

# 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  
423-914-9982, 423-534-7843  
To-go meals served Monday to Saturday, 3:30 - 5PM.
- **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 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 - 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.