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**Food Assistance Information**

Provided by Second Harvest Inland Northwest

If you are in need of an emergency food outlet, please contact the following organizations:

**Salvation Army**

222 E. Indiana Ave. Spokane, WA

509-325-6810

One time assistance

Photo ID required & a utility bill for proof of residency

Available to anyone in Spokane County

**211**

Call 211 or visit www.win211.org

Available Monday through Friday from 8 am to 5 pm

Trained local specialists available to help you find services

**The Family Food Line**

1-888-436-6392

Additional Resource for food

**Please see attached information for food pantries and free meals in your area**

**Food Banks by Zip Code**

**Requirements for Utilizing Food Bank Services**

1. Must be over 18- some agencies will serve under
2. Have picture identification
3. Current proof of address, power bill, rent receipt
4. Proof of identity for other household members
5. No social security or proof of income required

|  |  |
| --- | --- |
| **Zip Code and Service Area** | **Food Bank Servicing** |
| Minors: | City Gate Food Pantry |
| 99001: Airway Heights | Airway Heights Baptist Church, Cleones Closet |
| 99003: Chattaroy | North County Food Pantry |
| 99004: South of I-90 | Cheney Food Pantry |
| 99004: North of I-90 | Medical Lake Food Pantry |
| 99005: Colbert | Mead Food Pantry |
| 99006: Deer Park | Greenhouse  |
| 99008: Edwal (Spokane Cty only) | Medical Lake Food Pantry |
| 99009: Elk | North County Food Pantry |
| 99011: Fairchild; Airway Heights; West Plains | Airway Heights Baptist Church |
| 99012: Fairfield | Spokane Valley Food Pantry |
| 99013: Ford (Spokane Cty only) | Airway Heights Baptist Church |
| 99014: Four Lakes | Cheney Food Pantry |
| 99015: Freeman | Spokane Valley Partners |
| 99016: Greenacres | Spokane Valley Partners |
| 99018: Latah | Spokane Valley Partners |
| 99019: Liberty Lake  | Otis Orchards Food Pantry |
| 99020: Marshall | Cheney Food Pantry |
| 99021: Mead | Mead Food Pantry |
| 99022: South of Thorpe | Medical Lake Food Pantry |
| 99022: North of Thorpe | Airway Heights Baptist Church |
| 99023: Mica | Spokane Valley Food Pantry |
| 99025: Newman Lake | Otis Orchards Food Pantry |
| 99026: Nine Mile Falls (Spokane Cty Only) | Northwest Ecumenical and Caritas |
| 99027: Otis Orchards | Otis Orchards Food Pantry |
| 99029: Reardan (Spokane Cty only) | Airway Heights Baptist Church |
| 99030: Rockford | Spokane Valley Food Pantry |
| 99031: Spangle | Spangle Food Pantry |
| 99032: Cheney (Spokane Cty only) | Cheney Food Pantry |
| 99033: Tekoa (Spokane Cty only) | Spokane Valley Food Pantry |
|  |  |
| **Zip Code and Service Area** | **Food Bank Servicing** |
| 99036: Valleyford | Spokane Valley Food Pantry |
| 99037: Veradale | Spokane Valley Food Pantry |
| 99039: Waverly | Spokane Valley Food Pantry |
| 99110: Clayton (Spokane Cty only) | Greenhouse  |
| 99156: Newport (Spokane Cty only) | North County Food Pantry |
| 99170: Rosalia (Spokane Cty only) | Spangle Food Pantry |
| 99201: North of River & West of Monroe | Westminister Presbyterian Food Pantry |
| 99201: North of River  | Our Place |
| 99201: South of River  | City Gate Food Pantry |
| 99202: Spokane | East Central Community Organization & American Indian Center |
| 99203: Spokane | Southside |
| 99204: Spokane | City Gate Food Pantry |
| 99205: S of Montgomery & West of Monroe | Westminister Presbyterian Food Pantry |
| 99205: S of Montgomery | Our Place |
| 99205: North of Montgomery, East of Monroe | Better Living Center |
| 99205: North of Montgomery, West of Division | Northwest Ecumenical Food Pantry |
| 99205: N of Montgomery | Caritas Center |
| 99206:Spokane Valley | Spokane Valley Food Pantry |
| 99207: West of Perry | Better Living Center |
| 99207: East of Perry | Northeast Food Pantry |
| 99208: South of Francis (north of Francis if on bus route) | Better Living Center |
| 99208: South of Hawthorne/W. of Division | Caritas Center |
| 99208: Spokane | Mead Food Pantry & Serve Spokane |
| 99212: West of Park Rd  | East Central Community Organization |
| 99212: East of Park Rd | Spokane Valley Food Pantry |
| 99213: Spokane Valley | Spokane Valley Food Pantry |
| 99214: Spokane Valley | Spokane Valley Food Pantry |
| 99216: Spokane Valley | Spokane Valley Food Pantry |
| 99217: Spokane | Northeast Food Pantry |
| 99218: Spokane | Mead Food Pantry |
| 99218: W of Division, City of Spokane | Caritas Outreach Ministries |
| 99223: Spokane | Southside |
| 99224 | Airway Heights Baptist Church |
| 99224 | Cheney Food Pantry |
| 99224 | Southside |
| 99224 | City Gate Food Pantry |
| 99224 | Medical Lake Food Pantry |

