

Kingsport, Tennessee ~~ Free Meals

- **Arcadia United Methodist Church**
3954 Bloomingdale Road Kingsport 37660
423-251-5131
arcadiaunitedmethodistchurch@gmail.com
Community Lunch served on the 1st 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 1st Saturday, 9 – 11 AM.