

Food Resources-Spokane and Surrounding Areas

- Southside Food Pantry • Address: 2934 East 27th Avenue, Spokane, WA 99223 • Phone: 509-508-0131 • URL: <https://www.southsidespokane.org/food-pantry> • Hours: Saturday 11:00 AM - 12:00 PM (distribution day) • Requirements/Notes: No ID or zip code required; first-come, first-served
- Food Pantry at MLK Jr. Community Center • Address: 500 South Stone Street, Spokane, WA 99202 • Phone: 509-868-0856 • URL: <https://mlkspokane.org> • Hours: Monday, Wednesday, Friday 1:00 PM - 3:00 PM • Requirements/Notes: No appointment necessary; open to everyone.
- Food Bank at Spokane Valley Partners (formerly Partners INW) • Address: 10814 East Broadway Avenue, Spokane Valley, WA 99206 • Phone: 509-927-1153 • URL: <https://www.svpart.org/food-bank> • Hours: Monday-Friday 9:00 AM - 3:00 PM • Requirements/Notes: No appointment necessary; primarily serves east of Havana Street to the state line but open to all. Though some sources list extended donation hours (8:00 AM - 4:00 PM).
- Food Bank at Salvation Army Spokane • Address: 204 East Indiana Avenue, Spokane, WA 99207 (main location; note: • Phone: 509-325-6821 • URL: https://spokane.salvationarmy.org/spokane_citadel/cure-hunger/ • Hours: Monday-Friday 9:00 AM - 4:15 PM (some sources list 9:00 AM - 4:00 PM; confirm directly if needed) • Requirements/Notes: No zip code required; open to all.
- Food Pantry at American Indian Community Center • Address: 1025 West Indiana Avenue, Spokane, WA 99205 • Phone: 509-535-0886 • URL: <http://aiccinc.org> • Hours: Tuesday-Friday 9:00 AM - 12:00 PM and 1:00 PM - 4:30 PM (closed for lunch; stocked on Mondays but not open for distribution) • Requirements/Notes: No requirements; open to all, with a focus on American Indian communities but serves everyone. Available once per month per individual/family. Your hours (11:00 AM - 4:30 PM) are close but slightly off—updated to reflect full operating window from multiple sources.
- Airway Heights Baptist Church Food Bank • Address: 12322 Sunset Highway, Airway Heights, WA 99001 • Phone: 509-244-2474 • Hours: 1st and 3rd Saturday of the month (drop-offs during the week prior: Tuesday-Thursday 9:00 AM - 4:00 PM, Friday 3:00 PM - 3:30 PM) • Requirements/Notes: Open to all; focus on fresh produce and basics.
- Audubon Park Food Bank (at Audubon Methodist Church) • Address: 3908 North Driscoll Boulevard, Spokane, WA 99205 • Phone: 509-325-4541 • Hours: 2nd and 4th Tuesday of the month (drop-offs Monday prior: 8:30 AM - 10:30 AM) • Requirements/Notes: Open to all.

- Caritas Outreach Ministries Food Bank • Address: 1228 West Nebraska Avenue, Spokane, WA 99205 • Phone: 509-326-2249 • Hours: Monday, Wednesday, Friday 9:00 AM - 2:00 PM • Requirements/Notes: Open to all; also manages several little free pantries (see below).
- Catholic Charities Food for All • Address: Multiple locations (call for nearest) • Phone: 509-459-6163 • Hours: Monday-Friday 8:00 AM - 5:00 PM • Requirements/Notes: Open to all; schedule drop-offs/pickups for donations.
- Cheney Cupboard Food Bank • Address: 624 3rd Street (Wren Pierson Building), Cheney, WA 99004 • Phone: 509-280-4938 • Hours: Monday-Tuesday 8:30 AM - 10:30 AM, Wednesday 8:30 AM - 12:00 PM • Requirements/Notes: Open to all; serves 50-60 families daily.
- Greenhouse Community Center Food Bank • Address: 211 North Fir Street, Deer Park, WA 99006 • Phone: 509-276-6897 • Hours: Monday 2:00 PM - 5:45 PM, Wednesday 1:00 PM - 3:45 PM (open for drop-offs Monday, Wednesday, Friday 9:00 AM - 12:00 PM) • Requirements/Notes: Open to all.
- Mead Food Bank • Address: 12509 North Market Street, Mead, WA 99021 • Phone: 509-466-7068 • Hours: Wednesday 12:00 PM - 7:00 PM, Sunday 3:00 PM - 5:00 PM • Requirements/Notes: Open to all.
- New Hope Ranch Food Bank • Address: 2524 East Queen Avenue (at Connections Church), Spokane, WA 99217 • Phone: 509-954-5145 • Hours: Monday and Wednesday 12:00 PM (clients start at noon; drop-offs 8:00 AM - 11:00 AM) • Requirements/Notes: Open to all.
- North County Food Bank • Address: 40015A North Collins Road, Elk, WA 99009 • Phone: 509-292-2530 • Hours: Monday 8:30 AM - 1:30 PM, Tuesday 9:00 AM - 10:30 AM, Wednesday 8:30 AM - 11:30 AM, Thursday 8:00 AM - 10:00 AM • Requirements/Notes: Open to all.
- Northeast Food Pantry (Northwest Connect at Crestline Nazarene Church) • Address: 4520 North Crestline Street, Spokane, WA 99207 • Phone: 509-290-5691 or 509-487-2781 • Hours: Tuesday 11:00 AM - 1:00 PM, Thursday 9:00 AM - 1:00 PM • Requirements/Notes: Open to all.
- Otis Orchards Food Bank • Address: 4308 North Harvard Road, Otis Orchards, WA 99027 • Phone: 509-720-8606 • Hours: Tuesday 10:00 AM - 2:00 PM (drop-offs Monday afternoon or Tuesday morning) • Requirements/Notes: Open to all; outdoor donation bin available.

