

PREPARED MEALS

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

All Pilgrims Church206.972.2524

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....206.682.3579,ext #100

97 S Main, Seattle

Lunch: M-F: 12:15pm- 12:45pm. Serves adults and families. (To Go Containers)

Cathedral Kitchen206.264.2091

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 206.726.4926

500 30th Ave S, Seattle

Hot Meal Program: M-F: 12:00pm-1:00pm. Serves a hot meal five days a week for adults 60+ years of age. Support Services offered during mealtime.

Chief Seattle Club..... 206.292.6214

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.....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.

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.

Queen Anne Food Bank..... 206.216.4102

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 206.783.2244

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

Seattle Indian Center..... 206.329.8700

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 .. 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-8:00pm.

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 youth and young adults ages 12-24.

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.

SEATTLE

Food Resources



OCTOBER 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 ★

2-1-1TM
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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
800 S Weller St, Tsue Chong Bldg, Seattle
Food Pantry: F: 10:00am-1:00pm. Provides cultur-ally specific Asian-Pacific emergency food.
Delivery: Adults 60+ only, please call 206-774-2420 to sign up.

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

SoDo Community Market.....206.625.0755
1915 4th Ave S, Seattle
M, 1:30pm-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. Limited Pet Food. No restrictions.

Chicken Soup Brigade.....206.957.1686
210 S Lucile St, Seattle
M-F: 8:30am-5:00pm. Provides Home Delivery Service Only at this time. Call to register for service.

Food Bank at St. Mary's.....206.338.7215
611 20th Ave S, Seattle
M, W, F: 10am-1:00pm. Onsite pick-up. Bring your own bags/boxes. 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: 9:30m-3:00pm. W: 3:00pm-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: 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

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-3pm. Th: 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 bogs. 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 Bank206.523.7060
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 .

South/West

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

Filipino Community of Seattle206.722.9372
5740 MLK Jr Way S, Seattle
M, Tu, Th: 12:00pm-1:00pm. Curbside pick up/home delivery for Seniors. Visit: As often as needed, serves anyone in need.

Paradise of Praise Food Bank206.768.2745
1316 SW Holden St, Seattle
Tu: 10:00am -12:00pm. First time clients will be asked to register. No geographic restrictions.

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

St. Vincent de Paul206.686.5260
5972 4th Ave S, Seattle
T, Th, F: 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, Th, F: 10:00am-2:00pm, W: 12:00pm-7:00pm
Assistance provided once per week. Call for homebound delivery options. Limited pet food offered.

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 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.....
.....**888.436.6392**
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.