

Sacramento Free Eats Chart

Place	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
Union Gospel Mission 400 Bannon (916)446-0874	Lunch 12:00pm	Dinner 8:30pm	Dinner 8:30pm	Dinner 8:30pm	Dinner 8:30pm	Dinner 8:30pm	Dinner 8:30pm	Required to attend church service is at 7:00pm. On Sunday, church service is at 11:00am
Loaves & Fishes Dining room 1321 North C. St. (916)446-0874	Lunch 11:30am-1:00pm	Lunch 11:30am-1:00pm	Lunch 11:30am-1:00pm	Lunch 11:30am-1:00pm	Lunch 11:30am-1:00pm	Lunch 11:30am-1:00pm	Lunch 11:30am-1:00pm	
Loaves & Fishes Maryhouse 1321 North C. St. Suite 32 (916)446-4961	*Breakfast 8:00am-9:00am	*Breakfast 8:00am-9:00am	*Breakfast 8:00am-9:00am	*Breakfast 8:00am-9:00am	*Breakfast 8:00am-9:00am	*Breakfast 8:00am-9:00am	*Breakfast 8:00am-9:00am	*For women and children/Not sure
Food Not Bombs Caesar Chavez Plaza 9 th and J st. (916)451-6503	Lunch 1:30pm							Free vegan food
Women's Civic Improvement Center 3555 3 rd Ave. (916)451-8870		*Lunch 12:00pm-1:00pm	*Lunch 12:00pm-1:00pm	*Lunch 12:00pm-1:00pm	*Lunch 12:00pm-1:00pm	*Lunch 12:00pm-1:00pm		*Senior only Supported by Meels on Wheels(Asian Community Center)
Wellspring Women's Center 3414 4 th Ave. (916)454-9688		*Breakfast 7:30am-11:30am	*Breakfast 7:30am-11:30am	*Breakfast 7:30am-11:30am	*Breakfast 7:30am-11:30am	*Breakfast 7:30am-11:30am		*For women and children
First United Methodist Church 2100 J St. (916)446-5025	*Breakfast 8:45am							*Last two Sunday of each month
St. Ignatius Loyola Parish 3235 Arden Way (916)482-9666 ext. 217				*Dinner 6:00pm				*Every 4 th and 5 th Wednesday of each month
St. Philomenes 2320 El Camino Ave. (916)481-6757			Dinner 6:00pm-7:00pm					Provided by Sharing God's Bounty (http://sharinggods bounty.com)