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

Cathedral Kitchen.................... 206.264.2091
St. James Cathedral Hall, 907 Columbia St., Seattle
Meals tickets available M-F: 3:30pm; Dinner: 4:15pm.

Chief Seattle Club............... 206.292.6214
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 1710 11th Ave
Tu & F: Noon-1pm,
All Pilgrims Church 500 Broadway Ave E
W & Th: 5-6pm.

Lazarus Center............... 206.623.7219
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: 12-1pm. Serves anyone identifying as female, with or without children.

Millionair Club............... 206.728.5627
2515 Western Ave, Seattle
Breakfast: M-F: 6:15-7am. Lunch: M-F: Noon-1:30pm.
Serves anyone in need.

New Horizons Ministries........ 206.374.0866
2709 3rd Ave, Seattle
Breakfast: M-Th: 8-10am. Dinner and Drop-in: Su-Th: 7-9pm. Serves ages 23 or younger. ID required.

Outdoor Meal Site....6th & Columbia, under I-5
Meals for anyone in need.
Monday-Thursday—Hot meals: 8:30am, 1pm & 8-9pm
Friday—Hot meals: 8:30am, 1pm, & 6-6:30pm.

Outdoor Meal Site (continued)
Saturday—Every Saturday, Sack lunch at Noon and 12:30pm.
1st Sa of the month: Hot meal at 5pm.
2nd Sa of the month: xtra sack 1:30-2:15pm
Hot meal at 5pm.
3rd Sa of the month: Hot meal at 2pm & 5pm.
4th Sa of the month: Hot meal at 2pm & 5pm.
5th Sa of the month: Hot meal at 5pm.

Sunday—
1st Su of the month: Hot meals at 1pm & 5pm.
2nd Su of the month: Brunch at 11am, hot meals at 1pm & 5pm.
3rd Su of the month: Hot meals at 1pm & 5pm.
4th Su of the month: Hot meals at 1pm & 5pm.
5th Su of the month: Hot meals at 5pm.

Queen Anne Food Bank.............. 206.216.4102
Sacred Heart Parish, 232 Warren Ave N Suite B, Seattle
Sack lunch & soup M-F: 8:30-11:30am. Serves anyone in need.

St. John’s Lutheran Church......... 206.783.2244
3515 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.

Seattle Catholic Worker Center....Walk-in Only
5623 Rainier Ave S, Seattle
W-F: 8am-Noon. No drop-in center provides hot meals, clothing & toiletries, as available.

Seattle Indian Center............... 206.329.8700
1265 S Main St, Suite 105, Seattle
Light Breakfast M-F: 9-10am; Lunch M-F: 12-1pm. Serves anyone in need.

Teen Feed - University District..... 206.229.0813
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, & Sa: 7-8pm.

Univ. Cong. United Church 1551 16th Ave NE
Tu-Th: 7-8pm.

University Methodist Church 4515 NE 43rd St
Sa: 6:30-7:30pm.

Union Gospel Mission............... 206.622.4517
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 Center............. 206.622.5555
1828 Yale Ave, Seattle
M-F: 8:30 –9am, 12:30-1pm, & 6-6:30pm. No 6pm meal on Tu. Serves ages 13-22.
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<th><strong>FOOD BANKS</strong></th>
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<tr>
<td><strong>Central/Downtown</strong></td>
<td><strong>Between Lake Union/Ship Canal &amp; I-90/ West Seattle Bridge</strong></td>
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- **Asian Counseling RS Food Bank**: 206.292.5714
  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. Home delivery Th: 10am-3pm.

- **SoDo Community Market**: 206.625.0755
  1915 4th Ave S, Seattle
  M: 1:30-7:30pm; W: 8am-2pm. 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’s**: 206.324.7100 ext.1209
  611 20th Ave S, Seattle
  M, W: 10am-1pm. Bring own bags/baskets. ID required.

- **Immanuel Community Services**: 206.622.1930
  1215 Thomas St, Seattle
  M: 11am-1pm. Serves anyone in need. No ID required. Community Meal served last Sunday of the month: noon.

- **Polack Food Bank**: 206.461.3240
  Jewish Family Service, 1601 16th Ave, Seattle
  W, F: 10am-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: 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, 98104, 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 Downtown**: 206.447.9944
  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 Center**: 206.329.8700
  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: 1-3pm. YWCA clients: W: 12-1pm. No ID required.

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<th><strong>North</strong></th>
<th><strong>North of Lake Union/Ship Canal</strong></th>
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- **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 Church**: 206.524.9000
  1147 N 81st St, Seattle
  M: 6-7pm. Emergency food bags, M-Th: 9am-5pm; F: 9am-4pm. No restrictions.

- **Blessed Sacrament Church**: 206.930.6005
  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.

- **North Helpline-Bitter Lake**: 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
  Tu: 4:30-6:30pm. W: 11am-Noon for seniors & people with disabilities; W: Noon-2pm for others. Nobody will be turned away.

- **Lake City Food Bank**: 206.367.3477
  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: 1:15-3pm; W: 6:15-8pm. ID & proof of address required.

- **University District Food Bank**: 206.523.7060
  5017 Roosevelt Way NE Seattle
  M: 9am-3pm; Tu: 2-4pm. F: 11am-4pm. ID & Proof of address (unless homeless). Call to inquire for delivery.

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<th><strong>South/West</strong></th>
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- **El Centro de la Raza**: 206.957.4634
  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-1pm. 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 Bank**: 206.768.2745
  1316 SW Holden, Seattle
  Tu: 10-Noon. First time clients will be asked to register.

- **Providence Regina House**: 206.763.9204
  8201 10th Ave S, Seattle
  Th: 12:30-2pm; Sa: 9am-Noon; Baby cup board 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 banks, Tu-SA: 8am-2:30pm. Photo ID required. Bring your own bags or boxes.

- **SVDP Food Bank**: 206.686.5260
  5972 4th Ave S, Seattle
  Visit in person. Tu Th F Sat, 11am-2pm. (Fridays for homeless clients only). ID required, unless homeless.

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

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<th><strong>FOOD BENEFITS</strong></th>
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- **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-3pm.