

name	address	website	phone/email	open hours	zip codes served	populations served	eligibility requirements	how to enroll	how often it can be used	delivery	extra info
ACRS Food Bank	800 S Weller St. Seattle, WA 98104	ACRS Food Bank - ACRS	(206)695-7510 miguel@acrs.org	Wed & Fri 10 am-1 pm	not listed	Asian and Native Hawaiian and Pacific Islander diets	open access, no documentation required	no process listed	no limit listed	no	
Ballard Food Bank	1400 NW Leary Way, Seattle WA 98107	Ballard Food Bank Seattle Food Com	(206)789-7800	Mon 10 am-3:45 pm, Tues/Thur 10 am-6:45 pm, Wed 10 am-1:45 pm	not listed	Seattle Neighborhoods	full name, DOB, zipcode, full names of additional household members, DOB of additional household members, no proof of residency needed	in person registration w/ intake form	no limit listed	home delivery and weekend food for kids 98103, 98107, 98109, 98117, 98177, 98119, 98199, and 98133	The line forms outside and numbers are given out at 9:45 AM Monday through Thursday. Anyone in line before we open will receive a random number, there is no benefit to coming early to wait in line. Once numbers are given out, staff will direct different groups of clients to come wait inside, or go to the Resource Hub or Café. We start calling numbers at 10:00 AM when the market opens. You must be present when your number is called or you'll receive a new one.
Byrd Barr Place Market	722 18th Ave, Seattle WA 98122	Food Bank - Byrd Barr Place	(206)812-4940	Tues 11 am-4 pm, Wed 12pm-4 pm, Thur 10am-2 pm	The Market is open to anyone who needs it. Some food items provided by the federal government are available only to those living in the 98102, 98112 or 98122 ZIP code. For these items, please bring a photo ID, utility or medical bill, or other printed document to verify your address.		Verification of address for select items	no process listed	no limit listed	Home Delivery for zip codes 98102, 98112 or 98122	The Market resembles a grocery store where you can choose from displays stocked with healthy foods and non-grocery essentials. Please bring your own bags if you can. Many items are provided by local growers and grocers. Regularly stocked items include: Fresh produce, Cultural staples, Meat, Dairy products, Bread, Canned and other nonperishable goods, Household and personal care items such as shampoo, toothpaste and paper towels. Formula and baby supplies may also be available.
Cultivate South Park-Casa Orilla	614 S Riverside Dr. South Park, Seattle, WA 98108	https://cultivatesouthpark.org/casaorilla	connect@cultivate southpark.org, text @spfood to 81010	Tues & Fri 1 pm-2 pm or until food runs out	Seattle and South King County	Culturally relevant food is readily available. Special diets accommodated upon request- dairy free, sugar free, diabetic, vegan, vegetarian, etc. Baby supplies available often.	none listed	no process listed	no limit listed	home delivery offered	Self-select grocery staples available
El Centro de la Raza	2524 16th Ave S, Seattle, WA 98144	Food Bank - El Centro de la Raza	(206) 973-4401, (206) 957-4634	Wed 2 pm-3 pm (seniors and mobility limited individuals, Thur & Fri 10 am-12 pm and 2:30 pm-4 pm	everyone welcome	Center for people of all races	Valid picture ID	no process listed	twice weekly	Home Delivery only through DoorDash & Pedalling Relief Project	provides nutritious, emergency and supplemental food to low-income individuals and families in the Seattle area three days a week. We also have dedicated navigators on-site to assist people in securing food stamps and other non-emergency food resources. Our food bank is open to all. Many of our seniors consider coming to the food bank as a time to socialize and connect to their cultures through food.
