

ST. LOUIS MEAL PROVIDERS

BELOW IS A LISTING OF LOCATIONS BY ZIP CODE FOR MEALS (NOT FOOD PANTRIES)

63101

ST. PATRICK CENTER

800 N. Tucker 314-802-0700

Lunch, 7 days a week. Monday - Sunday 12:00 pm-12:30 pm.

63103

CENTRAL BAPTIST CHURCH

2843 Washington Ave.

Lunch Tuesdays, 12:00 noon.

CHRIST CHURCH CATHEDRAL

1210 Locust 314-231-3454

Breakfast every Saturday 7:30 am to 8:30 am.

FATHER DEMPSEY'S HOME

3427 Washington 314-535-7221

Sandwiches, Monday-Friday 12:00 to 12:45 pm

63104

SAINTS PETER and PAUL CHURCH PARISH HALL

816 Allen Avenue 314-231-9923

Lunch: 2nd-21st of each month. Saturday & Sunday, 12:00-12:45 pm. (not every Saturday and Sunday)

Dinner: 2nd -21st of each month. Monday-Friday 5:00 pm -5:45 pm

ST. VINCENT CHURCH PARISH HALL

1408 S. 10th Street 63104 314-231-9328

Lunch: Monday-Saturday 11:00 am-1:00 pm.

Donuts: Sundays 10:15 am-11:15 am.

Dinner the 22nd to the 1st of the month: 5 - 6:00 pm.

SOUP ALLEY/TRINITY LUTHERAN CHURCH

812 Soulard Ave. 314-231-4092

Soup Window Monday-Friday 9:00 am-10:30 am and Saturday 10 - 11:30.

Mon-Fri 6:30 am-3:30 pm, Sat 7:00 am-3:30 pm, Sun 7:00 am-3:00 pm.

63106

GATEWAY 180

1000 North 19th St. 314-231-1515

Brown bag lunches all day seven days a week, 8 - 4.

KAREN HOUSE

1840 Hogan 63106

www.karenhousecw.org 314-489-9689

Karen House no longer provides hot meals. Sandwiches from 3:00 pm-5:00 pm daily, except for Mondays when they are closed..

63108

PILGRIM CONGREGATIONAL/UNITED CHURCH OF CHRIST

826 N. Union 314-367-8173

Lunch: Wednesday, Noon to 1:00 pm.

TRINITY EPISCOPAL CHURCH

600 North Euclid Ave. 63108

314-361-4655 (message only)

Hot meal every Sunday 2:00 pm. Food pantry every Tuesday-Wednesday 1:30 pm-3:00 pm.; Thursday 4-5:30 pm; meal at each pantry. Need to register first so bring ID and DOB and full name for each member of the family.

63112

SOLOMON'S TEMPLE CHURCH

5569 Page Blvd. 314-361-4460

Lunch Wednesdays 11:00 to noon.

GRACE AND PEACE FELLOWSHIP

622 Clara Ave. @ Delmar

www.graceandpeacefellowship.org 314-367-8959

First and third Wednesdays Food pantry distribution 1:30 to 2:30

Bible study and lunch 12:30 -1:30

Second Wednesday 6 to 7pm

Fourth Saturday 11 to noon

63113

WEST SIDE MISSIONARY BAPTIST CHURCH

4675 Page Blvd. 314-535-9002

Dinner: Monday, Wednesday, Friday 5:30 pm-6:30 pm.

Food pantry: Tuesday, Wednesday, Thursday 11:00 am-1:00 pm.

63115

ST. LOUIS DREAM CENTER

4324 Margaretta Avenue 314-381-0700

Call for meal schedule

63116 & 63118

ST. JOHN'S TOWER GROVE CHURCH

3664 Arsenal Street 314-772-3970

A free, fellowship meal every Saturday from 4:00 to 5:30 in the Parish Hall.

CHAPEL FOR THE EXCEPTIONAL

3436 Winnebago (at Tennessee) 314-776-7172

Lunch/soup kitchen: Mon - Fri 12:00 pm-12:30 pm.

63116 and 63118 zip codes only

63136

PROJECT DOWNTOWN STL

6809 W Florissant Ave. St. Louis, MO. 63136

www.pdstl.org 314-556-0938

Every Saturday. Preparation is at 10am. Serving starts at 11:30am.

Clothing, groceries, and school supplies also provided.

**FOR MORE RESOURCES, VISIT
www.StartHereSTL.org**

October 2019