



Food for All

Resources for Free Food in Seattle

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We have listed organizations and locations providing meals that are available to all and do not require any form of documentation. This guide is by no means a complete or exhaustive list of every available resource in Seattle.

We have also highlighted Seattle Community Fridge locations which have fresh produce, pantry items, and some meals available across the city. Seattle is home to numerous food banks as well, so be sure to utilize those resources if needed.

To find locations, visit: www.seattlefoodcommittee.org

FOOD FOR ALL

RESOURCES FOR FREE FOOD IN SEATTLE

YOU ARE NOT ALONE

Since 2011, Feeding America has produced the Map the Meal Gap study, which provides estimates of local food insecurity and food costs to better understand people and places facing hunger. The 2025 report outlines findings using data from 2023.

This report found that, “**100%** of counties and congressional districts are home to people facing hunger. Locally, the percentage of the overall population estimated to be food insecure in 2023 ranges from a low of 6% (1 in 17) in Oliver County, North Dakota, to 30% (1 in 3) in Dimmit County, Texas.”

If you are struggling to afford food and groceries for you and your family, **you are not alone**. This is the result of a broken system and crumbling institutions, not a personal failing.

As the government shutdown continues, approximately 42 million people will lose access to SNAP benefits. In this guide, we will list ways to get FREE food in the Seattle area.

Mutual aid groups will be highlighted because it is up to us as community members to care for one another. We can keep each other fed if we share our resources.



EDITOR'S NOTE

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WHERE TO FIND MEALS

Seattle is home to many mutual aid groups that provide hot meals and other resources to the community. Here, we have organized groups by the days they provide meals. Details for each location are listed on the following pages.

SUNDAY

- 11:00am - 12:30pm: **ChuMinh Tofu** [1]
- 5:00pm - 6:00pm: **Food Not Bombs** [2]
- 6:30pm - 8:00pm: **Northwest Share** [8]

MONDAY

- 9:00am - 10:00am: **Seattle Indian Center** [4]
- 9:30am - 10:30am: **Community Lunch** [5]
- 11:30am - 12:30pm: **OSL Serves** [3]
- 11:30am - 1:00pm: **Community Lunch** [5]
- 12:00pm - 1:15pm: **Seattle Indian Center** [4]
- 3:30pm - 4:30pm: **OSL Serves** [3]
- 4:00pm - 6:00pm: **Phinney Neighborhood Association** [6]

TUESDAY

- 9:00am - 10:00am: **Seattle Indian Center** [4]
- 9:30am - 10:30am: **Community Lunch** [5]
- 11:30am - 12:30pm: **OSL Serves** [3]
- 11:30am - 1:00pm: **Community Lunch** [5]
- 12:00pm - 1:15pm: **Seattle Indian Center** [4]
- 3:30pm - 4:30pm: **OSL Serves** [3]
- 4:00pm - 6:00pm: **Phinney Neighborhood Association** [6]

WEDNESDAY

- 9:00am - 10:00am: **Seattle Indian Center** [4]
- 9:30am - 10:30am: **Community Lunch** [5]
- 11:00am - 1:00pm: **Phinney Neighborhood Association** [6]
- 11:30am - 12:30pm: **OSL Serves** [3]
- 11:30am - 1:00pm: **Community Lunch** [5]
- 12:00pm - 1:15pm: **Seattle Indian Center** [4]
- 3:30pm - 4:30pm: **OSL Serves** [3]
- 6:30pm - 8:00 pm: **Northwest Share** [8]

THURSDAY

- 9:00am - 10:00am: **Seattle Indian Center** [4]
- 9:30am - 10:30am: **Community Lunch** [5]
- 11:30am - 12:30pm: **OSL Serves** [3]
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- 3:30pm - 4:30pm: **OSL Serves** [3]
- 5:30pm - 7:00pm: **Roots** [7]
- 6:30pm - 8:00pm: **Northwest Share** [8]

SATURDAY

- 1:30pm - 3:00pm: **OSL Serves** [3]
- 5:00 - 6:00pm: **Food Not Bombs** [2]
- 6:30pm - 8:00pm: **Northwest Share** [8]

WHERE TO FIND MEALS

LOCATION DETAILS

1 **ChuMinh Tofu - 720 8th Ave S**

Free hot, vegan meals and survival supplies are distributed each Sunday from 11:00 a.m. to 12:30 p.m.

This location is 0.2 miles from Bus Routes 1, 7, 14, 36, 106

2 **Food Not Bombs - Occidental Square**

Hot Meals are provided to all at 5pm in Occidental Square, at Pioneer Square under the glass shelter.

Accessible by Bus Routes 11, 212, 218, 550, 554, E Line & is 0.2 miles from the Pioneer Square Light Rail Station.

3 **Operation Sack Lunch (OSL) Serves - Compass Housing, 210 Alaskan Way**

This is an Open Meal Service (OMS) The OMS is a secure, anonymous, no barrier, non-denominational and all-inclusive environment. OSL provides vegetarian options and serves diabetic friendly, pork free, shellfish free, tree nut, peanut, and gluten free meals.

Accessible by Bus Routes 21, 56, 57, 113, 125, C Line, H Line

4 **Seattle Indian Center - 624 South Dearborn Street**

For over 60 years, since 1958, the Seattle Indian Center has been carrying out its mission of responding to the community's needs in education, employment, housing, hygiene, food and other emergency services to ALL people in need, including American Indians/Alaska Natives.

