

Meal Program Resources - St. Louis City and County

(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 x1**,
- 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 | Lunch: Daily 12:00 PM - 12:30 PM |
| 63103 | Central Baptist Church | 2843 Washington Avenue | 314-533-0747 | Lunch: Tues 11:45 PM-12:45 PM |
| | Christ Church Cathedral | 1210 Locust Street | 314-231-3454 | Breakfast: Sat 7:30 AM -8:30 AM |
| 63104 | FOCUS North America's St. Louis Center (Gateway City) | 1901 Ann Avenue | 314-776-4205 | Sundays: 2nd-21st of each month 4:30 PM - 5:30 PM See webpage for additional information: https://gatewaycity.focusna.org/ |
| | Historic Trinity Lutheran Church | 1805 South 8th Street | 314-231-4092 | Soup Window: Monday - Saturday 9:30 AM – 10:30 AM |
| | Peter and Paul Community Services | 816 Allen Street | 314-231-9923 | 2nd-21st of every month Monday – Friday 5:00 PM -5:45 PM Weekends 12:00 PM – 12:45 PM Everyone is welcome |
| | St. Vincent de Paul Catholic Church | 1408 S. 10th Street | 314-231-9328 | Sandwich Window: Monday - Saturday 11:00 AM – 1:00 PM Meals Program: 22nd-1st of each month 5:00 PM – 6:00 PM |
| | Trinity Episcopal Church | 600 North Euclid Avenue | 314-361-4655 | Hot Lunch: Sundays at 1:45 PM |
| 63115 | St. Louis Dream Center | 3424 Margareta Avenue | 314-381-0700 | Tuesday and Wednesday 12:00 PM – 1:00 PM |
| 63116 | St. John's Episcopal Church Tower Grove | 3664 Arsenal Street | 314-772-3970 | Peace Meal Saturday 4:00 PM – 5:30 PM |
| 63118 | Chapel for the Exceptional | 3436 Winnebago Street | 314-776-7172 | Tuesday and Thursday 10:30 AM – 11:00 AM |

Food Outreach (63103)
314-652-3663

<https://foodoutreach.org/client-services/>

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

<https://www.mealsonwheelsamerica.org/find-meals>

Must be a senior OR 60+ & disabled

United Way Information & Referral: Dial 2-1-1 or visit 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.