

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: 12:30pm-1:30pm & 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 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. **Temporarily Closed**

All Pilgrims Church, 500 Broadway Ave E
W & Th: 5-6pm.

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, 8-8am; Sa Su, 10am-11am.

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

Dinner- M-F, 5pm-6pm; Sa Su, 5pm-6pm.

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: Breakfast: M-F, 10m-12pm. 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: 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. **Temporarily Closed**

Univ. Cong. United Church, 4515 16th Ave NE
Daily, 7-8pm.

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

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



October 2021

Brochures updated monthly at

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

King County ★

2-1-1TM
Get Connected. Get Answers.
Crisis Connections · United Way

Call Ahead

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: 10am-2pm. Sometimes has limited pet food. Home delivery. Call for info.

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.

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, 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, 9:30am-3pm; W, 3-7pm; Th, 9:30am-3pm. 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: 2-7pm. 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: -5:45pm; F, 9-11:30am.

Call Ahead

Photo ID & proof of address required. Can visit once per calendar month.

Seattle Indian Center206.329.8700
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 Bank206.375.1496
2820 E. Cherry St, Seattle
Public: W: 1-3pm. YWCA clients: W: 12-1pm. No ID required.

North North of Lake Union/Ship Canal

Ballard Food Bank.....206.789.7800
1400 Northwest Leary Way Seattle WA 98107
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.

Family Works Food Bank206.694.6723
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 Lake206.367.3477
13000 Linden Ave N, Seattle
Sa: 9am-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 Sa, 9am-2pm; Th, 4-7pm. 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

South/West

M: 9am-2:45pm; Tu, Th: 2-7:45pm. F: 11am-3:45pm. 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 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 **Home Delivery only**
W, Sa: 9:30am-2pm. No-cook food bags, Tu-Sa: 8am-2:30pm. Photo ID required. Bring your own

FOOD BENEFITS

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-Th, 1-2pm. Photo ID & Proof of address required.

West Seattle Food Bank 206.932.9023
3419 SW Morgan St, Seattle
Tu Th F, 10am-2pm; W, noon-7pm.

Photo ID & Proof of address required