

HOT MEALS

All Pilgrims Church | 206-972-2524

509 10th Ave East, Seattle

M-F: 12-1pm

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: 6-7pm

Provides a hot, nutritious meal twice per month.

Blessed Sacrament Church | Visit

5050 8th Avenue Northeast, Seattle

Su: 12-2pm

Offers a weekly meal for anyone in need.

Cathedral Kitchen | 206-264-2091

910 Columbia St., Seattle

M-F: 4-4:45pm; Su: 7-8am

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: 12-1pm

Serves a hot meal five days a week for adults 60 and older. \$5 fee per meal.

Chief Seattle Club | 206-715-7536

410 2nd Ave Extension S, Seattle

Daily Breakfast: 8-9:30am; Lunch: 12-1pm

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: 8-10am

Provides breakfast for anyone in need.

Elizabeth Gregory Home | 206-729-0262

1604 Northeast 50th Street, Seattle

Su-F Breakfast: 9am; Lunch: 12pm

Provides meals to women ages 18 and older without children.

First United Methodist Church | 206-622-7278

180 Denny Way, Seattle

Su: 7:30-9am

Serves a community breakfast for anyone in need.

Greenwood Senior Center | 206-783-2244

525 N 85th St, Seattle

Lunch: M-F: 12pm

Dinner: M: 4-6pm

Provides free hot meals for anyone in need.

Serves all ages.

Immanuel Community Service | 206-622-1930

1215 Thomas St, Seattle

Last Su of Month: 12-2pm

Provides a free lunch once a month to anyone in need.

Mary's Place | 206-812-8559x119

1830 9th Ave, Seattle

M-F Breakfast: 7-8:30am; Lunch: 12-1pm

Serves women with or without children.

New Horizons Ministries | 206-374-0866

2709 3rd Ave, Seattle

M-Th Lunch: 3pm; Dinner: 7pm

Serves youth and young adults ages 25 and younger. ID required.

Queen Anne Food Bank | 206-216-4102

232 Warren Ave N Suite B, Seattle

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

Serves lunch to anyone in need.

Seattle Indian Center | 206-329-8700

624 South Dearborn Street, Seattle

M-F Breakfast 9-10am; Lunch: 12-12:45pm

Serves anyone in need.

St. John's Lutheran Church | 206-783-2244

5515 Phinney Ave N, Seattle

Dinner Tu: 4-6pm; **Lunch** W: 11am-1pm

Serves hot meals to anyone in need.

Vedic Center Food Truck | 425-499-6408

5031 University Way, Seattle

Sa: 1-2pm

Offers free vegetarian food from a food truck once a week.

Youth Care's - Orion Center | 206-622-5555

1828 Yale Ave, Seattle

Meals M-F: 10-10:45am, 12:15-1pm, and 5-5:30pm

Serves homeless, runaway, and street involved youth and young adults ages 12-24.

YWCA Angeline's Center | 206-436-8650

2030 3rd Ave, Seattle

Meal M-F: 12pm

Drop-In Center M-F: 10am-4pm

Offers free meals daily for women without children.

Helpful tips for using this brochure :

- **Call before you go**
Call to confirm times, services, and requirements
- **Brochures are updated every three months**
Download updated versions:
crisisconnections.org

Seattle

Food Resources 3rd Quarter 2025

211

Brochures updated quarterly at
crisisconnections.org

 **crisis
connections**

FOOD BANKS

Food banks may 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

W, F: 10am-1pm

Provides culturally specific Asian-Pacific emergency food.

Byrd Barr Place | 206-812-4970

722 18th Ave

Tu: 11am-4pm; W: 12-4pm; Th: 10am-2pm

Serves Seattle residents. May visit weekly.

Chicken Soup Brigade | 206-957-1686

210 S Lucile St

M-F: 8:30am-5pm

Provides delivery service for homebound people.

Call to register.

SoDo Community Market | 206-625-0755

1915 4th Ave S

M: 1:30-7:30pm; W, F: 8am-2pm

Provides for anyone in need. May visit daily.

Food Bank at St. Mary's | 206-338-7215

611 20th Ave S

M, W, F: 10am-1pm

Onsite pick-up. Bring your own bags/boxes.

Immanuel Community Services | 206-622-1930

1215 Thomas Street

M: 10am - 1pm

Weekly food pantry for anyone in need. No ID required.

