

# Meal Program Resources - St. Louis City

(community resources for low income and uninsured)

To get information about an agency or to find a food pantry by zip code:

- 1) call **Operation Food Search Hunger Hotline**, an emergency 24/7 service at **314-726-5355**,
- 2) call **United Way Information & Referral**, an emergency 24/7 service at **2-1-1** or **1-800-427-4626**

ZIP CODE	NAME	ADDRESS	PHONE NUMBER	TIME & DATE
63101	St. Patrick's Center Shamrock Club	800 North Tucker Boulevard	314-802-0700	<b>Lunch:</b> M-F 12pm-1pm
63103	Central Baptist Church	2843 Washington Avenue	314-533-0747	<b>Lunch:</b> Tues 11:45am-12:45pm
	Christ Church Cathedral	1210 Locust Street	314-231-3454	<b>Breakfast:</b> Sat 7:30am-8:30am
	Father Dempsey's Home	3427 Washington Avenue	314-535-7221	<b>Lunch:</b> M-F 12pm-12:45pm
63104	FOCUS North America's St. Louis Center	1901 Ann Avenue	314-776-4205	2nd-21st of each month <b>Dinner:</b> Sun 4:30pm-5:30pm
	Historic Trinity Lutheran Church	1805 South 8th Street	314-231-4092	<b>Soup Window:</b> M-F 9am-10:30am Sat 10am-11:30am
	La Salle Baptist Church	1133 Park Avenue	314-231-7688	<b>Breakfast:</b> Sun 7am-8:30am
	Peter and Paul Community Services	816 Allen Street	314-231-9923	2nd-21st of every month <b>Lunch:</b> Sat-Sun 12pm-12:45pm <b>Dinner:</b> M-F 5pm-5:45pm
	St. Vincent de Paul Catholic Church	1408 S. 10th Street	314-231-9328	<b>Lunch:</b> M-Sat 11am-1pm Sun 10:15am-11:15am <b>Dinner:</b> 22nd-1st of each month 5pm-6pm (Arrive by 5:30pm)
63106	Gateway 180	1000 N. 19th Street	314-231-1515	<b>Brown Bag:</b> Daily 8am-4pm
	Karen House	1840 Hogan Street	314-621-4052	<b>Lunch:</b> M-F 12:30pm-3:30pm <b>Sandwiches:</b> Daily 8am-8pm
63108	Pilgrim Congregational UCC	826 Union Boulevard	314-367-8173	<b>Lunch:</b> Wed 12pm-1pm
	Trinity Episcopal Church	600 North Euclid Avenue	314-361-4655	<b>Meal:</b> Sun 2pm-3pm
63111	St. Trinity Lutheran Church	517 Koeln Avenue	314-353-3276	<b>Breakfast:</b> 4th Sat of the month 9am-10:30am
63112	Solomon's Temple Church	5569 Page Boulevard	314-361-4460	<b>Lunch:</b> Last Sat of the month 11am-12pm
	Union Memorial United Methodist Church	1141 Belt Avenue	314-367-8314	<b>Lunch:</b> M-F 12pm-12:30pm
63113	West Side Missionary Baptist Church	4675 Page Boulevard	314-535-9002	<b>Dinner:</b> Mon and Wed 5:30pm-6:30pm

ZIP CODE	NAME	ADDRESS	PHONE NUMBER	TIME & DATE
63115	St. Louis Dream Center	3424 Margarett Avenue	314-381-0700	<b>Lunch:</b> M-F 12pm-1pm <b>Dinner:</b> Tues 5:30pm-6:30pm
63116	St. John's Episcopal Church Tower Grove	3664 Arsenal Street	314-772-3970	<b>Dinner:</b> Sat 4pm-6pm
63118	Chapel for the Exceptional	3436 Winnebago Street	314-776-7172	<b>Lunch:</b> M-F 12pm-12:30pm

**Food Outreach (63103)****314-652-3663**

Must live at or below 300% fpl and be undergoing treatment for Cancer OR HIV/AIDS. Call for more information and to enroll.

**Meals on Wheels****314-612-5918**

Must be a senior OR 60+ & disabled

**United Way Information & Referral:** Dial 2-1-1 or visit [www.211helps.org](http://www.211helps.org) to quickly and easily find non-emergency services in your area, including basic needs, physical and mental health resources, job programs, support for seniors and more. Now accessible via phone, online chat, self-service web directly, and mobile app.