This location is 0.2 miles from Bus Route 545 and the International District Light Rail Station

5 **Community Lunch - All Pilgrims Church, 500 Broadway E**

Meals are open to all in a welcoming and inclusive environment. No sign-in is ever required.

Accessible by Bus Routes 9, 49, 60 and is 0.2 miles from Capitol Hill Light Rail Station

WHERE TO FIND MEALS

LOCATION DETAILS

6 **Phinney Neighborhood Association - St. John Church, 5515 Phinney Ave N**

The Hot Meal Program (HMP) is a hub for social services in Northwest Seattle centered around free meals for the community. A PNA program since 1998, the Hot Meal Program evolved out of St. John United Lutheran Church's soup kitchen, which began in 1980. Now over 40 years later, the HMP still offers hot, nutritious meals at St. John United.

Accessible by Bus Route 5

7 **Roots - Chapel on the Ave, 4130 University Wy NE**

Located in the garage of Chapel on the Ave, located in the alleyway behind the church. Standing on the corner of 42nd and University Way, head east toward UW campus. On the righthand side of the street, across from MOD Pizza, you will see the entrance to the alleyway. Enter the alley and on the righthand side you will see the Chapel on the Ave garage near a large gate.

Accessible by Bus Routes 44, 48, 49, 70, 271, 372, 542, 556

8 **Northwest Share Food Truck - 5034 University Way NE**

Northwest Share (NW Share) has been feeding people in need since 2002 in the Seattle area through its free restaurant in the University-district called My Sweet Lord (closed in April 2015). Since 2018, NW Share distributes from its Free Vegetarian Food Truck (FVFT) healthy Vegetarian and Vegan cuisine.

Accessible by Bus Routes 45, 48

SEATTLE COMMUNITY FRIDGE

"Seattle Community Fridge is a 501(c)(3) mutual aid group whose work strives to curb food insecurity on occupied Duwamish land by providing healthy food in our fridges and pantries, available directly to communities. Seattle Community Fridge believes that food scarcity is a myth and that all people need and deserve access to food. With inspiration and support from groups such as LA Community Fridge and In Our Hearts NYC, SCF was created in July 2020. The group is composed of community members and operates non-hierarchically with group consensus for ideas and decision-making. We have no office, no overhead, and no staff; all of us are community members just like you and the people we serve. All our efforts and the donations we receive are dedicated to ensuring that our neighbors are fed."

LOCATIONS

1 **Phinney Ridge - Woodland Park Presbyterian** 225 N 70th St, Seattle, WA 98103

This fridge is on the corner of Greenwood and 70th in the Phinney Ridge neighborhood. Look for the bus stop on Greenwood on the southwest corner; the fridge is right next to it. This is a full-sized fridge and a medium-sized pantry.



Accessible by Bus Route 5

2 **Dunlap/Rainier Beach (IN ALLEY)** 48th Ave S & S Thistle St, Seattle WA 98118

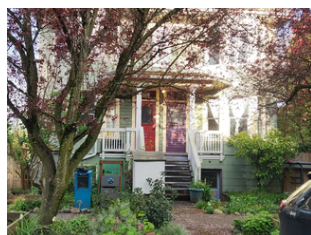
This one's just a little tricky, but well worth it. It's at 48th Ave S and S Thistle. 48th looks a bit like an alley, but it's a street. Go just a few yards south on 48th and you will see the full-size fridge on your right with a very large pantry. Now contains a public telephone (provided by Futel) and free WiFi.



**Accessible by Bus Routes
7 & 9**

3 **North Beacon Hill** 1307 13th Ave S, Seattle, WA 98144

Sponsored by Queer the Land. This is a mini-fridge and very small pantry.



**Accessible by Bus Routes
36 & 60**

LOCATIONS

4 Capitol Hill - St Joseph Parish 745 19th Ave E, Seattle, WA 98112

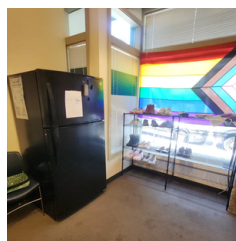
The Capitol Hill fridge is at 19th and Aloha, on the southwest corner, right against the wall of the church and tucked behind the bus stop. If you stand in the doorway of Macrina Bakery and turn around, you are looking right at it across the street. This is a full-size fridge and full-size pantry.



Accessible by Bus Route 12

5 LGBTQ+ Center 400 E Pine St, Seattle, WA 98122

This is our only fridge that's indoors, and is only available when the center is open. (<https://www.gaycity.org/>) This is a full-size fridge. The pantry is not stocked by us, but you should be welcome to take food from there.



**Accessible by Bus Routes
3, 10, 11, 12, 49**

6 Estelita's Library 241 Martin Luther King Jr Way S, Seattle, WA 9814

Has a full size fridge and a very small pantry.



**Accessible by Bus Routes
8 & 14**

7 Burien 12027 10th Ave S, Seattle, WA 98168

Managed by a separate group within Seattle Community Fridge at 12027 10th Ave S, Seattle, WA 98168. Usually lots of food there.



**Bus Stop is about 1 mile
away; Routes 128 & 132**