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!

Immanuel Community Services.....206.622.1930
1215 Thomas St, Seattle
Last Su of Month: 12pm-2pm.
Provides a free lunch once a month to anyone in need.

Mary’s Place.........................206.621.8474
1830 9th Ave, Seattle
M-F: Breakfast: 7am-8:30am; Lunch: 12pm-1pm.
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: 9pm-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.

Seattle Indian Center...............206.329.8700
1265 S Main St, Suite 105, Seattle
Light Breakfast and coffee M-F: 9am-10am.
Hot Lunches M-F: 12pm-12:45pm.
Serves anyone in need.

St. John's Lutheran Church...........206.783.2244
5515 Phinney Ave N, Seattle
Dinner: Tu 4pm-6pm; Lunch: W 11am-1pm.
Serves hot meals to anyone in need.

Youth Care’s – Orion Center.........206.622.5555
1828 Yale Ave, Seattle
Meals: M-F: 8:30am-9am, 12:30pm-1pm, 6pm-6:30pm.
No 6pm meal on Tu.
Serves youth and young adults ages 12-24.

Vedic Cultural Center Food Truck...425.499.6408
5031 University Way, Seattle
W, F, S, Su: 6pm–8pm.
Offers free vegetarian food from a food truck once a week.
Dinner is usually rice, a vegetable, soup, and bread.

YWCA Angeline's Center...............206.436.8650
5031 University Way, Seattle
Meal: 12pm daily. Drop-In Center: 10am-4pm daily.
Offers free meals daily for homeless and low-income women without children.

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

All Pilgrims Church ..................206.972.2524
509 10th Ave East, Seattle
M-F: 12pm-1pm.
Community lunch on Capitol Hill serves hot
to-go meals in front of All Pilgrims Christian Church.

Bethany Community Church···········206.524.9000
1147 North 81st Street, Seattle
2nd and Last M, 6pm-7pm.
Provides a hot, nutritious meal twice a month for
anyone in need.

Blessed Sacrament Church···········Visit in Person
5050 8th Avenue Northeast Seattle
Su: 12pm-2pm.
Offers a weekly meal for anyone in need. Hygiene
items available as well.

Bread of Life Mission·······206.682.3579, x100
97 S Main, Seattle
Lunch: M-F: 12:15pm–12:45pm.
Provides adults and families to-go meals.

Cathedral Kitchen..................206.264.2091
St. James Cathedral Hall, 910 Columbia St, Seattle
M-F: 4pm-4:30 pm; Su: 7-8pm.
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: 12pm-1pm.
Serves a hot meal five days a week for older adults 60
and older. Support Services offered during mealtime.

Chief Seattle Club................206.715.7536
410 2nd Ave Extension S, Seattle
Daily: 8am-9:30am for breakfast; Lunch: 12pm-1pm.
Serves American Indians & Alaska Natives, ages 18+
only.

Edible Hope Meal Program...........206.784.3119
St. Luke’s Episcopal Church, 5710 22nd Ave NW, Seattle
M-F: 8am-10am.
Provides a light breakfast. Meals are served to-go with
limited seating outside.

First Covenant Church.............206.322.7411
400 East Pike Street, Seattle
Sa: 9am-10am.
Provides free breakfast weekly for anyone in need.

First United Methodist Church......206.622.7278
180 Denny Way, Seattle
Su: 7:30am-9am.
Serves a community breakfast weekly for anyone in
need. To-go meals available as well.
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: 10am-1pm.
Provides culturally specific Asian-Pacific emergency food.
Delivery: Adults 60+ only. Please call 206-774-2420 to sign up.

Byrds Barn Place...............................206.812.4970
722 18th Ave, Seattle
Tu: 11am-4pm, W: 12pm-4pm, Th: 10am-2pm.
Home Delivery — W: 9am-11:30am, Th: 1pm-3pm.
Provides perishable and non-perishable food items to residents of Seattle. Clients may visit the pantry once per week.

SoDo Community Market......................206.625.0755
1915 4th Ave S, Seattle
Mt: 1:30pm-7:30pm, W: 8am-2pm.
Products available last W and Mt of each month.

Chicken Soup Brigade........................206.957.1686
210 S Lucile St, Seattle
M-F: 8:30am-5pm.
Provides 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-1pm.
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-11pm.
Serves anyone in need. No ID.

Polack Food Bank..............................206.461.3240
Jewish Family Service, 1601 16th Ave, Seattle
W: 10am-12pm; Th: 2pm-4pm.
Operates a food bank for all people regardless of zip code. Closed on Jewish holidays.

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

Puget Sound Labor Agency...................206.448.9277
5300 4th Ave South, Seattle
M, W: 10am-2pm, 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: 1pm-2:30pm. Prepackaged Bags.
Home Delivery: Limited to elderly and disabled only.

Salvation Army Downtown....................206.442.8393
1101 Pike St, Seattle
Tu, W: 9am-1:30am, 1pm-3pm, Th: 1pm-2pm.
Pre-packaged food bags.

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

Bethany Community Church..................206.524.9000
1147 N 81st St, Seattle
M: 6pm-7pm.
Offers both self select and pre-packaged bags. Clients may visit weekly.

Blessed Sacrament Church....................206.930.6005
5050 8th Ave NE, Seattle
F: 10:30am-1:2pm.
Provides food bags for anyone living within parish boundaries, roughly the University District area.
Sometimes has household and hygiene items.

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

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

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

North Helpline Food.........................206.367.3477
12736 33rd Ave NE, Seattle
W, Sa: 9am-1:45pm, Th: 4pm-6:45pm.
Operates a food pantry for residents of select ZIP codes in North Seattle. Serves those who are homeless.

Phinney Ridge Lutheran Church..............Visit in person
7500 Greenwood Ave N, Seattle
Drop in: Tu: 1:15pm-3pm, W: 6:15pm-8pm.
Serves anyone in need. ID required.

University District Food Bank...............206.523.7060
5017 Roosevelt Way NE, Seattle
M: 9am-2:45pm, Tu: Th: 11am-7:45pm, F: 11am-3:45pm.
Pre-packaged boxes distributed outside of food bank.
Delivery available to homebound residents; call for info.

El Centro de la Raza..........................206.973.4401
2524 16th Ave S, Seattle
W: 3:30pm-6:30pm, Th: 9am-12pm, 1:30-4pm.
F: 2pm-4pm.
W are for seniors and mobility limited individuals.
Offers a food pantry for anyone in need.

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

Filipino Community of Seattle...............206.722.9372
5740 MLK Jr Way S, Seattle
M, Tu, Th: 12pm-1pm.
Operates a food pantry for anyone in need.
Delivery available for seniors.

Paradise of Praise Food Bank...............206.768.2745
1316 SW Holden St, Seattle
Tu: 10am-12pm.
May occasionally have formula, diapers, and hygiene items available. No geographic restrictions.

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

St. Vincent de Paul.........................206.767-9975
5972 4th Ave S, Seattle
T, Th: 11am-2pm, Sa: 12pm-2pm.
Operates a food pantry and baby cupboard for everyone in need.

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

FOOD BENEFITS

Within Reach—Family Food Hotline...........888.436.6392
M-Th: 8am-5:30pm; F: 8am-5pm.
Offers a toll-free phone line with screening and application assistance for Basic Food and WIC nutrition programs.