

PREPARED MEALS

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

Angeline's Day Center..... 206.436.8650

YWCA, 2030 3rd Ave, Seattle
Meals daily at 7:20am, 8:10am, 11:30am, 12:30pm & 3pm.
Also Dinner daily at 6pm, provided by **Women's Referral Center**. Serves anyone who identifies as female.

Bread of Life Mission..... 206.682.3579, ext 100

97 S Main, Seattle
Lunch: M-F, 12:15pm. Dinner: M-Sa, 5:30pm. Optional Chapel Service at 6:30. Serves adults and families.

Cathedral Kitchen..... 206.264.2091

St. James Cathedral Hall, 907 Columbia St., Seattle
Meal tickets available at M-F 3:30pm; Dinner, 4:15pm.

Chief Seattle Club206.292.6214

410 2nd Ave Extension S, Seattle
M-F, 8-9:30am for breakfast; Sack lunches start 10am.
Serves American Indians & Alaska Natives, ages 18+.

Community Lunch on Capitol Hill 206.972.2524

Free meals for anyone in need. Vegetarian option offered.

Central Lutheran Church, Parish Hall, 1710 11th Ave
Tu & F, Noon-1pm.

All Pilgrims Church, 500 Broadway Ave E
W-Th, 5-6pm.

Holly Park Community Church 206.725.5530

4308 S Othello St, Seattle
Soup & sandwich lunch T & W, 11am-1pm Sept-May, for anyone in need. Across from Othello Playground.

La Cocina Popular..... 206.973.4401

El Centro del la Raza, 2524 16th Ave S, Seattle
M-F, noon-1pm. Serves anyone in need.

Lazarus Center206.623.7219

416 2nd Ave Extension S, Seattle
Lunch daily, 1-3pm. Serves ages 50+. Valid ID from any state required. Lunch is free. Small cost for drinks.

Mary's Place 206.621.8474

1830 9th Ave, Seattle
M-F, Breakfast: 7:30-8:30am ; Lunch: 12:30-1:15pm.
Sa: Breakfast, 9am; Singing, 10am; Church service, 11am;
Lunch, noon. Serves anyone identifying as female, with or without children.

Millionair Club206.728.5627

2515 Western Ave, Seattle
Breakfast: M-F, 6:15-7am. Lunch: M-F, Noon-1:30pm.
Serves anyone in need.

New Horizons Ministries206.374.0866

2709 3rd Ave, Seattle
Breakfast: Su-Th, 8-8:45am. Dinner and Drop-in: Su-Th, 7-9:30pm. Serves ages 23 or younger. ID required.

Outdoor Meal Site 6th & Columbia, under I-5

Meals available daily for anyone in need.

Monday - Thursday—Hot meals at 8am, 1pm & 7:30pm.

Friday—Hot meals at 8:30am, 1pm, & 6:30pm.

Saturday—Every Saturday, Sack lunch at Noon.

1st Sa of the month: 4pm hot meal.

2nd Sa of the month: 1pm snack, 5pm hot meal.

3rd Sa of the month: 2pm & 4pm hot meals.

4th Sa of the month: 2pm & 5pm hot meals.

5th Sa of the month: 4pm hot meal.

Sunday—

1st Su of the month: Hot meals at 10am, 1pm & 6pm.

2nd Su of the month: Hot meals at 1pm & 6pm.

3rd Su of the month: Hot meals at Noon, 2pm, & 6pm.

4th Su of the month: Hot meals at 1pm & 6pm.

5th Su of the month: Hot meals at 1pm & 6pm.

Queen Anne Helpline.....206.216.4102

Sacred Heart Parish, 232 Warren Ave N, Seattle
Sack lunch & soup M-Th, 8:30-11:30am, for any in need.

St. John's Lutheran Church.....206.783.2244

5515 Phinney Ave NNW, Seattle
Dinner: T, 5-6pm. Doors open at 4pm. Lunch: W, Noon-1pm. Doors open at 11am. Serves anyone in need.

St. Luke's Lutheran Church.....206.784.3119

5710 22nd Ave NW, Seattle
Breakfast: M-F, 8-10am. Lunch: F, 11:30am-12:30pm. No lunch July & August. Breakfasts continue. Serves anyone in need. Sobriety required.

