

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- 12:45pm. Serves adults and families. (To Go Containers)

Cathedral Kitchen.....206.264.2091

St. James Cathedral Hall, 907 Columbia St., Seattle
M-F: 4:00-4:30 pm. To Go Meals for anyone in need.

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+ only.

Mary's Place.....206.621.8474

1830 9th Ave, Seattle
M-F: Breakfast: 7:00am 8:30am; Lunch: 12:00-1:00pm. Serves anyone identifying as female, with or without children.

New Horizons Ministries.....206.374.0866

2709 3rd Ave, Seattle
*Breakfast: F-Su: 7:30am-8am.
Dinner: F-Su: 9:00pm-9:30pm. Serves young adults ages 25 or younger. ID required.*

Vedic Cultural Center

Food Truck.....425-499-6408

5031 University Way, Seattle- University Heights Center

W, F, Sa, Su: 6:00pm -8:00pm.

Offers free vegetarian food from a food truck once a week. Dinner is usually rice, a vegetable, soup and bread.

Queen Anne Food Bank206.216.4102

Sacred Heart Parish, 232 Warren Ave N Suite B, Seattle
Sack lunch & soup M-F: 8:30-11:30am. Serves anyone in need all year long.

St. John's Lutheran Church206.783.2244

5515 Phinney Ave N, Seattle
*Dinner: Tu: 5:00pm-6:00pm, doors open at 4pm.
Lunch: W: 12:00pm-1:00pm. Doors open at 11am.
Serves anyone in need.*

St. Luke's Episcopal Church.....206.784.3119

5710 22nd Ave NW, Seattle
*Meals: Served to-go.; limited seating.
Light Breakfast: Serves anyone in need M-F: 10am-12:00pm. Sobriety required.*

Seattle Indian Center..... 206.329.8700

1265 S Main St, Suite 105, Seattle
*Light Breakfast and coffee. Hot Lunches
M-F: 12-pm-12:45pm; Serves anyone in need.*

Teen Feed - University District .. 206.229.0813

Free dinner for youth & young adults, ages 13-25, Can sometimes provide clothing, toiletries & books.

—Univ. Cong. United Church, 4515 16th Ave NE, Seattle

Daily: 7:00pm-8pm.

Union Gospel Mission 206.622.5177

318 2nd Ave Extension S, Seattle
Lunch: 11:30am-12:30pm. Serves anyone in need.

Youth Care's - Orion Center 206.622.5555

1828 Yale Ave, Seattle
Drop-In: M, W-F: 3:30pm-6:30pm; Sa: 11:00am-1:00pm, Meals: M-F: 8:30am-9:00am, 12:30pm-1:00pm, 6:00pm-6:30pm, No meals on Tu at 6:00pm. Serves ages 12-24.

SEATTLE

Food Resources



JULY 2022

*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

Call Ahead First

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
Food Pantry: W, F: 11:30am-1pm. Meals: W, F: 11:30am. Provides culturally appropriate Asian-Pacific foods. ID required.

Byrd Barr Place.....206.812.4970
722 18th Ave, Seattle
Tu: 11am-4pm, W: 12:00pm-4:00pm. Th: 10am-2:00pm. Home delivery W: 9am-11:30am Th: 1:00pm-3pm.

SoDo Community Market.....206.625.0755
1915 4th Ave S, Seattle
M, 1:30-7:30pm; W F: 8:00am-2:00pm. Meat products avail last M and W of each month. Curbside pickup, at front of building. Dial: 206-380-0277. No restrictions. No ID required.

Chicken Soup Brigade.....206.957.1686
210 S Lucile St, Seattle
M-F: 8:30am-5:00pm. Provides free food and nutrition services for people living with HIV/AIDS or other chronic conditions, who are homebound.

Food Bank at St. Mary's.....206.338.7215
611 20th Ave S, Seattle
M, W, F: 10am-1:00pm. Bring your own bags/boxes. ID required. Wait list for home delivery.

Immanuel Community Services....206.622.1930
1215 Thomas St, Seattle
M: 10am-1:00pm. Serves anyone in need. No ID.

Polack Food Bank.....206.461.3240
Jewish Family Service, 1601 16th Ave, Seattle
M: 5:30pm-7:30pm. W, F: 10:00am-12:00pm, Th: 2:00pm-4:00pm Closed on Jewish holidays.