Family Works - Wallingford Food Bank	Temporary Address: 4318 Stone Way N 98103, Permanent Address: 1501 N 45th St	https://www.familyworkseattle.org/programs/#food-programs	(206) 647-1770	Tues 12 pm-2 pm, Thu 3 pm-6 pm, Fri 11 am-1 pm	everyone welcome			During your first visit, we'll ask you for some basic contact information and provide you with a FamilyWorks membership card for your next visit. You can make this process even faster by registering online before your first visit! https://familyworks.link2feed.com/	no limit listed	call the Wallingford Food Bank at (206) 647-1780 to see if you are eligible for the grocery delivery program (must reside in North Seattle).	other programs include Family works groceries to go with online ordering, mobile food pantry (2 food trucks), home delivery program, no cook emergency food bags, weekend powerpacks for students to take home over the weekend, and family food bags
Immanuel Community Services - SLU Food Bank	1215 Thomas St, Seattle, WA 98109	SLU Food Bank at ICS - Immanuel Co	(206) 622-1930	Mon 10 am-1 pm	everyone welcome		none listed	no process listed	no limit listed	says they have home delivery boxes but no information on how to get them	
Jewish Family Services - Polack Food Bank	1601 16th Ave, Seattle, WA 98122	Polack Food Bank - Jewish Family Ser	fb@jfsseattle.org, (206) 461-3240	Wed & Fri 10 am-12 pm, Thur 2 pm-4 pm		Kosher kitchen	none listed	All visitors to our food bank will need to complete an intake during their first visit. ID will be requested to expedite the intake process and it is helpful if you come prepared to show your ID, though it is not required at this time.	once per week		

Lifelong - Chicken Soup Brigade	4634 E Marginal Way Suite C200, Seattle, WA 98134	Food & Nutrition — Lifelong	(206) 957-1600 if established, 206-957-1686 to enroll	Mon-Fri 9am-6 pm	King, Island and Snohomish counties, as well as statewide shipping of medically tailored meals throughout healthcare partnerships.	Live with a life-challenging illness such as cancer, HIV, diabetes, kidney disease, or other illness. Have documented difficulty preparing or accessing nutritious foods due to illness, treatment, or other disability.	Live in King, Island, or Snohomish Counties. Are low-income. Live with a life-challenging illness such as cancer, HIV, diabetes, kidney disease, or other illness. Have documented difficulty preparing or accessing nutritious foods due to illness, treatment, or other disability.	If you are interested in enrolling or referring someone to enroll to receive services, please call us at 206-957-1686, use the form below to receive a response in 1-3 business days, or submit an application for our services. https://form.jotform.com/231446216700144 form to enroll	no limit listed	does home delivery	delivers healthy, home-cooked meals and nutritious groceries right to your door. Meals are made on-site, from scratch, using whole food ingredients. We support people's overall health by focusing on the importance of nutrition as part of someone's care
North Helpline - Lake City Food Bank	12736 33rd Ave NE Seattle, WA, 98125	https://northhelpline.org/lake-city-food-bank	206-367-3477	Wed & Sat 9 am-1:45 pm, Thur 4 pm-6:45 pm	Zip codes 98115, 98125, 98133, 98155, 98177, 98011, and 98028. We do not turn anyone away who comes to us for food.		none listed	Register with us in our Client Services office inside the building. You will receive a North Helpline card. This card is free, and you do not need a state ID to receive one. Bring this card every time you visit.	Neighbors may access our two food banks up to six times per month.	separate service	
North Helpline - Bitter Lake Food Bank	13000 Linden Ave N, Seattle, WA 98133	https://northhelpline.org/bitter-lake-food-bank	206-413-8192	Sat 9 am-1:45 pm	Zip codes 98115, 98125, 98133, 98155, 98177, 98011, and 98028. We do not turn anyone away who comes to us for food.		none listed	Register with us in our Client Services office inside the building. You will receive a North Helpline card. This card is free, and you do not need a state ID to receive one. Bring this card every time you visit.	Neighbors may access our two food banks up to six times per month.	separate service	
North Helpline - Home delivery		https://northhelpline.org/home-delivery	(206) 413-9043, hd@northhelpline.org		Home Delivery to neighbors living in 98125, 98133, 98155, 98177, 98115, 98011, and 98028.	For those who are homebound, or unable to attend in-person food distribution at either of our food banks, Home Delivery may be an option.		Reach out to us directly via phone or email so we can provide additional information and see if Home Grocery Delivery might be a good fit for your family. In some cases, we may have a short waiting list.	Bi weekly deliveries	Our Home Delivery program often has a waitlist. Placement is not guaranteed. We work to accommodate every family we can, or connect them with alternative services.	