**Food Banks in Spokane County**

Second Harvest

Inland Northwest

|  |  |  |  |
| --- | --- | --- | --- |
| **Agency Name** | **Days & Hours of Operation** | **Service & Contact** | **Other Services Offered** |
|   |   |   |   |
| **Airway Heights Baptist Church** | No Appointment | Service Schedule: |   |
| 12322 Sunset Highway | 1st & 3rd Saturday monthly (may vary)  | Serving clients 2 times per month |   |
| Airway Heights, WA 99001  | Please call to verify dates of service | Commodities once a month |   |
|   | 10:00am - 12:00pm | Public Information- 244-2474 |   |
| **American Indian Community Center** | No Appointment Necessary | Service Schedule: |   |
| 801 E 2nd | Tues -Thurs 9:00am - 12:00/1:00 - 4:30pm | Serving Clients weekly |   |
| Spokane, WA 99202 |   | Commodities once a month |   |
|  |  | Public Information- 535-0866 |  |
| **Better Living Center** | No Appointment Necessary | Service Schedule: | Clothing & |
| 25 East North Foothills Dr | Tues 9:00-12:00 & 1:00-6:00 | Serving Clients weekly | Housewares |
| Spokane, WA 99207 | Thurs 9:00- 12:00 & 1:00 - 2:00 | Commodities once a month | Bedding and towels |
|  |  | Public Information- 325-1258 |  |
| **Caritas Outreach Ministries** | By Appointment Only | Service Schedule: | Avista |
| 1612 W Dalke | Mon, Wed, Thurs | Serving Clients 1 time per 3-6 mos. | COS |
| Spokane, WA 99205 | 10:00am - 1:00pm | Public Information- 326-2249 | Necessities |
| **Cheney Food Bank** | No Appointment Necessary | Service Schedule: |   |
| 3rd & C Street | 1st four Wednesdays of the month | Serving clients 6 times per year |   |
| Cheney, WA 99004 | 9:00am - 12:00pm | Public information 235-2325 |  |
| **The City Gate** | By Appointment Only | Service Schedule: | Clothing bank by appt. |
| 170 South Madison | Tuesday - Friday  | Serving Clients weekly | Daytime and Evening Meals-call for hours |
| Spokane, WA 99201 | 10:00am - 12:00pm & 12:30pm - 3:00pm | Commodities once a month | call for days & times |
|  |  | Public Information- 455-9670 |  |
| **East Central Food Bank** | By Appointment Only  | Service Schedule: | Energy Assistance:  |
| 500 S Stone | Monday-10:00-2:30pm Tues. 12:30pm-3:00pm, Wed- 10:00-2:30, Thurs- 10:00-2:30, Friday- Closed | Serving Clients 1 time per month plus supplemental (perishable) as needed | 242-2376 |
| Spokane, WA 99202 |  |  |
|  |  | Public Information- 625-6699 |  |
| **Greenhouse**  | No Appointment Necessary | Service Schedule: | GED & Skill Center, Counseling, Emergency Services, Thirft Store, Cooking Class |
| W 18 Crawford St  | Mon, Tues, Thurs, Fri.-closed Wed | Serving Clients 1 time per month plus supplemental (perishable) as needed |
| Deer Park, WA 99006 | 10:00am - 4:00pm |
|  |  | Public Information- 276-2242 |
| **Mead Food Bank** | No Appointment Necessary | Service Schedule: | Clothing Bank |
| 12611 N Wilson | Wednesday | Serving Clients 1 time per month |   |
| Mead, WA 99021 | 4:00pm - 6:45pm | Public Information 466-7068 |  |
| **Medical Lake Food Bank** | No Appointment Necessary | Service Schedule: | Outreach |
| 207 S Washington, 99022 | Friday, 10:00am - 12:00pm | Serving Clients 1 time per month plus supplemental (perishable) as needed | Friends for Children |
|  | 1st Thursday of the month 5:30-6:30pm |   |
|   |  | Public Information-299-3819 |  |
