

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: 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.

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.....425-328-0462

2515 Western Ave, Seattle

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 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.

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

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

Call Ahead

Food Resources



November 2021

Brochures updated monthly at
www.crisisconnections.org

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.

King County ★

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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 Place206.812.4970
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 Market206.625.0755
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's . 206.324.7100 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 Bank206.461.3240
Jewish Family Service, 1601 16th Ave, Seattle
W, F: 10-noon; Th: 2-4pm. Closed on Jewish holidays.

Pike Market Food Bank206.626.6462
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: 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.

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.

North North of Lake Union/Ship Canal

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 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: 3:30-6pm. 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 .

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

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 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

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: 8am-5pm.