11am-1pm. Serves anyone in need. No ID required.

Morris Polack Food Bank.....206.461.3240
Jewish Family Service, 1601 16th Ave, Seattle
W, F: 10-noon; Th: 2-4pm. Closed on Jewish holidays.

Pike Market Food Bank.....206.626.6462
1531 Western Ave, 5th Floor of parking ramp, Seattle
Tu, Th: 10am-1pm. W: 4-6pm. Baby food, formula and limited diapers distributed by food pantry.

Puget Sound Labor Agency.....206.448.9277
Seattle Labor Temple, 2800 1st Ave, Rm 126, Seattle
M, F: 8am-noon, W: 4pm-7, except holidays. Enter through alley. Serves union members and those living in 98101, 98109, 98111, 98121, 98134, and 98199

Queen Anne Food Bank.....206.216.4102
Sacred Heart Parish, 232 Warren Ave N, Suite B, Seattle
Th: 2-4pm. New clients - bring picture ID & rent receipt.

Salvation Army Downtown206.447.9944
1101 Pike St, Seattle
Tu, W, F: 9-11:30am, 1-3pm. Th: 1-5:45pm. Photo ID & proof of address required. Can visit once per calendar month.

Seattle Indian Center206.329.8700
Leschi Center, 1265 S Main St, Suite 105, Seattle
Tu, Th: 1-3pm. ID & Proof of address required. Serves anyone in need.

YWCA Central Area Food Bank.....206.375.1496
2820 E. Cherry St, Seattle
Public: W: 2-3pm. YWCA clients: W: 1-2pm. No ID required.

North

North of Lake Union/Ship Canal

Ballard Food Bank.....206.789.7800
5130 Leary Ave NW, Seattle
M, Th: 2-7pm; T, W: 11am-4pm. Photo ID required. Proof of address req. first visit only. Call about home delivery

Bethany Community Church206.524.9000
1147 N 81st St, Seattle
M: 6-7pm. Emergency food bags, M-Th: 9am-5pm; F: 9am-4pm,. No restrictions.

Blessed Sacrament Church206.930.6005
5050 8th Ave NE, Seattle
F: 10:30am-noon. ID required for each household member. Proof of address required.

Family Works Food Bank.....206.694.6723
1501 N 45th St, Seattle
Tu: Noon-2pm; Th: 3-6pm; F: 11am-1pm. Commodities: 3rd Sa: 9am-noon. ID & Proof of address required.

Greenwood Food Bank.....206.367.3477
13000 Linden Ave N, Seattle
Sa: 10am-2pm. Photo ID & Proof of address required.

Greenwood Food Resource Center.....206.783.1225
Salvation Army, 9501 Greenwood Ave N, Seattle
W: 11am-noon for seniors & people with disabilities; W: Noon-2pm for others. Nobody will be turned away.

Lake City Food Bank206.367.3477
North Helpline, 12736 33rd Ave NE, Seattle
W: 10am-1pm; Th: 4:30-6:30pm; Sa: 11am-1pm. Seniors & Disabled: Sa: 10-11am. Photo ID & Proof of address Required (ID only for homeless clients)

Phinney Ridge Lutheran Church ...206.784.7964
7500 Greenwood Ave N, Seattle
Intake appointment line M: 1-3pm, Drop in; Tu: 2-3pm; W: 7-8pm. ID & proof of address required.

University District Food Bank206.523.7060
5017 Roosevelt Way NE Seattle
M: 9am-3pm; Tu, Th: 2-8pm. F: 11am-4pm. ID & Proof of address (unless homeless). Call to inquire for delivery.

South/West

South of I-90/West Seattle Bridge

El Centro de la Raza206.957.4634
2524 16th Ave S, Seattle
W: 3:30-6:30pm; Th: 9am-noon & 1:30-4pm; F: 2-4pm. Govt. Commodities (98108 & 98144 ONLY): F: 10am-noon. I.D. helpful, not required.

Filipino Community of Seattle.....206.722.9372
5740 MLK Jr Way S, Seattle
M, Tu, Th: Noon-2pm. Focuses on Filipino community, but everyone is welcome. ID helpful, not required. Clients encouraged to bring bags or boxes to carry food.

Paradise of Praise Food Bank206.768.2745
1316 SW Holden, Seattle
Tu: 10-Noon. First time clients will be asked to register.

Providence Regina House206.763.9204
8201 10th Ave S, Seattle
Th:12:30-2pm; Sa: 9am-noon; Baby cupboard 1st Sa of month: 9am-noon. ID & Proof of address requested.

Rainier Valley Food Bank.....206.723.4105
4205 Rainier Ave S, Seattle
W, Sa: 9:30am-2pm. No-cook food bags, Tu-Sa: 8am-3pm. Photo ID required. Bring your own bags or boxes.

SVDP Food Bank.....206.686.5260
5972 4th Ave S, Seattle
Walk in. M: 2-4; Tu, Th: 11am-2pm; F: 10am-noon for homeless clients only. ID required, unless homeless.

Salvation Army White Ctr 206.767.3150 ext. 458
9050 16th Ave SW, Seattle
M-F: 1-2pm. Photo ID & Proof of address required.

West Seattle Food Bank206.932.9023
3419 SW Morgan St, Seattle
W: noon-7pm. Th: 9am-2pm; F: 10am-2pm. Age 55+: Tu: 9:15-11am. Photo ID & Proof of address required.

FOOD BENEFITS

Washington Basic Food Program - DSHS
.....877.501.2233
The Basic Food Program (Food Stamps) provides eligible, low-income households with an ATM/debit-like card, used to access food benefits. Monthly benefit amounts vary based on household income and number of people. M-F: 8am-5pm.

Within Reach—Family Food Hotline.....
.....888.436.6392
Offers a toll-free phone line with screening and application assistance for Basic Food and WIC programs. M-Th: 8am-5:30pm; F: 8am-5pm.