

Spokane-Area free meal schedule



Most current information can be found on the

[Facebook Page](#)



<https://feedspokane.org/community/> (LINK TO MAP OF MEAL SITES)

<p><u>SUNDAY</u></p>	<p>BREAKFAST House of Charity 7:30-8:30 AM Orchard Christian Fellowship: 7:00 AM (except 1st Sunday of the month.)</p>	<p>LUNCH House of Charity 11:00-11:30 AM Union Gospel Mission 12:00 PM St. Ann's Sunday Lunch: 1:00 PM</p>	<p>DINNER Open Door Family Day Shelter 5:00 PM Union Gospel Mission: 5:30 PM</p>
<p><u>MONDAY</u></p>	<p>BREAKFAST Shalom Ministries 7:30-8:30 AM House of Charity 7:30-8:30 AM Crosswalk 9:00-10:00AM (13-17 yr. olds)</p>	<p>LUNCH House of Charity 11:00 - 11:30 PM Crosswalk 12:00-12:30 PM (13-17 yr olds) Union Gospel Mission Inland Northwest 12:00-12:30 PM Our Lady of Lourdes Cathedral 11:00 AM (sandwiches) Connections Community Church 12:00-2:00PM</p>	<p>DINNER Shalom Ministries 4:30PM Open Door Family Day Shelter 5:00 PM Crosswalk 6:00-6:30 PM (13-17 yr olds) Union Gospel Mission 5:30-6:30 PM Our Lady of Lourdes 4:00-5:00 PM (Sandwiches) OFF Broadway Family Outreach 5:30 PM (Porch)</p>
<p><u>TUESDAY</u></p>	<p>BREAKFAST Shalom Ministries: 7:30-8:30 AM House of Charity 7:30-8:30 AM Audubon Park United Methodist Church 8:30-10am. Crosswalk (Youth) 9:00-9:30 am The City Gate 10:00 AM - 12:00 PM</p>	<p>LUNCH Our Lady of Lourdes 11:00 am- Union Gospel Mission Inland Northwest 12:00 pm-12:30 pm Crosswalk (Youth) 12:00-12:30 pm Cup of Cool Water (24 & Under) 1:00-4:00 pm Connections Church 12:00-2:00 pm House of Charity 11:00-11:30 PM City Gate 12:30-3:00 PM</p>	<p>DINNER Our Lady of Lourdes 4:00-500 pm Open Door Family Day Shelter 5:00 PM Women & Children's Free Restaurant 3:00-5:45PM Orchard Christian Fellowship 4:30 pm (except 1st Tuesday of the month) All Saints Lutheran 5:00-6:00 pm Shalom Ministries 4:30-5:30 PM Shadle Park Presbyterian Church 5:30 PM Union Gospel Mission 5:30 pm-6:00 pm Your Place Outreach Center 5:30 - 7:30 p.m (2902 E. Olympic) Crosswalk (Youth) 6:00-6:30 pm Cup of Cool Water (24 & Under) 7:30-9:30 pm SPEAR (kids) 3:30- Last Tuesday of the Month - COMMUNITY DINNER Holy Trinity Lutheran Church 6:00 PM 2511 S Pines Road</p>

<u>WEDNESDAY</u>	BREAKFAST Shalom -7:30-8:30 AM House of Charity 7:30-8:30 AM Crosswalk (youth) 9:00-9:30 AM The City Gate 10:00-12:00 PM	LUNCH House of Charity 11:00-11:30 AM Our Lady of Lourdes 11:00-12:00 PM Union Gospel Mission Inland Northwest 12:00-12:30 pm Crosswalk (17&under) 12:00-12:30 PM Cup of Cool Water (24 & under) 1:00-4:00 PM The City Gate 12:30-2:30 PM Connections Church 12:00-2:00 PM Last Wednesday of Month only: Spokane Valley United Methodist Church (Seniors 55+, \$3.00 donation, 12:30 PM	DINNER Women & Children's Free Restaurant - 3:00-5:45PM SPEAR 3:30-6:00 pm Our Lady Of Lourdes 4:00-5:00 PM Mead United Methodist Church 4:00- 6:00 PM Open Door Family Day Shelter 5:00 PM (New) Holy Trinity Episcopal 5:30-6:30 PM West Central Episcopal Mission 1832 W. Dean 5:00 - 7:00 PM Union Gospel Mission 5:30-6:00 PM Crosswalk (17 & under) 6:00-6:30 PM Cup of Cool Water (24 & under) 7:00-9:30 PM Blessings Under the Bridge 6:00 PM City Gate 7:00-9:00 PM
<u>THURSDAY</u>	BREAKFAST Shalom 7:30-8:30 AM House of Charity 7:30-8:30 AM Crosswalk (17 & under) 9:00-9:30 AM The City Gate 10:00-12:00 PM	LUNCH House of Charity 11:00-11:30 AM Our Lady of Lourdes 11:00 AM Union Gospel Mission Inland Northwest 12:00-12:30 PM Crosswalk (17 & Under) 12:00-12:30 PM Cup of Cool Water (24 & Under) 2:00-4:00 PM The City Gate 12:30-2:30 PM	DINNER Our Lady of Lourdes 4:00-5:00 PM Open Door Family Day Shelter 5:00 PM Salvation Army 5:00 PM Union Gospel Mission Inland Northwest 5:30-6:30 PM *Open Door Family Day Shelter is located at 631 Richard Allen. Ct. Spokane. They are open 7:30 AM to 7:30 PM for families with children. They serve dinner every night at 5:00 PM
<u>FRIDAY</u>	BREAKFAST House of Charity 7:30-8:30 AM Crosswalk (17 & under) 9:00-9:30 AM The City Gate 10:00-11:30 AM	LUNCH House of Charity 11:00-11:30 AM Our Lady of Lourdes 11:00 Union Gospel Mission Inland Northwest 12:00-12:30 PM Crosswalk (17 & Under) 12:00-12:30 PM HRC Ministries 4203 E. Sprague 12:00-3:30 PM Peaceful Valley Community Center 11:00 AM Cup of Cool Water 1:00-4:00 pm The City Gate 12:30-2:30 PM Women & Children's Free Restaurant 11:30-1:15 PM	DINNER City Gate 7:00-8:30 PM Connections Church 5:00-6:30 PM Crosswalk (17& under) 6:00-6:30 PM Family of Faith 5:00 p.m. - 6:00 p.m. Open Door Family Day Shelter 5:00 PM Our Lady of Lourdes 4:00-5:00 PM Reformers Unanimous 2804 E. Euclid 7:00-9:00PM UGM Outreach at First Covenant Church 6:00 PM
<u>SATURDAY</u>	BREAKFAST House of Charity 7:30-8:30 AM West Central Episcopal Mission 1832 W. Dean 8:45 - 9:30 AM Reformers Unanimous 2804 E. Euclid 8:00AM - 9:30 AM Crosswalk (Youth) 9:00-10:00 AM The City Gate 8:00-9:30 AM Holy Trinity Episcopal 9:00-10:00 AM	LUNCH House of Charity 11:00-11:30 AM Crosswalk (13-17 yr) 12:00-12:30 PM Union Gospel Mission 12:00-12:30 PM Calvary Soup Kitchen 11:00-1:00 PM	DINNER Open Door Family Shelter 5:00 PM Union Gospel Mission 5:30-6:30 PM Crosswalk (13-17 yr) 6:00-6:30 PM The City Gate 7:00-8:30 Changing Lives Recovery 7:00 PM at Mosaic Fellowship 606 W. 3rd