

# Kingsport, Tennessee ~~ Free Meals

- **Arcadia United Methodist Church**  
3954 Bloomingdale Road Kingsport 37660  
423-251-5131  
arcadiaunitedmethodistchurch@gmail.com  
Community Lunch served on the 1<sup>st</sup> Monday at 11 AM.
- **First Broad Street United Methodist Church**  
100 E. Church Circle Kingsport 37660  
423-224-1531  
*Friendship Diner (see First Presbyterian Church information below)*
- **First Presbyterian Church**  
100 W. Church Circle Kingsport 37660  
423-245-0104  
*Friendship Diner is in partnership with First Broad Street United Methodist Church.*  
To-go breakfast served from 7- 8 AM on Saturdays and Sundays under the First Presbyterian Church Breezeway.
- **First TN Area Agency on Aging and Disability (FTAAAD)**  
3211 N. Roan Street Johnson City 37601  
423-928-3258  
Home-delivered meals and management of congregate meal sites for 60+ adults.
  - **Kingsport Senior Center Congregate Meal Site**  
1200 East Center Street Kingsport 37660  
423-246-8060  
For adults age 60+ Monday–Friday at 12 Noon (except holidays). Suggested donation is \$3 per meal. If you need to be screened for home-delivered meals, call FTAAAD at 423-928-3258.
  - **Kiwanis Towers Congregate Meal Site**  
2701 East Center Street Kingsport 37664  
423-246-0120  
For adults age 60+ Monday–Friday at 12 Noon (except holidays). Suggested donation is \$3 per meal. If you need to be screened for home-delivered meals, call FTAAAD at 423-928-3258.
- **Full Gospel Mission Kitchen of Hope, “3:30 Church”**  
740 E. Sevier Avenue Kingsport 37660  
423-914-9982, 423-534-7843  
To-go meals served Monday to Saturday, 3:30 – 5 PM.
- **Meals on Wheels of Kingsport**  
PO Box 3346 Kingsport 37664  
423-247-4511  
Lunchtime meals delivered Monday through Friday to your home for approved recipients. *Application and physician's signature are required to receive meals.*  
Call for more information.
- **Morning Hope Breakfast Ministry**  
(Located inside Prospect Center across street from Mafair United Methodist Church)  
1425 East Center Street Kingsport 37664  
423-378-9620  
Breakfast served each Tuesday, 8 - 9 AM.
- **Salvation Army**  
505 Dale Street Kingsport 37660  
423-246-6671  
Lunch served 7 days/week, 12 Noon - 1 PM.
- **Shades of Grace, a United Methodist Congregation**  
313 E. Sullivan Street Kingsport 37660  
423-765-2440  
To-go bag lunch served Monday to Friday, 10 AM – 12 Noon.
- **The Table of Kingsport**  
(Located inside The Corner building)  
510 Gibson Mill Road Kingsport 37660  
423-732-1402, 423-765-8543  
Dinner served on Mondays, 6 - 7:30 PM.
- **Vermont United Methodist Church**  
1817 Bloomingdale Pike Kingsport 37660  
423-288-2801  
Breakfast served on the 1<sup>st</sup> Saturday, 9 – 11 AM.