



FREE MEALS

Minneapolis & Brooklyn Park Area

BREAKFAST

Catholic Charities – Mary F. Frey Minneapolis Opportunity Center

- 740 E 17th St, Minneapolis, MN 55404 | 612-204-8300
- Hours: Mon–Sat, breakfast served 7–8 am

Sharing and Caring Hands

- 525 N 7th St, Minneapolis, MN 55405 | 612-338-4640
- Hours: Mon–Thu at 10 am; Sat & Sun at 10 am

LUNCH

Agate Housing & Services Food Centre

- 714 Park Ave S, Minneapolis, MN 55415
- Hours: 7 days a week, lunch 12–12:45 pm

All God's Children Metropolitan Community Church

- 3100 Park Ave S, Minneapolis, MN 55407 | 612-824-2673
- Hours: Thu hot meal 11 am–1 pm; to-go available; food shelf on site

Avivo

- 1825 Chicago Ave S, Minneapolis, MN 55404
- Hours: Mon–Fri boxed meals 11:30 am–12:30 pm (until gone)

Catholic Charities – Mary F. Frey Opportunity Center

- 740 E 17th St, Minneapolis, MN 55404 | 612-204-8300
- Hours: Mon–Sat lunch 11:20 am–12:30 pm
- Note: Also provides showers, laundry, lockers, mail service, and drop-in support during the day.

Central Lutheran Church Restoration Center

- 333 S 12th St, Minneapolis, MN 55404 | 612-870-4416
- Hours: Mon 11:30 am–12 pm; to-go bags also available

Loaves & Fishes – ICCM Life Center

- 1812 Park Ave, Minneapolis, MN 55404 | loavesandfishesmn.org
- Hours: Tue–Fri 1–3 pm

Marie Sandvik Center

- 1112 E Franklin Ave, Minneapolis, MN 55404 | 612-870-9617
- Hours: Meals with services: Tue 6 pm, Thu 1 pm, Fri 2 pm, Sun 4 pm

Peace House Community

- 1816 Portland Ave S, Minneapolis, MN 55404 | 612-870-7263
- Hours: Mon–Fri 9:30 am–2:30 pm; group reflection 10:30–11:30 am
- Note: Lunch is part of daily programming.

Salvation Army Temple

- 1604 E Lake St, Minneapolis, MN 55407 | 612-767-2710
- Hours: Mon–Wed lunch 12–1 pm

Sharing and Caring Hands

- 525 N 7th St, Minneapolis, MN 55405 | 612-338-4640
- Hours: Mon–Thu lunch at 1 pm

Soup for You Café (Holy Trinity Lutheran Church)

- 2730 E 31st St, Minneapolis, MN 55406 | 612-978-7974
- Hours: Mon–Fri hot lunch 12–1 pm; groceries Wed 12–1 pm

Tasks Unlimited – Northeast Outreach & Opportunity Center

- Mill City Church Commons, 3023 Randolph St NE, Minneapolis, MN 55418 | 612-756-6606
- Hours: Tue, Thu, Fri 8 am–3 pm
- Note: Snacks, hygiene items, and resource referrals available.

Loaves & Fishes – True Vine New Bethel

- 2639 Thomas Ave N, Minneapolis, MN 55412 | loavesandfishesmn.org
- Hours: Mon–Fri lunch 12:30–1:30 pm

Pillsbury United Communities – Waite House

- 2323 11th Ave S, Minneapolis, MN 55404 | 612-721-1681
- Hours: Mon–Thu to-go meals 11 am–12:30 pm

DINNER

Loaves & Fishes (multiple sites)

- Main office: 612-377-9810 | loavesandfishesmn.org
- Note: Hot dinners nightly at rotating church/community sites.

Examples below:

- **Great is Thy Faithfulness Church**

- 1115 30th Ave N, Minneapolis, MN 55411
- Dinner Mon–Fri 5:30–6:30 pm

- **Holy Rosary Church**

- 2424 18th Ave S, Minneapolis, MN 55404
- Dinner Mon–Thu 5:15–6:15 pm

- **Peace House Community**

- 1816 Portland Ave S, Minneapolis, MN 55404
- Dinner Mon–Fri 5–6 pm

- **Hope Presbyterian Church**

- 7132 Portland Ave S, Richfield, MN 55423
- Dinner Mon–Fri 5–6 pm

- **Mount Olivet Lutheran Church**

- 5025 Knox Ave S, Minneapolis, MN 55410
- Dinner Thu 4–5:30 pm

- **Nokomis Heights Lutheran Church**

- 5300 10th Ave S, Minneapolis, MN 55417
- Dinner Wed 5–6 pm

- **Pillsbury United Communities – Oak Park**

- 1701 Oak Park Ave N, Minneapolis, MN 55411
- 612-377-7000
- Dinner Tue–Thu 4–6 pm

- **Salem Lutheran Church**

- 4150 Dupont Ave N, Minneapolis, MN 55412 | 612-521-3644
- Dinner Tue 6 pm (to-go style)

WEEKEND + OTHER MEALS

First Nations Kitchen (All Saints Episcopal Indian Mission)

- 3044 Longfellow Ave S, Minneapolis, MN 55407 | firstnationskitchen.org
- Hours: Sun 4–5 pm; hot take-out dinner plus produce bags

Hennepin Avenue Methodist Church

- 511 Groveland Ave, Minneapolis, MN 55403
- Hours: 1st & 5th Sundays, 4:30–6 pm

Plymouth Congregational Church

- 1900 Nicollet Ave S, Minneapolis, MN 55403
- Hours: 2nd & 3rd Sundays, 5–6 pm

Westminster Presbyterian Church

- 1200 Marquette Ave, Minneapolis, MN 55403
- Hours: 4th Sunday, 5–6 pm