



## FEEDING FLAGSTAFF

### Where to Access the Food & Help You Need Throughout the Day

All of us need help sometimes. If you or someone you know needs access to food, there are many organizations and programs in Flagstaff that provide free nutritious meals, sack lunches, snacks and boxes of pantry staples.



#### Sit-down Meals

**7 am, Noon and 6 pm, Monday - Friday**

**7 am and 6 pm, Weekends**, The Sunshine Rescue Mission, 124 S. San Francisco St., serves hot meals three times a day on weekdays and twice a day on weekends. 928.774.3512.

**Noon, Monday - Friday**, Joe Montoya Community Center, 245 N. Thorpe Rd. Lunch for seniors over 60. Reservations required by calling 928.774.2606. Registration form for first-time visits. Suggested donation: \$4.

**4 - 5:30 pm daily**, Flagstaff Family Food Center, 1903 N. 2nd St. Dinner for individuals and families.

**6 pm daily**, Flagstaff Shelter Services, 4185 E. Huntington. Dinner for those staying at the shelter.



#### Sack Lunches & Snacks

**8 am-noon daily**, Catholic Charities, 2010 N. 4th St.

**Sack lunches and snacks.**

**9 am-4 pm daily**, Flagstaff Shelter Services, 4185 E Huntington Dr. **Sandwiches and snacks.**

**9 am-4 pm daily**, NACA, 1500 E. Cedar Avenue #26 and 2717 N. Steves Blvd. **Sandwiches and snacks.**

**9 am-noon and 1-5 pm, Monday-Thursday**, Salvation Army, 507 N. Humphreys St. **Sack lunches.**

**10 am-2 pm daily**, Flagstaff Family Food Center, 1903, N. 2nd St. **Sack lunches and snacks distributed from the kitchen door.**



#### Family Barbeque

**1 - 4 pm, Sundays**, Killip Elementary School, 2300 E. 6th Avenue. Every Sunday the Think Jesus Project hosts Berg's Free BBQ for hundreds of men, women and children.



#### Delivered Food for Seniors

**Meals on Wheels** provides delivered lunches Monday-Friday in Flagstaff. Contact the Area Agency on Aging at 877.521.3500 for eligibility requirements.

**The Flagstaff Family Food Center** offers delivery of food boxes to homebound seniors 65 and older. Call 928.526.2211 for details and to register.



#### Programs for Students

**Feeding Northern Arizona's Future** offers weekend meal programs for K-12 students at Killip, Kinsey, Knoles, Puente de Hozho, Sechrist, and Thomas elementary schools, The Peaks School, and Coconino and Summit high schools. Families can check with the administrative office to find out how to opt-in for the weekly food packages.

**Summer Cafe** offers free breakfast and lunch for youth under 18 during the months of June & July. Text FOOD to 877-877 for a location near you.

**Louie's Cupboard** provides non-perishable food to Northern Arizona University students. Visit [nau.edu/first-gen/louies-cupboard](http://nau.edu/first-gen/louies-cupboard) for distribution dates and location.



#### Food boxes and pantries

**The Golden Rule Pantry**, 2573 E. 7th Ave. Open 3-7 pm, Wednesday-Sunday. 15-pound limit, once a week.

**Flagstaff Family Food Center**, 3805 E. Huntington Dr. Open 9 am - 1 pm, Tuesday-Sunday.

Emergency food box available twice a month

Food boxes for seniors 65 and older on the 2nd and 3rd Friday of the month (limit one box monthly).

**Salvation Army**, 507 N. Humphreys St. Open 9 am-noon and 1-5 pm, Monday-Thursday. Emergency food box, once per month. Application required along with ID.

**St. Vincent de Paul**, 2113 N. East St.

Food bags and toiletries available at food pantry or via home delivery once every 30 days.

First-time callers require a home visit. Call to schedule a visit at 928.774.6511 from 9 - 10:30 am, Monday-Friday. Food will be delivered at the time of the home visit. Repeat customers call 928.774.6511 on the day they want home delivery or to pick up food. Calls are accepted from 9 - 10:30 am, Monday-Friday.

Food deliveries are made between 10:45 am and 1 pm, Monday-Friday. Shopping at the pantry in the store is from 10:45 - 11:30 am, Monday-Friday.

### Protecting Children, Supporting Families, Strengthening Communities.

Special thanks to Arizona Community Foundation of Flagstaff and Coconino County Continuum of Care for providing the information included in this Resource Guide.