| **North County Food Bank** | No Appointment Necessary | Service Schedule: | Partner with New Hope Resource 467-2900. Clothing, Financial Services, Other, please call for specifics |
| 40015 N Collins Road, Elk WA 99009 | Mon 11:00-2:00pm, Wed 9:00-12:00pm | Serving Clients 1 time per month plus supplemental (perishable) as needed |
|  | 2nd & 4th Wed 6:00-8:00pm |
|   |  | Public Information-292-2530 |
|   |   |  |
| **Northeast Food Pantry** | No appointment necessary | Service Schedule: | Energy Assistance, Farmers Market June - Sept. Cooking Class on Wednesdays |
| 4520 N Crestline Ave.  | Mon, Tues, Thurs, 9:00-11:30am | Serving Clients 1 time per month |
| Spokane, WA 99207 | Thursday 1:00-3:00pm | Public Information- 290-5691 |
| **Northwest Ecumenical Food Bank** | No Appointment Necessary | Service Schedule: |   |
| 3908 North Driscoll Blvd | 2nd & last Tuesday of the month, | Serving Clients 1 time per month |   |
| Spokane, WA 99205 | 3rd Saturday from 9:30 am to 12:30pm | Public Information- 325-4541 |  |
| **Otis Orchards Food Bank** | No Appointment Necessary | Service Schedule: | Clothing Bank |
| 4308 North Harvard | 1st & 3rd Monday of the month from 12:00-2:00 | Serving Clients 1 time per month |   |
| Otis Orchards, WA 99027 | Produce distributed on Mondays 11-gone | Public information- 842-2355 |  |
| **Our Place** | No Appointment Necessary | Service Schedule: | Clothing, household & hygiene items, bus tokens, free laundry center, emergency utility assistance with disconnect notice |
| 1509 W. College | Mon, Tues, Thurs, 10:00am - 12:30pm | Serving Clients 1 time per month |
| Spokane, WA 99201 |   | Public Information- 326-7267 |
|  |  |   |
| **Salvation Army** | No Appointment Necessary | Service Schedule: |   |
| 204 E Indiana | Mon, Tues, Thurs, Fri 8:30am - 4:30pm | Serving clients 1 time per month |   |
| Spokane, WA 99207 | Wed: 1:00pm - 6:30pm, Sat 9am-1pm | Public Information-325-6821 |   |
| **Serve Spokane** | No Appointment Necessary | Service Schedule: | Clothing Bank |
| 8303 N Divison | 2nd & 4th Saturday of the month | Serving clients 2 times per month |   |
| Spokane, WA 99208 | 10:00am - 12:00pm | Public Information- 444-8445 ext. 111 |   |
|  | Every Thursday 2:30-6:30pm |   |   |
| **Southside Food Bank** | No Appointment Necessary | Service Schedule: |   |
| 2934 E 27th Ave | Saturday, 10:30am - 12pm | Serving Clients 12 times per year |   |
| Spokane, WA 99223 |   | Public Information- 535-2301 msg |   |
| **Spangle Food Bank/Community Church** | No Appointment Necessary | Service Schedule: |   |
| 305 E 2nd  | 4th Wednesday of the month | Serving Clients 1 time per month |   |
| Spangle, WA 99031 | 2:00pm - 3:00pm | Public Information- 245-3362 msg |  |
| **Spokane Valley Partners** | Wednesday, 11:00am - 3:45pm | Service Schedule: | Personal hygiene, pet food, Easter & holiday. Cooking class offered on Wednesday |
| 10814 E Broadway | No Appointment Necessary-you must  | Serving clients 1 time per month |
| Spokane, WA 99206 | have a number to access the Food Bank | Public Information- 927-1153 ask for food bank |
|   | Numbers provided from 8 am. to 10 am. |
|   | **Thursday: Seniors and Handicapped**  |   |
|  | By appt: Thurs 11:00am - 12:45pm |  |
| **Westminster Presbyterian Church** | No Appointment Necessary | Service Schedule: |   |
| 2705 West Boone | Wed and Fri, 11:00am - 1:45pm | Serving Clients 1 time per month |   |
| Spokane, WA 99201 |   | Public Information- 329-0351 |   |