Phinney Ridge Lutheran Church Food Bank	7500 Greenwood Ave N, Seattle, WA 98103	https://prlc.org/phinney-ridge-lutheran-church-food-bank	(206) 783-2350	Tue 1:15 pm- 3pm, Wed 6:15 pm-8 pm	none listed		none listed	no process listed	no limit listed	none listed	Just come to the doors of the food bank at the northwest corner of the church (N 76th and Greenwood Ave N.). We stock food for a variety of different needs including low sodium diets, baby items, ready to eat "no-cook" food, pet food, as well as toiletry supplies as available.
Pike Market Senior Center and Food Bank - No cook bags	1531 Western Ave, Seattle, WA 98101, in the Pike Market Parking Garage on the 5th level (one level below street level).	https://www.pmsc-fb.org/food-bank	(206) 626-6462	Mon, Tue, & Thu 10 am-3 pm, Wed 12 pm-7 pm, Fri 9 am-12 pm	Downtown Seattle residents	Food Bank is available to people of any age. We provide free groceries, ready-to-eat food for those who are without housing, and home delivery for qualified residents of Downtown Seattle.	none listed	no process listed	can come once daily	If you live in a Downtown building served by PMFB and would like to apply for home delivery services, please complete the application by clicking the button below or give us a call at (206) 626-6462. https://forms.gle/Pb7GF186f8G2V16T9 application link	Closed on 1st Thursday of each month.
Pike Market Senior Center and Food Bank - Grocery	1531 Western Ave, Seattle, WA 98101	https://www.pmsc-fb.org/food-bank	(206) 626-6462	Tue & Thu 12 pm-3 pm, Wed 3 pm-7 pm	Downtown Seattle residents	Food Bank is available to people of any age. We provide free groceries, ready-to-eat food for those who are without housing, and home delivery for qualified residents of Downtown Seattle.	For people without housing or experiencing a food security emergency	no process listed	can come once weekly	If you live in a Downtown building served by PMFB and would like to apply for home delivery services, please complete the application by clicking the button below or give us a call at (206) 626-6462. https://forms.gle/Pb7GF186f8G2V16T9 application link	Closed on 1st Thursday of each month. Please do not arrive early as there is no waiting area

Providence Regina House	8201 10th Ave S Ste 6, Seattle, WA 98108	https://www.providence.org/locations/wa/regina-house	(206) 763-9204	Tue-Sat 7 am-3 pm	98108, 98148, 98168, and 98188		none listed	no process listed	no limit listed	none listed	Regina House also offers emergency food, clothing, and referral information during the week. The food bank provides families with a range of perishable and non-perishable food items including organic produce from Marra Farm, South Park's own once acre farm. Providence Regina House has a Baby Cupboard Day on the first Saturday of the month. The following items are available: Infant food, formula, diapers, wipes, and clothing.
Puget Sound Labor Agency Food Bank	5300 4th Avenue South, Seattle WA 98108	https://www.pugetsoundlaboragency.org/food-bank.html	(206) 448-9277, PSLA@pugetsoundlaboragency.org	Mon & Wed 10 am-1 pm	Due to the COVID-19 Pandemic - PSLA has expanded its food bank service to anyone in need of support		none listed	please be prepared to answer our voluntary new client survey which covers basic demographic information we use to apply for funding.	no limit listed	none listed	
Queen Anne Food Bank at Sacred Heart	232 Warren Ave N, Seattle, WA 98109	https://sacredheartseattle.org/gift	206 216-4102, QueenAnneFoodBank@ccsw.org	Mon-Fri 8:30 am-11:30 am, Thu 1 pm-2:30 pm	none listed	We serve everyone who comes to our door with a smile, with respect and without discrimination.	none listed	no process listed	no limit listed	none listed	We serve our neighbors and friends with high protein sandwiches, yogurt, fruits, bread, pastries, and hot soups
Rainier Valley Food Bank-Paradise Baptist Church	4353 S Henderson St, Seattle, WA 98118	https://www.rvfb.org/grocery-mobile-markets	(206) 723-4105	Wed 9:30 am-12:30 pm, Fri 10 am-1 pm	People from all neighborhoods are welcome to shop with us		none listed	Once you arrive, you'll be greeted at the door to check in and we'll set you up with a food bank card. Bringing a piece of mail or ID can be helpful but is not required.	once per week	separate service	Each guest may only shop for one household. No shopping for multiple households. Our markets are stocked with fresh fruits and vegetables, meat, canned and dry goods, and more! You may choose one mobile market to get groceries at each week.
