

Call Ahead

PREPARED MEALS

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

Bread of Life Mission..... 206.682.3579, ext 100
97 S Main, Seattle

Lunch: M-F 11:30am-1:30pm. Dinner 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 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
Tu-F, noon-1pm. **Temporarily Closed**

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 soft 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 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 UpLift Northwest..

2515 Western Ave, Seattle.....**425-328-0462**

Breakfast- M-F, 8-9am; Sa Su, 10am-11am.

Lunch- M-F, 12:30-1:30pm; Sa Su, 12:30-1:30pm.

Dinner- M-F, 5-6:30pm; 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 Indian Center..... 206.329.8700

1265 S Main St, Suite 105, Seattle

Light Breakfast M-F: 8:30-9:30am; Lunch M-F: noon-1:15pm. 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
Daily, 7-8pm. **Temporarily Closed**

University Methodist Church, 1415 NE 43rd St
Sa: 6:30-7:30pm.

Seattle's 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.

SEATTLE

Food Resources



September 2021

Brochures updated monthly

at

www.crisisconnections.org

During the Covid -19 response, **please call ahead** to verify if these agencies have temporary modified their hours and services such as "Meals to Go" instead of on site dining.

King County

2-1-1

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 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; W, noon-4pm; Th, 10am-2pm. Sometimes has limited pet food. (98102, 98112, 98122 only for home delivery commodities), W, 9-11:30am; Th, 1-3pm.

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 Brigade206.957.1686

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 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

M, 5:30-7:30pm; 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 Agency206.448.9277

Seattle Labor Temple, 2800 1st Ave, Rm 126, Seattle

M, F: 8am-noon, W, 2-5pm. 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; F, 9-11:30am. Photo ID & proof of address required. Can visit once per calendar month.

North North of Lake Union/Ship Canal

Seattle Indian Center206.329.8700

Leschi Center, 1265 S Main St, Suite 105, Seattle

Tu, Th: 1-3pm. ID & Proof of address required. S e r v e s anyone in need.

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.

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.

North Helpline-Bitter Lake206.367.3477

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: 3:30-6pm. 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 & P r o o f o f a d d r e s s 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 : 1 5 - 3 p m ; W: 6:15-8pm. ID & proof of address required.

Call Ahead

South/West

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-N o o n . 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 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 Ctr206.767.3150 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

Within Reach—Family Food Hotline.....

..... 888.436.6392

Offers a toll-free phone line with screening and application assistance for Basic Food and WIC. M-Th: 8am-5:30pm; F: 8am-5pm.