**FREE MEALS SERVED AT:**

**All Saints Lutheran Church**

314S. Spruce St. (Browne’s Addition)

Spokane, WA 99204

509-838-4409

Dinner: 5-6 pm on Tuesday

**Blessings Under the Bridge**

Under the I-90 Bridge (intersection of 4th Avenue and Browne)

Dinner: 6-7 pm on Wednesday

Summer BBQ: to be announced

This outreach ministry serves a hot meal for homeless people

For more information, to help out or to donate, visit www.butb.org

**Calvary Baptist Soup Kitchen**

207 E 3rd Avenue

Spokane, WA 99201

509-747-8793

Tuesday: 11 am to 1 pm

Saturday 9 to 10 am

**Crosswalk (Youth Only)**

525 W. Second Ave. (corner of 2nd and Howard)

Spokane, WA 99201

509-642-2378

kmccruden@voaspokane.org

www.voaspokane.org

Serving Homeless Teens ages 13-18

Breakfast: 8-9 am 7 days a week

Lunch: 12-12:30 7 days a week

Dinner: 6 to 6:30 7 days a week

**Cup of Cool Water (Youth Only)**

1106 W. Second Ave (2nd Avenue and Madison)

Spokane, WA 99201

509-747-6686

www.cupofcoolwater.org or cup@cupofcoolwater.org

Lunch: 1-3 pm Monday & Tuesday, 1-4 Wednesday & Thursday

Dinner: 7-9:30 Tuesday & Thursday

**Feed Cheney**

615 4th St. (Wren Pierson Building)

Cheney, WA 99004

509-999-0850

feedcheney@gmail.com or www.feedcheney.org

Dinner: last Monday of each month at 5:30 pm

In addition, a free grocery distribution is made at that time

**Holy Trinity Episcopalian Church**

1832 W. Dean Avenue

Spokane, WA

509-326-6471

Breakfast: 8:45 -10 am Saturday

Dinner: 5:30-6 pm Wednesday

**Holy Trinity Lutheran Church**

2511 S Pines Rd

Spokane, Valley 99216

509-926-7966

Dinner: Last Tuesday of each month at 6 pm

**House of Charity**

32 W. Pacific

Spokane, WA 99201

509-624-7821

(Serving homeless men)

Breakfast: 7:30-8:30 am 7 days a week

Lunch: 11-11:30 am 7 days a week

Dinner: 4:30 Sunday & Thursday

**Mid-City Concerns Senior Center (Seniors Only, age 60+)**

1222 W. 2nd Avenue

Spokane, WA 99201

509-747-3257

Breakfast: 8-9:30 am Monday to Friday

Lunch: 11:30 am – 12:15 pm Monday to Friday

**Off-Broadway Family Outreach**

1804 W. Broadway

Spokane, WA 99201

509-998-4096 or 509-998-2630

Dinner: 5:30 pm every Monday

**Orchard Christian Fellowship**

312 E. 3rd Avenue

Spokane, WA

509-838-0139

Breakfast: 7 am, Sunday under the bridge (does not include 1st Sunday of each month)

Dinner: 4:30 pm Tuesday at the church (does not include 1st Tuesday of each month)

**Our Lady of Lourdes**

1115 W. Riverside

Spokane, WA 99204

509-358-4290

http://spokanecathedral.com/

(Sandwiches only)

Lunch: 11 am to 12 noon Monday through Friday

Dinner: 4 to 5 pm Monday through Friday

**Shalom Ministry**

Central United Methodist Church- in the basement

518 W. Third Ave

Spokane, WA 99201

509-455-9019

Breakfast: Monday to Thursday 7:30-8:30 am

Dinner: Monday and Tuesday 4:30 to 5:30 pm

**SPEAR (Youth Only)**

1905 E. First Ave

Spokane, WA

509-475-5470

Dinner: Tuesday & Wednesday 3:30 to 6:00 pm

Summer Breakfast Program

**Spokane Valley United Methodist Church**

115 N. Raymond Road

Spokane Valley, WA 99206

509-924-7262

Lunch: 12:30 last Sunday of the month ONLY
Lunch: 12:30 last Wednesday of the month- Seniors 55+ ONLY

**St. Ann’s Parish Hall- neighborhood lunch**

2120 E. First Ave

Spokane, WA 99202

509-535-3031

Lunch: 1 pm on Saturday

Dinner: 6 pm on Monday

**St. Peter’s Lutheran Church- Food Bank**

4620 N. Regal

Spokane, WA 99207

509-487-4843

Splspokane.org

Breakfast: 9 to 10:30 am- 3rd Saturday of the month

**The City Gate**

170 S. Madison

Spokane, WA 99201

509-455-9670

Breakfast: 10 to 12 Tuesday to Friday and 8-9:30 Saturday

Lunch: 12:30 to 3 Tuesday to Friday

Dinner: 7-8:30 pm, Wednesday, Friday, Saturday and Sunday

**The Salvation Army**

222 E. Indiana Ave

Spokane, WA

509-325-6810

Dinner 5:30 to 7 pm Thursday

**Union Gospel Mission**

1224 E. Trent

Spokane, WA 99202

509-535-8510

Ugmspokane.og

(Serving homeless men)

Lunch: 12-12:30 pm 7 days a week

Dinner: 5:30-6:00 pm 7 days a week

**Women and Children’s Free Restaurant**

(St. Paul’s Methodist Church- in the basement)

1620 N. Monroe St.

Spokane, WA 99205

509-324-1995

Email: wcfrestaraunt@qwest.net

Lunch: 11:30 – 1:30 pm Friday

Dinner: 3-6 pm Tuesday and Wednesday

(Serving women and children- boys up to age 18)