Rainier Valley Food Bank-Odesa Brown Othello	3939 S Othello St, Suite 101, Seattle, WA 98118	Grocery Mobile Markets — Rainier Valley Food Bank	(206) 723-4105	Every other Wed 11 am-1 pm	People from all neighborhoods are welcome to shop with us	This market is not open to the public. Only open to families receiving care at the Odesa Brown Children's Clinic	none listed	Once you arrive, you'll be greeted at the door to check in and we'll set you up with a food bank card. Bringing a piece of mail or ID can be helpful but is not required.	once per week	separate service	Each guest may only shop for one household. No shopping for multiple households. Our markets are stocked with fresh fruits and vegetables, meat, canned and dry goods, and more! You may choose one mobile market to get groceries at each week.
Rainier Valley Food Bank-Home Delivery		Home Delivery — Rainier Valley Food Bank	(206) 723-4105	Wed, Thur, Fri, delivery time is assigned to you	98144, 98118, 98178, and 98108	Immunocompromised, have medical concerns or are homebound	none listed	https://bit.ly/RVFB-Waitlist application link	no limit listed	yes	Unfortunately, you cannot choose your weekly delivery time — we will assign one to you. If you're unable to be home when your groceries are delivered, no worries, we'll leave them at your door.
Salvation Army Greenwood Food Bank	9501 Greenwood Ave N, Seattle, WA 98103	https://seattletemple.salvationarmy.org/seattle_temple_corps/greenwood-food-bank-1?random=321	(206) 783-1225	Tue 4 pm-6 pm, Wed 11 am-1 pm	Serving individuals and families in North King County.		none listed	no process listed	no limit listed	none listed	
Seattle Indian Center- Food Bank	624 S. Dearborn Street, Seattle WA. 98134	Programs - Seattle Indian Center	(206) 329-8700	Tue & Thu 1 pm-3 pm	none listed	While our primary focus is serving AI/AN, we are proud to serve other people of color as well as anyone in need including those of every gender, religion, age, socio-economic status, race and ethnicity	none listed	no process listed	no limit listed	none listed	
Seattle Indian Center- Hot Meals	624 S. Dearborn Street, Seattle WA. 98134	Programs - Seattle Indian Center	(206) 329-8700	Breakfast Mon-Fri 9 am-10 am, Lunch Mon-Fri 12 pm-1:15 pm	none listed	hungry and homeless people	none listed	no process listed	no limit listed	none listed	
SODO Community Market at NW Harvest	1915 4th Ave S, Seattle, WA 98134	https://www.northwestharvest.org/our-work/community-programs/sodo-community-market/	(206) 625-0755	Mon 1:30 pm-7:30 pm, Wed & Fri 8 am-2 pm	none listed		none listed	no process listed	no limit listed	none listed	SODO Community Market's doors are open to all community members. No ID, proof of income, or residency information is required to shop with us. It is a no-cost grocery store that provides fresh produce, grocery staples, and a variety of healthy food options to those in need. Guests shop at SODO just as they would at any other grocery store.
St. Vincent de Paul Food Bank	5972 4th AVE S, Seattle, WA 98108	Food Bank - St. Vincent de Paul	(206) 686-5260	Tue, Thu, & Fri 11 am-2 pm	none listed		none listed	no process listed	no limit listed	none listed	We are distributing food to neighbors through our choice model system. This procedure allows neighbors to choose the kinds of food they prefer. Each station is filled with a variety of canned good, boxed items, fresh vegetables and fruits, snacks, and more.