Seattle Indian Center206.329.8700

1265 S Main St, Suite 105, Seattle
Light Breakfast M-F 9:30-10:30am; Lunch M-F, 12-1pm.
Serves anyone in need.

Teen Feed - University District206.229.0813

Free dinner for youth & young adults, ages 13-25, between four University District locations. Can sometimes provide clothing, toiletries & books.

University Lutheran Church, 1604 50th St NE
M & F, 7-8pm.

Univ. Cong. United Church, 4515 16th Ave NE
Tu-Th, 7-8pm.

University Methodist Church, 1415 NE 43rd St
Sa, 7-8pm.

The Hillel House, 4745 17th Ave NE
Su, 7-8pm.

Union Gospel Mission206.622.5177

318 2nd Ave Extension S, Seattle
Daily, 7-8:30am, noon-12:45pm, 5-5:30pm, 5:30-6:30pm.
No noon meal Su. Serves anyone in need.

YouthCare - Orion Center206.622.5555

1828 Yale Ave, Seattle
M-F, 8:30am, 12:30pm, 5-5:30pm, 6pm. No 6pm meal on Tu. Serves ages 13-22.

SEATTLE

Food Resources



MARCH 2016

Brochures updated quarterly at
<http://crisisclinic.org/education/emergency-services-brochures>

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

ACRS Food Bank.....206.292.5714

919 S King St, Seattle
W F, 11:30am-1pm. Tickets available at 9am. Provides culturally appropriate Asian-Pacific foods. ID required.

Centerstone.....206.812.4970

722 18th Ave, Seattle
Tu 11am-4pm (98102, 98112, 98122 only), W, noon-4pm.
Th, 9am-1pm. Sometimes has limited pet food.

Cherry Street Food Bank206.625.0755

Northwest Harvest, 711 Cherry St, Seattle
M W, 9am-5:30pm. F, 9am-5pm. Families w/infants Th, 9am-5pm; Meat products avail last M and W of each month. No restrictions. No ID required.

Chicken Soup Brigade.....206.957.1600

1016 E Pike St, 3rd Fl, Seattle
M-F 8:30am-5pm. Provides free food and nutrition services for people living with HIV/AIDS or other chronic conditions, who are homebound. Call for more info.

Food Bank at St. Mary's206.324.7100 ext.18

611 20th Ave S, Seattle
Tu Th Sa, 10am-1pm. Bring own bags/boxes. ID required.

Immanuel Community Services206.622.1930

1215 Thomas St, Seattle
Last two M of each month, 11am-1pm. Serves anyone in need. No ID required.

Morris Polack Food Bank.....206.461.3240

Jewish Family Service, 1601 16th Ave, Seattle
W F, 10-noon, Th, 2-4pm. Closed on Jewish holidays.

Pike Market Food Bank.....206.626.6462

1531 Western Ave, 5th Floor of parking ramp, Seattle
Tu Th, 10am-1pm. Baby food, formula and limited diapers distributed by food pantry.

Puget Sound Labor Agency.....206.448.9277

Seattle Labor Temple, 2800 1st Ave, Rm 126, Seattle
M F, 8am-noon, except holidays. Enter through alley.

Queen Anne Food Bank.....206.216.4102

Sacred Heart Parish, 232 Warren Ave N, Suite B, Seattle
Th, 2-4pm. New clients should bring picture ID & rent receipt.

Salvation Army Downtown206.447.9944

1101 Pike St, Seattle
Tu W F, 9-11:30am, 1-3pm. Th, 1-5:45pm. Photo ID & proof of address required.

Seattle Indian Center206.329.8700

Leschi Center, 1265 S Main St, Suite 105, Seattle
Tu Th, 1-3pm. ID & Proof of address required.

YWCA Central Area Food Bank.....206.375.1496

2820 E. Cherry St, Seattle
General Public: W, 2-3pm. YWCA clients: W Noon-2pm.
No ID required.

North

North of Lake Union/Ship Canal

Ballard Food Bank.....206.789.7800

5130 Leary Ave NW, Seattle
Tu, 11am-6pm; W Th Sa, 11am-3pm. Photo ID Required.
Proof of address required first visit only.

