

## Where to find meals in Kent

The following free meals for our homeless and low income neighbors are provided by faith communities and concerned neighbors. Call or email to offer help or just drop in for a meal. Print this list and keep it handy in your car to give to a person in need. You can find updated versions on [www.kentmethodist.com/assistance/](http://www.kentmethodist.com/assistance/) at the bottom of the page. (updated 8.9.2017)

If you find information that needs to be updated, please contact Kent UMC at [general@kentmethodist.com](mailto:general@kentmethodist.com) or 253-852-3900.

Day	Schedule	Meal Time	Dinner Name	Church	Address	Contact
Monday	Weekly	5 – 6 pm	Monday Night Community Supper	Kent Lutheran Church	336 2nd Ave S., Kent, 98032	425-228-3269
Tuesday	2017— Feb., Apr., Jun., Aug, Oct., & Dec.	6-6:30 pm	Terrific Tuesday Dinners	St. Stephen the Martyr	13055 SE 192nd St, Renton, 98058	terrificuesdaymeals@gmail.com
	2017— Feb., Apr., Jun., Aug, Oct., & Dec.	6:30-7 pm		Holy Spirit Catholic Church	327 2nd Ave S, Kent, 98032	
	2017—Mar., May, Jul., & Nov.	6-6:30 pm		New Hope Presbyterian Church	19800 108th Ave SE, Kent, 98031	
	2017—Jan., & Sep.	6-6:30 pm		New Beginnings Christian Fellowship	19300 108th Ave SE, Kent, 98031	
Wednesday	Weekly	5:30-6:30 pm	Hungry Soul Cafe	Trinity Community Church	3807 Reith Rd. Kent, 98032	253-852-1044
	Weekly	7 pm	Dinner & Worship	City of Rain Church	1209 Central Ave. S. #129, Kent, 98032	CityofRainChurch@gmail.com
	Weekly	4:30 pm		Seventh-Day Adventist Church	25213 116th Ave SE, Kent, 98031	253-852-3883
Thursday	Weekly	Doors open 4:30 pm		Kent Lutheran Church	336 2nd Ave S., Kent, 98032	425-228-3269
Friday	Weekly	12-1 pm	Lunch at Noon	Unity Church	218 State Ave S Kent, 98030	253-854-9747
	4th Friday	5–6 pm		Holy Spirit Parish	327 2nd Ave S Kent, 98032	253-859-0444
Saturday	4th Saturday		Fourth Saturday Lunch	Calvary Chapel South	1340 W Smith St, Kent, 98032	253-852-7030, ccscmeal@gmail.com
	Weekly	4:30 pm		Seventh-Day Adventist Church	25213 116th Ave SE, Kent, 98031	253-852-3883
Sunday	1st & 3rd Sunday	1:30 pm		Unified Faith Ministries	Masonic Hall, 805 E Smith St,	
	2nd Sunday, July & August	12:30 pm	Community Meal	St. James Episcopal Church	24447 94th Ave S, Kent, WA 98030	253-852-4450

# Kent Food Bank

**Location:** 515 W. Harrison St. Ste #107,  
Kent, WA 98032

**Phone:** 253-520-3550

**Email:** kentfoodbank@gmail.com

**Hours of Operation:** Mon, Tues, Wed, Fri 10am –2pm  
and 2nd Wed of the month 5pm-6pm

**Website:** www.skcfbc.org/kentfoodbank

## Where to find shelter in Kent

**HOME program Men's Shelter** for 25 men that rotates to different churches each month. Kent Family Center (1229 W Smith St, Kent WA) 206-817-3709. Intake hours: Monday and Wednesday, 1:00 p.m. – 3:00 p.m. and 5:00 p.m. – 7:00 p.m. Tuesday and Thursday 3:00 p.m. – 5:00 p.m.

**Women's Winter Shelter** at Holy Spirit Catholic Church for 12 – 15 women, through May. 310 3rd Ave. S. Kent 253-859-0444

**Public Restrooms** are available dawn to dusk at Town Square Plaza, the Kent Library, Kent Commons, City Hall, Kent Station and some city parks.

The **Search & Rescue** team goes out Wednesday & Friday nights in Kent to distribute hot chocolate and sandwiches, blankets, coats, encouragement and prayer.

## Information Provided by



## and Partners

**KentHOPE Day Center for Women & Children** offers 3 meals daily, showers, laundry facilities, resources and is located at 9009 Canyon Drive, Kent, WA 98030.

**For up-to-date information on these services go to**

<http://kenthope.org/>