Visit in person.

Pike Market Food Bank | 206-626-6462

1531 Western Ave, Parking Garage 5th Floor

Tu, Th: 12-3pm; W: 3-7pm

Provides groceries to downtown residents weekly. Serves homeless clients as well.

Polack Food Bank | 206-461-3240

Jewish Family Service, 1601 16th Ave

W, F: 10am-12pm; Th: 2-4pm

Operates a food bank for anyone in need.

Puget Sound Labor Agency | 206-448-9277

5300 4th Ave South

M, W: 10am-1pm - except holidays

Serves union members and residents of Zip codes: 98101, 98109, 98111, 98121, 98134, and 98199.

YWCA Central Food Bank | 206-946-2795

2820 East Cherry Street

YWCA Clients: W: 12-1pm

General Public: W: 1-3pm

Available for residents of central Seattle.

NORTH

North of Lake Union/Ship Canal

Ballard Food Bank | 206-789-7800

1400 Leary Way NW

M: 10am-3:45pm; T, Th: 10am-6:45pm; W: 10am-1:45pm

Food pantry and baby cupboard for Seattle residents.

Bethany Community Church | 206-524-9000

1147 N 81st St

M: 6-7pm

Offers both self-select and pre-packaged bags for anyone in need.

Blessed Sacrament Church | Visit

5050 8th Ave NE

F: 10:30am-12pm

Provides food bags for anyone living within parish boundaries.

FamilyWorks Services | 206-647-1780

1501 N 45th St

Tu: 12-2pm; Th: 3-6pm; F: 11am-1pm

Provides commodities and baby food.

Greenwood Food Bank | 206-783-1225

9501 Greenwood Ave N

Tu: 4-6pm; W: 11am-1pm

Provides food twice a week for anyone.

North Helpline-Bitter Lake | 206-367-3477

13000 Linden Ave N

Sa: 9am-1:45pm

Serves homeless and North King County residents.

North Helpline | 206-367-3477

12736 33rd Ave NE

W, Sa: 9am-1:45pm; Th: 4-6:45pm

Operates a food pantry that provides a variety of items. Open to anyone.

Phinney Ridge Lutheran Church | Visit

7500 Greenwood Ave

Tu: 1:15-3pm; W: 6:15-8pm

Offers a food box for those in need. Visit in person.

Queen Anne Food Bank | 206-216-4102

232 Warren Ave N, Suite B

Th: 1-2:30pm

Operates a food pantry once a week.

Salvation Army Downtown | 206-442-8393

1101 Pike St

Tu, W: 9-11:30am, 1-3pm; Th: 1-3pm

Clients can self-serve; bag size is based on the size of the household being served.

University Dist. Food Bank | 206-523-7060

5017 Roosevelt Way NE

M: 9am-3pm; Tu, Th: 11am-7pm; F: 11am-4pm

Provides food for NE Seattle residents.

SOUTH/WEST

South of I-5/West Seattle Bridge

El Centro de la Raza | 206-973-4401

2524 16th Ave S

W: 2-3pm; Th, F: 10am-12pm, 2:30pm-4pm

Wednesdays are for seniors and mobility limited individuals.

Operates a food pantry for anyone in need.

Filipino Community of Seattle | 206-722-9372

5740 MLK Jr Way S

M, Tu, Th: 12-1pm

Operates a food pantry for anyone in need. Delivery available for seniors.

Paradise of Praise | 206-768-2745

1316 SW Holden St

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

Th: 12:30-2pm; Sa: 9am-12pm

Baby Cupboard is open 1st Saturday of each month.

St. Vincent de Paul | 206-767-9975

5972 4th Ave S

T, Th, F: 11am-2pm; W: 12-2pm

Operates a food pantry for anyone in need.

West Seattle Food Bank | 206-932-9023

3419 SW Morgan St

Tu, Th, F: 10am-2pm; W: 12-7pm

Assistance provided once per week.

White Center Food Bank | 206-762-2848

10016 16th Ave SW

M: 12-3:30pm; W, F: 10am-2pm;

Seniors Only Th: 10am-2pm

FOOD BENEFITS

King County 211 Basic Food | Dial 211

M-F: 9am-5pm

Offers screening and application assistance 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.