

FREE KINGSPORT MEALS - NO ID REQUIRED!

NOTE: ANY FOOD TAKEN ON THE BUS MUST BE SEALED AND FIT ON YOUR LAP!

DAY(S) OF WEEK	TIME(S)	BUS ROUTE(S)	NAME OF LOCATION	ADDRESS(ES) AND PHONE NUMBER(S)
Monday-Friday (Breakfast)	10:00a.m.-11:00a.m.	3	Shades of Grace	313 East Sullivan Street (423-765-2440)
Monday-Friday (Lunch)	11:30a.m.-12:00a.m.	2	Kingsport Senior Center Congregate Nutrition Meal Site	1200 East Center Street (423-246-8060) *NOTE: Age 60+ and prefer \$2 donation but doesn't require it
Monday-Saturday (Lunch)	12:00p.m.-1:00p.m.	2 & 4 (NO BUSES ON WEEKEND)	Salvation Army	505 Dale Street (423-246-6671, Option 5)
Monday-Saturday (Dinner)	3:30p.m.-5:00p.m.	2	Kitchen of Hope, Full Gospel Mission	740 East Sevier Street (423-246-1735)
Tuesday & Thursday (Breakfast)	8:00a.m.-10:00a.m.	3	Morning Grace holds at Mapleoak Lane NOT just for Mapleoak Apartment Residents	818 Mapleoak Lane (423-245-9166)
Tuesday & Thursday (Lunch)	Signup between 9:00a.m.- 12:00p.m.; Hot meal served upon arrival.	3	Hunger First	829 Myrtle Street (423-408-1291)
1st Saturday of Month (Breakfast)	9:00a.m.-11:00a.m.	NO BUSES	Vermont United Methodist Church	1817 Bloomingdale Road (423-288-2801)
Saturday (Breakfast)	11:00.a.m.-1:00p.m.	NO BUSES	Fellowship Freewill Baptist	2313 Portland Avenue (423-765-2995)
Saturday (Breakfast)	6:30a.m.-8:00a.m.	NO BUSES	First Broad Street United Methodist Church Woodyard Center	200 East Church Circle Broad Street (423-246-4471)
Saturday (Lunch)	11:00a.m.-1:00p.m.	NO BUSES	Freedom Fellowship Church	401 West Sullivan Street (423-765-2995)
Sunday (Breakfast)	6:00a.m.-7:00a.m.	NO BUSES	First Broad Street United Methodist Church Woodyard Center	200 East Church Circle Broad Street (423-246-4471)
Sunday (Lunch/Dinner)	2:30p.m.-3:30p.m.	NO BUSES	Various churches bring food to Shades of Grace	313 East Sullivan Street (423-765-2440)
Sunday (Dinner)	4:30p.m.-6:00p.m.	NO BUSES	Engage Tri-Cities @ Gazebo at Library	400 Broad Street (423-408-2888)

PLEASE SUBMIT ANY ADDITIONS, CHANGED, OR UPDATES KINGSPORTDOCUMENTATION@GMAIL.COM