During the Covid-19 response, please call ahead to verify if these agencies have temporarily modified their hours and services such as “Meals to Go” instead of on-site dining.
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: 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.18
611 20th Ave S, Seattle
M, W: 10am-1pm. Bring own bags/boxes. 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

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. Th: 1-5:45pm. Photo ID & proof of address required. Can visit once per calendar month.

Call Ahead

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
Tu: 3-6pm. 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, 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. ID helpful, not required.

South/West
South of I-90/West Seattle Bridge

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 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.

SVPD 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 Ct................. 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

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: 8-8am.