

Memphis/Shelby County Free Meal Sites – last updated 7/29/2020

Name	Address	Neighborhood	Phone	Meal times
St. Vincent DePaul	1306 Monroe Ave	Midtown	722-4703	Daily (Sunday – Saturday): 9:30 – 11 AM
St. Mary's Catholic Church	155 Market St	Downtown	522-9420	Monday – Saturday (no Sunday): 7:15 – 10 AM
First Congo	1000 S. Cooper St	Midtown	278-6786	Monday – Friday (no weekend): 10 AM – 1 PM
St. John's UMC	1207 Peabody Ave	Midtown	726-4104	Tuesday: 4:30 – 5:30 PM Saturday: 4:30 – 5:30 PM
St. Luke's UMC	480 S Highland	University Area	452-6262	Saturday: 4:30 PM Sunday: 8:00 AM
First Presbyterian Church	166 Poplar Ave	Downtown	525-5619	Saturday: 12:30 – 1:30 PM Sunday: 12:30 – 1:30 PM
Manna House	1268 Jefferson	Midtown		Monday: 5 – 6 PM
St. Mary's Episcopal Church	700 Poplar Ave	Downtown	527-3361	Wednesday: 8:00 AM
Idlewild Presbyterian Church	1750 Union Ave	Midtown	726-4681	Thursday: 5:30 PM
Team Laeth	204 N 2nd (First UMC service alley)	Downtown		Thursday: 5:00 PM
Grace St. Luke's	1720 Peabody	Midtown	272-7425	Sunday: 4:00 PM
Calvary Episcopal	102 N. 2nd St	Downtown	312-5214	Sunday: 7 – 8 AM
Historic First Baptist on Beale	379 Beale St	Downtown	522-9073	Sunday: 10 – 10:30 AM
Starting All Over Outreach Ministry	1234 Mississippi Blvd	South Memphis	275-8579	Sunday: 8:30 – 9:30 AM
St. Patrick's Catholic Church	277 S Fourth St	Downtown	527-2542	Sunday: 1:00 PM