

Kingsport, Tennessee ~~ Free Meals

- **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 is served from 7-8 am on Saturdays and Sundays under the First Presbyterian Church Breezeway.
- **Full Gospel Mission Kitchen of Hope, "3:30 Church"**
740 E. Sevier Avenue Kingsport 37660
423-246-1735, 423-817-8332
To-go meals served Monday to Saturday, 3:30 - 5 PM.
- **Hunger First Tri-Cities TN-VA**
829 Myrtle Street Kingsport 37660
423-967-5368
Meals served Tuesday & Thursday, 12:00 - 1:30 PM
Meals are provided by Grace Fellowship Church, Kingsport.
- **Kingsport Senior Center Congregate Meal Site**
1200 East Center Street Kingsport 37660
423-246-8060
Congregate sites currently closed to in-person dining. Call sites for meal pickup/delivery options. For adults age 60+ Monday–Friday at noon (except holidays). Suggested donation \$2 per meal. If you need to be screened, call FTAAAD, 423-928-3258.
- **Kiwanis Towers Congregate Meal Site**
2701 East Center Street Kingsport 37664
423-246-0120
Congregate sites currently closed to in-person dining. Call sites for meal pickup/delivery options. For adults age 60+ Monday–Friday at noon (except holidays). Suggested donation \$2 per meal. If you need to be screened, call FTAAAD, 423-928-3258.
- **Meals on Wheels of Kingsport**
PO Box 3346 Kingsport 37664
423-247-4511
Lunch time meals delivered Monday through Friday to your home for approved recipients. Call for more information and an application.
- **Morning Hope**
(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 - 1 PM.
- **Shades of Grace, a United Methodist Congregation**
313 E. Sullivan Street Kingsport 37660
423-765-2440
Community breakfast served Monday to Friday, 10 – 11 AM
Take-out meals served in alley behind the building.