

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

M-F: 12pm-1pm.

Community lunch on Capitol Hill serves hot 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.

Serves anyone in need.

Cathedral Kitchen206.264.2091

St. James Cathedral Hall, 910 Columbia St., Seattle

M-F: 4pm-4:30 pm; Su: 7am-8am.

Provides meals to anyone in need; dinner on weekdays and breakfast on Sundays.

Central Area Senior Center206.726.4926

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 Club206.715.7536

410 2nd Ave Extension S, Seattle

Daily: 8am-9:30am for breakfast; Lunch: 12pm-1pm.

Serves American Indians & Alaska Natives, ages 18+.

Edible Hope Meal Program206.784.3119

St. Luke's Episcopal Church, 5710 22nd Ave NW, Seattle

M-F: 8am-10am.

Provides a light breakfast, both seated and to-go options available.

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 for anyone in need.

To-go meals available as well.

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

M-F: 8:30am-11:30am.

Serves sack lunch and hot soup to anyone in need.

Seattle Indian Center.....206.329.8700

624 South Dearborn Street, 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, Sa, 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.

Call Ahead First!

SEATTLE

Food Resources



4th Quarter 2023

Brochures updated quarterly at
www.crisisconnections.org

During the Covid -19 response, **please call ahead** to verify if these agencies have temporarily modified their services and hours.

211 king county
A SERVICE OF CRISIS CONNECTIONS

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. Meals: W, F: 10am-1pm.
Provides culturally specific Asian-Pacific emergency food.

Byrd Barr 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
M: 1:30pm-7:30pm; W F: 8am-2pm.
Protein products available last M and W of each month.
Limited Pet Food. No restrictions. Curbside pickup, at front of building. Dial: 206-380-0277.

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.

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

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

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, and 98199.

Queen Anne Food Bank206.216.4102
Sacred Heart Parish, 232 Warren Ave N, Suite B, Seattle
Th: 1pm-2:30pm. Prepackaged Bags.
Very limited home delivery available.

North North of Lake Union/Ship Canal

Salvation Army Downtown206.442.8393
1101 Pike St, Seattle
Tu, W: 9am-11:30am, 1pm-3pm. Th: 1pm-3pm.
Clients can self-serve; bag size based on household size.

Ballard Food Bank.....206.789.7800
1400 NW Leary Way, Seattle
M: 10am-3:45pm; T, Th: 10am-6:45pm;
W: 10am-1:45pm.
Food pantry and baby cupboard for Seattle residents.

Bethany Community Church206.524.9000
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-12pm.
Provides food bags for anyone living within parish boundaries, roughly the University District area.

Family Works Food Bank.....206.647.1780
1501 N 45th St, Seattle
Tu: 12pm-2pm; Th: 3pm-6pm; F: 11am-1pm.
Provides commodities, baby food, and formula.

North Helpline-Bitter Lake206.367.3477
13000 Linden Ave N, Seattle
Sa: 9am-1:45pm.
Serves homeless and North Seattle residents.

Greenwood Food Bank.....206.783.1225
Salvation Army, 9501 Greenwood Ave N, Seattle
Tu: 4pm-6pm. W: 11am-1pm.
Provides food twice a week. No one is turned away.

North Helpline206.367.3477
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
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-3pm; Tu, Th: 11am-7pm. F: 11am-4pm.
Provides food for NE Seattle residents. 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.
Ware for seniors and mobility limited individuals.
Operates 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 Paul206.767-9975
5972 4th Ave S, Seattle
T, Th, F: 11am-2pm; Sa: 12pm-2pm.
Operates a food pantry for anyone in need.

West Seattle Food Bank..... 206.932.9023
3419 SW Morgan St, Seattle
Tu, Th, F: 10am-2pm, W: 12pm-7pm.
Assistance provided once per week.

FOOD BENEFITS

King County 211 Basic Food Dial 211
M-F: 9am-5pm.
Offers screening and application appointments with a Basic Food Specialist. Call for more information.

Within Reach..... 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.