

# Spokane Food Assistance Directory

A community guide to free food programs and support services across Spokane County.

## Downtown & Central Spokane

| Organization                       | Location & Hours                                                          | Services & Website                                                                                                                |
|------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Our Place Community Outreach       | 1509 W College Ave, Spokane, WA 99201<br>Wed 3:30–6pm   Thu 10am–12:30pm  | Emergency food, hygiene, utility help. No documentation required.<br><a href="http://ourplacespokane.org">ourplacespokane.org</a> |
| Women & Children's Free Restaurant | 1408 N Washington St, Spokane, WA 99201<br>Curbside service twice monthly | Prepared meals and groceries for women & families.<br><a href="http://wcfrspokane.org">wcfrspokane.org</a>                        |

## West Spokane

| Organization      | Location & Hours                                                  | Services & Website                                                                                                             |
|-------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Caritas Food Bank | 4718 N Ash St, Spokane, WA 99205<br>Mon, Wed & Thu 10:30am–1:30pm | Food, hygiene items, vouchers. Bring bags.<br><a href="http://caritasoutreachministries.org">caritasoutreachministries.org</a> |

## East Spokane & Valley

| Organization               | Location & Hours                                                                       | Services & Website                                                                                                         |
|----------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| Better Living Center       | 25 E North Foothills Dr, Spokane, WA 99207<br>Tue 9–11:30am & 1–3:30pm   Thu 9–12:30pm | Food pantry plus learning and dental programs.<br><a href="http://renewspokane.org">renewspokane.org</a>                   |
| Partners INW Food Bank     | 10814 E Broadway Ave, Spokane Valley, WA 99206<br>Mon–Fri 9am–3pm                      | Groceries, diapers, clothing.<br><a href="http://partnersinw.org">partnersinw.org</a>                                      |
| The Salvation Army Spokane | 203 E Nora Ave, Spokane, WA 99027<br>Mon–Fri 10am–3pm                                  | Large food bank, fresh produce & canned goods.<br><a href="http://spokane.salvationarmy.org">spokane.salvationarmy.org</a> |

## County-Wide & Delivery-Based

| Organization                 | Location & Hours                            | Services & Website                                                                                                     |
|------------------------------|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Spokane Helpers Network      | Spokane County (home delivery)              | Meal kits & hygiene packs delivered to homes. <a href="http://spokanehelpersnetwork.org">spokanehelpersnetwork.org</a> |
| Feed Spokane                 | Spokane County (multiple partner locations) | Food rescue & redistribution network. <a href="http://feedspokane.org">feedspokane.org</a>                             |
| Mutual Aid Spokane County    | Volunteer-coordinated (countywide)          | Grassroots mutual-aid food & support. <a href="http://mutualaiddisasterrelief.org">mutualaiddisasterrelief.org</a>     |
| Second Harvest Mobile Market | Rotating Spokane County sites               | Free produce & groceries, no paperwork. <a href="http://2-harvest.org">2-harvest.org</a>                               |

**Tips:** Bring your own bags or boxes for groceries. Call ahead to confirm hours. For emergency or after-hours help, dial **211** for real-time assistance.