

3 Meals Per Day

Kingsport

Breakfast:

Shades of Grace 131 E. Sullivan Street	Mon.—Fri.	10 —11 a.m.	423-765-2440
Vermont UMC 1817 Bloomingdale Road	1st Saturday of the month	9 —11 a.m.	423-288-2801
Morning Hope—Maple Oaks 818 Maple Oak Lane —café on 3rd floor	Tues., Thurs.	8 —10 a.m.	423-245-9166
First Broad Street UMC (Woodyard Center) 200 E. Church Circle	Sat. & Sun.	6—8 a.m.	423-246-4471

Lunch:

Salvation Army 505 Dale Street	Sun.—Sat.	12 noon—1 p.m.	423-246-6671
Freedom Fellowship 401 W. Sullivan Street	Saturday	11 a.m.—1 p.m.	423-765-2995

Dinner:

Full Gospel Mission's Kitchen of Hope 730 E. Sevier Street	Mon.—Sat.	3:30—5 p.m.	423-246-1735
Engage Tri-Cities 115 Shelby Street—Taylored Venue and Events	Sunday	4:30 p.m.	423-408-2888
Shades of Grace	Sunday	2:30—3:30 p.m.	423-765-2440