

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 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.
- New Horizons Ministries206.374.0866**
2709 3rd Ave, Seattle
Breakfast: M-Th: 8-10am. Dinner and Drop-in: Su-Th: 7-9pm. Serves ages 23 or younger. ID required.
- OSL-Outdoor Meal Service at Millionair Club..**
2515 Western Ave, Seattle.....206-922-2015
Breakfast—M-F, 6:30am-8:30am; Sa Su, 10am-11am.
Lunch—M-F, 12:30-2pm; Sa Su, 12pm-1:30pm.
Dinner—M-F, 6:30pm-8pm; Sa Su, 5pm-6:30pm.
For anyone in need.

Vedic Cultural Center

Food Truck.....425-499-6408
5301 University Way, Seattle— University Heights Center
Sa, 5:30pm-8:15pm.

Offers free vegetarian food from a food truck once a week. Dinner is usually rice, a vegetable, soup and bread.

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
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: 8am-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: 9-10am; 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



March 2020

Brochures updated quarterly at
www.crisisconnections.org

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 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 F: 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'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
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: 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, 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 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 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.

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

North

North of Lake Union/Ship Canal

Bethany Community Church.....206.524.9000

1147 N 81st St, Seattle
M: 6-7pm.

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 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: 1:15-3pm; W: 6:15-8pm. 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.

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 Seattle206.722.9372

5740 MLK Jr Way S, Seattle

South/West

South of I-90/West Seattle Bridge

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 Bank206.768.2745

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 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-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 Sa, 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-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: 9-1pm. Photo ID & Proof of address required.

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.

FOOD BENEFITS

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.