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

**All Pilgrims Church**

509 10th Ave East, Seattle
Community Lunch on Capital Hill: M-F: 12:00-1:00pm. Serves hot to-go meals in front of All Pilgrims Christian Church.

**Bread of Life Mission**

97 S Main, Seattle
Lunch: M-F: 12:15pm-12:45pm. Serves adults and families. (To Go Containers)

**Cathedral Kitchen**

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

**Central Area Senior Center**

500 30th Ave S, Seattle
Hot Meal Program: M-F: 12:00pm-1:00pm. Serves adults 60+ years of age. Support Services offered during mealtime.

**Chief Seattle Club**

410 2nd Ave Extension S, Seattle
Daily: 8:00am-9:30am for breakfast; Lunch: 12:00pm-1:00pm. Serves American Indians & Alaska Natives, ages 18+ only.

**Edible Hope Meal Program offered at St. Luke’s Episcopal Church**

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

**Mary’s Place**

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**

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.

**Queen Anne Food Bank**

262.216.4102
Sacred Heart Parish, 232 Warren Ave N Suite B, Seattle
Sack lunch & soup M-F: 8:30am-11:30am. Serves anyone in need all year long.

**St. John’s Lutheran Church**

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. Grab and go meals available Tu: 4:00pm-6:00pm, W: 11:00am-1:00pm

**Seattle Indian Center**

1265 S Main St, Suite 105, Seattle
Light Breakfast and coffee in the morning.
Hot Lunches M-F: 12:00pm-12:45pm; Serves anyone in need.

**Teen Feed - University District**

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-8:00pm.

**Vedic Cultural Center**

Food Truck

5031 University Way, Seattle-Urban 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.

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.

**Call Ahead First**
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
800 S Weller St, Tse Chong Bldg, Seattle
Food Pantry: F: 10:00am-1:00pm. Provides culturally specific Asian-Pacific emergency food. Delivery: Adults 60+ only, please call 206-774-2420 to sign up.

**Puget Sound Labor Agency**...206.448.9277
5300 4th Ave South, Seattle
M: 8:00am-12:00pm, W: 2:00pm-5:00pm except holidays. Serves union members active and retired living in 98101, 98109, 98111,98121, 98134, 98199

**Family Work**

Queen Anne Food Bank............206.216.4102
Sacred Heart Parish, 232 Warren Ave N, Suite B, Seattle
Th: 1:00pm-3:00pm. Prepackaged Bags. Home Delivery: Limited to elderly and disabled only.

Salvation Army Downtown........206.442.8393
1101 Pike St, Seattle
Tu, W: 9:00am-11:30am, 1:00pm-3:00pm. Pre-packed food bags.

**North**
**North of Lake Union/Ship Canal**

**Ballard Food Bank**........206.789.7800
1400 NW Leary Way, Seattle
M, Th: 1:00pm-6:45pm; T, W: 11am-3:45pm.
Limited Baby Formula and pet food.

**Bethany Community Church**...206.524.9000
1147 N 81st St, Seattle
M: 6:00pm-7:00pm. Select pre-packaged cooked or non cooked grocery bags. Visit: Once per week.

**Blessed Sacrament Church**...206.930.6005
5050 8th Ave NE, Seattle
F: 10:30am-12:00pm. ID required for each household member. Proof of address required.

**Family Works Food Bank**....206.694.6723
1501 N 45th St, Seattle
Tu: 12:00pm-2:00pm; Th: 3:00pm-6:00pm; F: 11:00am-1:00pm. ID Not Required.

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

**Greenwood Food Resource Center**...206.783.1225
Salvation Army, 9501 Greenwood Ave N, Seattle
Tu: 4:00pm-6:00pm. W: 11am-1:00pm. No one will be turned away. ID and proof of address required.

**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**

7500 Greenwood Ave N, Seattle
Drop in: Tu: 1:15pm-3:00pm; W: 6:15pm-8:00pm.
Serves anyone in need. ID required.

**University District Food Bank**....206.523.7060
5017 Roosevelt Way NE Seattle
M: 9:00am-2:45pm; Tu, Th: 11:00am-7:45pm.
F: 11:00am-3:45pm. Prep-packaged boxes distributed outside of Food Bank. Homebound Delivery: Once per week–Call to inquire.

Call ahead for eligibility requirements.

Living in 98101, 98109, 98111, 98121, 98134, 98199 holidays. Serves union members active and retired.

Serves Homeless. Home delivery for eligible homebound senior and clients with disabilities.

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Serves anyone in need. ID required.

**El Centro de la Raza**......206.973.4401
2524 16th Ave S, Seattle
W: 3:30pm-6:30pm; Th: 9:00am-12:00pm & 1:30pm-4:00pm F:2:00pm-4:00pm. W: For Seniors and those with limited mobility. Gov. Commodities; please call.

**Filipino Community of Seattle**... 206.722.9372
5740 MLK Jr Way S, Seattle
M, Tu: 12:00pm-1:00pm. Curbside pick-up/home delivery for Seniors. Visit: As often as needed, serves anyone in need.

**Paradise of Praise Food Bank**....206.768.2745
1316 SW Holden St, Seattle
Tu: 10:00am–12:00pm. First time clients will be asked to register. No geographic restrictions.

**Providence Regina House**....206.763.9204
8201 10th Ave S, Seattle
Th 12:30–2:00pm. Sa: 9:00am–12:00pm. Baby Cupboard: 9:00am–12:00pm. 1st Sa of each month.

**St. Vincent de Paul**...206.888.5260
5972 4th Ave S, Seattle
T, Th: 11:00am-2:00pm. Service: Pre-boxed food. Large families may select multiple boxes. Serves anyone in need. Visit: Once per week.

**West Seattle Food Bank**....206.932.9023
3419 SW Morgan St, Seattle
Tu, F: 10:00am–2:00pm, W: 12:00pm-7:00pm Assistance provided once per week. Call for home-bound delivery options. Limited pet food offered.

**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 income and the number of people in the household. M-F: 8:00am-5:00pm. Eligibility interviews held 8:00am-3:00pm.

**Within Reach—Family Food Hotline**...888.486.6392
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.