The Food Bank at St. Mary's	611 20th Avenue South, Seattle, WA 98144	https://www.thefbism.org/	(206) 338-7215	Mon, Wed, & Fri 10 am-1 pm	none listed	anyone 18 and older	photo ID	no process listed	no limit listed	separate service	

The Food Bank at St. Mary's- Home Delivery		https://www.thefbms.org/services	(206) 338-7215, admin@thefbms.org.	Thur & Fri	Within 2 miles of the food bank		To be eligible for home delivery, an individual should be 18 years old or older, must be home bound/disabled, and live within 2 miles of The Food Bank @ St. Mary's. Interested customers must return a completed application. Once the application is received, a staff member and social worker will determine eligibility.	email to begin application process	once per week	yes	
The Giving Room Food Bank at Epic Life Church	10510 Stone Ave N, Seattle, WA 98133	The Giving Room Visit	(206) 552-9586	Mon 9:30 am-12:30 pm	none listed		none listed	no process listed	once per week	none listed	On Monday mornings we welcome guests inside to check-in, select refrigerated and frozen items from a menu, then choose fresh produce, and browse the shelves for dry goods and hygiene items while cold items are packed. We follow the Food Lifeline Consumption Guidelines for the foods we offer. Guests are provided a number at check-in which we will use for shopping turns. We allow up to four guests to shop at one time to give each guest space for shopping
University District Food Bank	5017 Roosevelt Way NE, Seattle, WA 98105	University District Food Bank – Building	(206) 523-7060	Mon 9 am-3 pm, Tue & Thu 11 am-7 pm, Fri 11 am-4 pm	primarily serve residents of zip codes 98102, 98103, 98105, 98112, 98115, and 98125, all are welcome.		On your first visit (and once a year after that), we will ask for some basic household information (address, family size and ages). This information is optional, but it really helps us plan our service	no process listed	once per week	currently suspended	We offer fresh fruits and vegetables, dairy, eggs or frozen meat, canned and dried goods, toiletries, baby formula, diapers, and pet food plus connections to important community resources. We try to provide food for several days, but please follow posted guidelines so that food is available for all our customers.
West Seattle Food Bank - In person shopping	3419 SW Morgan St, Seattle, WA 98126	Get Food – West Seattle Food Bank	(206) 932-9023	Tue, Thu, & Fri 10 am-2 pm, Wed 12 pm-7 pm	none listed		none listed	no process listed	no limit listed	separate service	offer a shopping style distribution where shoppers pick out their own items from the shelves, produce area, freezer and cooler.
West Seattle Food Bank - Mobile	The Mobile Food Bank currently sets up a distribution weekly in the lobbies of: Alaska House Avalon Place Cal-Mor Circle Westwood Heights DESC The Rise at Yancy The Center for Active Living	Get Food – West Seattle Food Bank	(206) 932-9023	not listed	none listed		none listed	no process listed	no limit listed	separate service	
West Seattle Food Bank - Home Delivery		Get Food – West Seattle Food Bank	(206) 932-9023		98106, 98116, 98126, 98136		none listed	call to begin application process	once per week	yes	Bags of groceries are delivered directly to their homes weekly by our incredible volunteer drivers.
White Center Food Bank	10016 16th Ave., SW Seattle, WA 98146	Services & Hours — White Center Food Bank	(206) 762-2848	If you are a NEW customer, please come in person to register and set up future appointments (3 per month) at the following times: Monday 12pm-4pm, Wednesday 10am-2pm, Thursday 10am-12pm (ONLY if you are a senior/age 60+), and Friday 10am-2pm. Established customers are by appointment only	none listed		none listed	no process listed	no limit listed	none listed	
YWCA Central Area Food Bank- Phyllis Wheatley Branch	2820 E Cherry St, Seattle, WA 98122, behind the YWCA	Seattle Central Area Food Bank YWCA	(206) 946-2795	Wed 1 pm-3 pm	none listed	residents in YWCA emergency shelter and transitional housing, as well as low-income families throughout the community.	low income families	fill out application online https://app.pantrysoft.com/login/ywcaworks	once per week	currently full	