- Second Harvest Food Bank • Address: 1234 East Front Avenue, Spokane, WA 99202 • Phone: 509-534-6678 • Hours: Monday-Friday 8:00 AM - 4:30 PM (closed 12:00 PM - 12:30 PM) • Requirements/Notes: Major distribution hub; partners with many pantries. Open to all for assistance.
- Serve Spokane Food Pantry • Address: 8303 North Division Street, Spokane, WA 99208 • Phone: 509-998-5722 • Hours: Tuesday-Thursday 9:00 AM - 11:30 AM • Requirements/Notes: Open to all; call to confirm drop-offs.
- Union Gospel Mission • Address: 1224 East Trent Avenue, Spokane, WA 99202 • Phone: 509-532-3851 ext. 1139 • Hours: Monday-Friday 8:00 AM - 4:00 PM • Requirements/Notes: Open to all; donation dock available.
- Women and Children's Free Restaurant (Food Assistance) • Address: 1408 North Washington Street, Spokane, WA 99201 • Phone: 509-324-1995 ext. 301 • Hours: Monday, Tuesday, Friday 9:00 AM - 4:00 PM; Thursday 9:00 AM - 1:00 PM (closed Wednesday) • Requirements/Notes: Focus on women and children but open to all; call first for large donations (up to 40 lbs).
- Use this link to find additional food and other resources <https://www.findhelp.org/food/food-pantry--spokane-wa>
- Second Harvest- The Food Near Me section of our website has info on all our partner food banks and pantries – use the 'Find a local food bank' search bar. It has locations, hours, etc.
Use the 'Find a Mobile Market' search bar to find the times and locations of our mobile markets. <https://2-harvest.org/food-near-me/>

LITTLE FREE PANTRIES

Use this link to find mini pantries near you- <https://mapping.littlefreepantry.org/>

- Caritas Outreach Ministries Little Free Pantry - 1228 West Nebraska Avenue, Spokane, WA 99205 (main site; stocks non-perishables and directs to fresh items inside).
- Pink Pantry Project - 216 East State Street, Cheney, WA 99004 (dedicated to infant and mother needs, like diapers and formula).
- Hearts of Kindness Pantry - 40 Ward Street, Spokane, WA (general food and household items).
- Little Free Pantry Spokane Valley - 12 North University Road, Spokane Valley, WA 99206 (sponsored by Neurotherapy Northwest; general non-perishables).

- Unitarian Universalist Church of Spokane Little Free Pantry - 4340 West Whistalks Way, Spokane, WA 99224 (non-perishables; stocked by church volunteers).
- Shadle Park Presbyterian Church (Caritas-affiliated) - 5508 North Alberta Street, Spokane, WA 99205.
- Prince of Peace Lutheran Church (Caritas-affiliated) - 8441 North Indian Trail Road, Spokane, WA 99208.
- Rowan Avenue Location (Caritas-affiliated) - Near Rowan Avenue and North Wall Street intersection, Spokane, WA 99201.
- Broad Avenue Location (Caritas-affiliated) - Near North Broad Avenue and North Wall Street, Spokane, WA 99205.
- Gift of Angels Pantry - Location in northwest Spokane (exact address not specified; check maps for coordinates near Shadle area)

Spokane's Comprehensive Guide to ALL Resources-
<https://www.thefigtree.org/connections-resources.html>