Pike Market Food Bank.....206.626.6462
1531 Western Ave, 5th Floor; parking ramp, Seattle
Tu, Th: 9:30am-3:00pm. W: 3:00-7:00pm. Serves Homeless. Home delivery for eligible homebound senior and clients with disabilities.

Puget Sound Labor Agency.....206.448.9277
5300 4th Ave South, Seattle
M, F: 8am-noon, W: 2:00pm-5:00pm except holidays. Serves union members and those living in 98101, 98109, 98111, 98121, 98134, and 98199

Queen Anne Food Bank206.216.4102
Sacred Heart Parish, 232 Warren Ave N, Suite B, Seattle
Th: 1:00pm -3:00pm . Home Delivery: limited to elderly and disabled .

Salvation Army Downtown.....206.442.8393
1101 Pike St, Seattle
Tu, W: 9:00am-11:30am, 1-3pm. Th: 1:00pm-3:00pm. Photo ID & proof of address required. Can visit once per calendar month.

North North of Lake Union/Ship Canal

Ballard Food Bank.....206.789.7800
1400 NW Leary Ave, Seattle
M, Th: 1:00pm-6:45pm; T, W: 11am-3:45pm. Photo ID required. Proof of address req. first visit .

Bethany Community Church.....206.524.9000
1147 N 81st St, Seattle
M: 6:00-7:00pm. (Pre packaged grocery bags)
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: 12:00-2:00pm; Th: 3:00-6:00pm; F: 11:00am-1:00pm. ID & Proof of address required.

North Helpline-Bitter Lake.....206.367.3477
13000 Linden Ave N, Seattle
Sa: 9:00am-2:00pm. Photo ID & Proof of address required.

Greenwood Food Resource Center ... 206.783.1225
Salvation Army, 9501 Greenwood Ave N, Seattle
Tu: 3:30-6:00pm. W: 11am-Noon for seniors & people with disabilities; W: Noon-2pm for others. No one will be turned away.

Lake City Food Bank.....206.367.3477
North Helpline, 12736 33rd Ave NE, Seattle
W, Sa: 9:00am-2:00pm; Th: 4:00pm-7:00pm.

Phinney Ridge Lutheran Church.. 206.784.7964
7500 Greenwood Ave N, Seattle
Drop in; Tu: 1:15-3:00pm; W: 6:15-8:00pm. ID required.

University District Food Bank206.523.7060
5017 Roosevelt Way NE Seattle
M: 9:00am-2:45pm; Tu, Th: 11:00am-7:45pm. F: 11:00am-3:45pm. Homebound Delivery: Call to inquire .

South/West

El Centro de la Raza.....206.957.4634
2524 16th Ave S, Seattle
W: 3:30-6:30pm; Th: 9:00am-12:00pm & 1:30-4:00pm F: 2:00pm-4:00pm. W: For Seniors and those with limited mobility. Gov. Commodities -call to confirm.

Filipino Community of Seattle206.722.9372
5740 MLK Jr Way S, Seattle
M, Tu, Th: Noon-1pm. Focuses on Filipino community, but everyone is welcome. ID helpful. Curbside pick up/home delivery for Seniors.

Paradise of Praise Food Bank206.768.2745
1316 SW Holden, Seattle
Tu: 10-Noon. First time clients will be asked to register. No geographic restrictions.

Providence Regina House206.763.9204
8201 10th Ave S, Seattle
Th 12:30-2:00pm. Sa: 9:00am-12:00pm. Baby Cupboard 1st Sa each month. 9:00am-12:00pm

St. Vincent de Paul206.686.5260
5972 4th Ave S, Seattle
T, Th, F: 11:00am-2:00pm. Pre-boxed food, limited pet food. Visit: Once per week.

West Seattle Food Bank.....206.932.9023
3419 SW Morgan St, Seattle
W: 12:00pm-7:00pm; Th: 9:00am-2:00pm, F: 10:00am-2:00pm. Seniors 55+ Tu: 9:00am-1:00pm

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: 8:00am-5:00pm. Eligibility Interviews held 8:00am-3:00pm.

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: 8:00am-5:30pm; F: 8:00am-5:00pm.