Bethany Community Church206.524.9000

8023 Green Lake Dr N, Seattle
M, 6-7pm. Emergency food bags, M-Th, 9am-5pm ; F, 9am-4pm.

Blessed Sacrament Church206.930.600564

5050 8th Ave NE, Seattle
F, 10:30am-noon. for each household member.ID & proof of address required.

FamilyWorks Food Bank.....206.694.6723

1501 N 45th St, Seattle
Tu, Noon-2pm; Th, 3-6pm; F, 11am-1pm. Commodities:
3rd Sa, 9am-noon. ID & Proof of address required.

Greenwood Food Bank206.965.1497

13000 Linden Ave N, Seattle
Sa, 10am-2pm. Photo ID & Proof of address required.

Greenwood Food Resource Center

.....206.783.1225

Salvation Army, 9501 Greenwood Ave N, Seattle
W, 11am-2pm for seniors & people with disabilities;
W, Noon-2pm for others. Serves residents of ZIP code
98103, but nobody will be turned away. Opens
4/20/2016.

Lake City Food Bank206.367.3477

North Helpline, 12736 33rd Ave NE, Seattle
W, 10am-1pm; Th, 4:30-6:30pm; Sa, 11am-1pm. Seniors &
Disabled: Sa, 10-11am. Photo ID & Proof of address
Required (ID only for homeless clients)

Phinney Ridge Lutheran Church ...206.784.7964

7500 Greenwood Ave N, Seattle
Appointments preferred: call Intake appointment line:
M-W, 1-3pm. ID & proof of address required.

University District Food Bank206.523.7060

University Christian Church, 1413 NE 50th St, Seattle
M F, 9am-3pm; Tu Th, 2-8pm. Photo ID & Proof of address
required.

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

Beacon Avenue Food Bank206.722.5105

Bethany Ch of Christ, 6230 Beacon Ave S, Seattle
W F, Noon-2pm; Last W of Month, 5-7pm (Jan-Oct. only);
Baby Cupboard: 3rd W F of month, Noon-2pm. Photo ID
required.

El Centro de la Raza206.957.4634

2524 16th Ave S, Seattle
W, 3:30-6:30pm; Th, 9am-noon & 1:30-4pm; F, 2-4pm.
Govt. Commodities (98108 & 98144 ONLY): F, 10am-noon.
I.D. helpful, not required.

Filipino Community of Seattle.....206.722.9372

5740 MLK Jr Way S, Seattle
Tu Th, Noon-2pm. Focuses on Filipino community, but
everyone is welcome. ID helpful, but not required.

Paradise of Praise Food Bank206.768.2745

1316 SW Holden, Seattle
Tu 10-noon. First time clients will be asked to register.

Providence Regina House206.763.9204

8201 10th Ave S, Seattle
Th 12:30-2pm;-noon; Baby cupboard 1st Sa each month,
9am-noon. ID & Proof of address requested.

Rainier Valley Food Bank.....206.723.4105

4205 Rainier Ave S, Seattle
General Public: Sa, 9:30am-2pm. Seniors and people with
disabilities: W, 9:30am-2pm. Photo ID required.

SVDP Food Bank.....206.767.9975 ext. 1127

5972 4th Ave S, Seattle
Walk in. Tu Th, 11am-2pm; F, 11am-noon for homeless
clients only. ID required, unless homeless.

Salvation Army White Ctr .206.767.3150 ext102

9050 16th Ave SW, Seattle
M-F, 1-2pm. Photo ID & Proof of address required.

West Seattle Food Bank206.932.9023

3419 SW Morgan St, Seattle
W, 4-7pm. Th, 10am-1pm. Photo ID & Proof of address
required. Older adults, ages 55+: Tu, 9:15-11am. Photo ID
& Proof of address required.

FOOD BENEFITS

Washington Basic Food Program - DSHS

.....877.501.2233

The Basic Food Program (a.k.a. Food Stamps) helps low-income persons obtain a more nutritious food. Monthly benefit amounts vary. Provides an ATM/debit-like card used to access food benefits to eligible low-income households.

If you need help to apply for food benefits, call 2-1-1.