



Free Meals in the Spokane Area

for more information go to www.feedspokane.com

DINNER

MONDAY	
4:30 & 5:30	Shalom Ministries 518 W 3rd Ave
5:30	All Nations Church 1201 W Spofford Ave
5:30	The Porch 1804 W Broadway Ave
5:30	Union Gospel Mission 1224 E Trent Ave
6:30-7:30	St Ann's Parish Hall 2120 E 1st Ave <i>Families & pregnant women only</i>
6:00	Voiceless Choir families

TUESDAY	
4:00-6:00	Women & Children Free Restaurant 1620 N Monroe St <i>Women & children under 18 only</i>
5:00	All Saints Lutheran Church 314 S Spruce St
5:30	Union Gospel Mission 1224 E Trent Ave
7:00-8:00	Cup of Cool Water 1106 W 2nd Ave <i>Age 22 and under only</i>
6:00	Holy Trinity Lutheran 2511 S Pines Rd - Spokane Valley <i>RSVP 926-7966, last Tuesday monthly</i>
7:00-8:30	City Gate 170 S Madison St <i>Every 4th Tuesday monthly</i>

WEDNESDAY	
4:00-6:00	Women & Children Free Restaurant 1620 N Monroe St <i>Women & children under 18 only</i>
5:30	Union Gospel Mission 1224 E Trent Ave
5:30	Holy Trinity Episcopal 1832 W Dean Ave
7:00	City Gate 170 S Madison St

THURSDAY	
5:00	VOICES 314 S Spruce St <i>3rd Thursday each month Child care provided</i>
5:30-6:00	Campus Kitchen First Covenant Church Division St & 2nd Ave
5:30	Union Gospel Mission 1224 E Trent Ave
7:00-8:00	Cup of Cool Water 1106 W 2nd Ave <i>Age 22 and under only</i>

FRIDAY	
5:00-6:30	New Beginnings 2524 E Queen Ave
5:30	Union Gospel Mission 1224 E Trent Ave
7:00	City Gate 170 S Madison St
SATURDAY	
5:30	Union Gospel Mission 1224 E Trent Ave
7:00	City Gate 170 S Madison St
SUNDAY	
5:30	Union Gospel Mission 1224 E Trent Ave
7:00	City Gate 170 S Madison St <i>last Sunday of the month</i>

SPECIAL EVENTS:	
Mid City Concerns 1222 W 2nd Ave Mom & Dads Luncheon <i>For everyone</i> Saturday, June 12 • 12:30 pm	
Women & Children Free Restaurant 1620 N Monroe St 2010 Summer BBQ <i>Everyone is welcome!</i> 4:00 - 7:00 pm • Tuesday, June 29	
Shalom Ministries 518 W 3rd Ave CLOSED • August 2 - 12	
Women & Children Free Restaurant 1620 N Monroe St CLOSED • August 9 - 20	

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