

PREPARED MEALS

All Pilgrims Church 206-972-2524

509 10th Ave East, Seattle

M-F: 12pm-1pm.

Serves hot meals in front of All Pilgrims Christian Church.

Bethany Comm. Church 206-524-9000

1147 North 81st Street, Seattle

2nd and Last M: 6pm-7pm.

Provides a hot, nutritious meal twice per month.

Blessed Sacrament Church Visit

5050 8th Avenue Northeast, Seattle

Su: 12pm-2pm.

Offers a weekly meal for anyone in need.

Bread of Life Mission 206-682-3579 x100

97 S Main, Seattle

Lunch: M-F: 12:15pm-12:45pm.

Serves snacks, lunch, and dinner for anyone in need.

Cathedral Kitchen 206-264-2091

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

M-F: 4pm-4:45pm.

Provides a free meal to 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.

Chief Seattle Club 206-715-7536

410 2nd Ave Extension S, Seattle

Daily: Breakfast: 8am-9:30am;

Lunch: 12pm-1pm.

Serves American Indian & Alaskan Natives, ages 18 and older; no children.

Edible Hope Meal Program 206-784-3119

5710 22nd Ave NW, Seattle

M-F: 8am-10am.

Provides breakfast for anyone in need.

First Covenant Church 206-322-7411

400 East Pike Street, Seattle

Sa: 9am-10am.

Provides free breakfast weekly for anyone in need.

First Un. Methodist Church 206-622-7278

180 Denny Way, Seattle

Su: 7:30am-9am.

Serves a community breakfast for anyone in need.

Immanuel Comm. Service 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 youth and 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.

Lunch 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 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

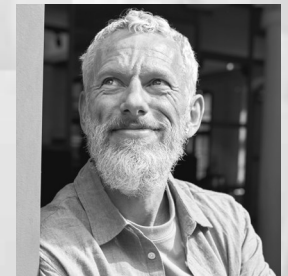
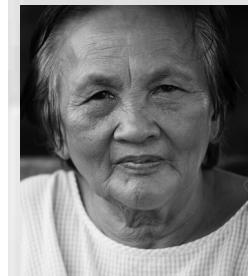
Meal: 12pm daily.

Drop-In Center: 10am-4pm daily.

Offers free meals daily for homeless and low-income women without children.

SEATTLE

Food Resources



1st Quarter 2024

Brochures updated quarterly
at www.crisisconnections.org

Due to Covid-19, services may temporarily modify their programs.
Please call ahead to verify.



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 206-292-5714

800 S Weller St, Tsue Chong Bldg, Seattle
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.
Provides perishable and non-perishable food
for residents of Seattle.
May visit the pantry once a week.

SoDo Community Market 206-625-0755

1915 4th Ave S, Seattle
M: 1:30pm-7:30pm; W, F: 8am-2pm.
Offers self-select food items for anyone in
need. May visit once per day.

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 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 anyone in need.
Closed on Jewish holidays. May visit weekly.

Pike Market Food Bank 206-626-6462

1531 Western Ave, 5th Floor of Parking Garage
Tu, Th: 9:30am-3pm. W: 3pm-7pm.
Provides groceries to downtown residents
weekly. Serves homeless clients as well.

Puget Sound Labor Agency 206-448-9277

5300 4th Ave South, Seattle
M, W: 10am-2pm, except holidays.
Serves active and retired union members.

NORTH North of Lake Union/Ship Canal

Queen Anne Food Bank 206-216-4102

Sacred Heart Parish, 232 Warren Ave N, Suite B
Th: 1pm-2:30pm.
Operates a food pantry once a week.

Salvation Army Downtown 206-442-8393

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 Comm. Church 206-524-9000

1147 N 81st St, Seattle
M: 6pm-7pm.
Offers both self select and pre-packaged
bags for anyone in need.

Blessed Sacrament Church 206-930-6005

5050 8th Ave NE, Seattle
F: 10:30am-12pm.
Provides food bags for anyone living within
parish boundaries.

Family Works Food Bank 206-647-1780

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

North Helpline-Bitter Lake 206-367-3477

13000 Linden Ave N, Seattle
Sa: 9am-1:45pm.
Serves homeless and North King County
residents.

Greenwood Food Bank 206-783-1225

9501 Greenwood Ave N, Seattle
Tu: 4pm-6pm. W: 11am-1pm.
Provides food twice a week for anyone.

North Helpline 206-367-3477

12736 33rd Ave NE, Seattle
W, Sa: 9am-1:45pm; Th: 4pm-6:45pm.
Operates a food pantry that provides a
variety of items. Open to anyone.

Phinney Ridge Lutheran Church Visit

7500 Greenwood Ave N, Seattle
Tu: 1:15pm-3pm; W: 6:15pm-8pm.
Offers a food box for those in need.
Visit in person.

University Dist. 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.

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

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.
Operates a food pantry for anyone in need.

Filipino Comm. 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 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, F: 11am-2pm; W: 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.