During the Covid-19 response, please call ahead to verify if these agencies have temporary modified their services and hours.

**Prepared Meals**

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

**Angeline’s Day Center**
2203 3rd Ave, Seattle
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 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**
Parish Hall, 1710 11th Ave
Tu & F: Noon-1pm
All Pilgrims Church
500 Broadway Ave E
W & Th: 5:30pm

**Lazarus Center**
206.623.7219
2329 Rainier Ave S, Seattle
Breakfast Daily: 8-8:45am; Lunch Daily: 12:30-2:30pm.
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: 12-2pm. Serves anyone identifying as female, with or without children.

**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.

**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.

**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 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, & 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 Mission**
206.622.5177
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 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.
**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 Plaza**… 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/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.18
611 20th Ave S, Seattle
M, W, F: 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: 10noon; 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 Downtown**… 206.447.9944
1101 Pike St, Seattle
Tu, W, F: 9-11:30am, 1-3pm; M-Th: 1:30-5pm. 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 required. 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 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: 6:15-8:30pm. ID & proof of address required.

**University District Food Bank**… 206.523.7060
5017 Roosevelt Way NE Seattle
M: 9am-3pm; Tu, Th: 2-4pm. 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. ID helpful, not required.

**Filipino Community of Seattle**… 206.722.9372
5740 MLK Jr Way S, Seattle

---

**South/West**

South of I-90/West Seattle Bridge

---

**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 cupboard 1st Sa of month: 9am-Noon. ID & Proof of address required.

**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 Bank**… 206.932.9023
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.