



*Care and smiles  
with every meal!*

*First time with us or  
need a refresh?*

*Here's how our  
walk-up services work...*



**We distribute delicious, chef-prepared meals, along with pre-selected, fresh protein, dairy, produce, and pantry groceries to women on most Thursdays—no qualifications or fees required.**

Walk-up service starts at 1:00 PM and ends at 2:00 PM. We strive to have all advertised items available until 2:00 PM. If demand exceeds supply, we offer substitutions. We recommend arriving early!

**We work as a community grounded in mutual respect, prioritizing the safety of staff, volunteers, and clients above all. Please adhere to the following etiquette when accessing our services...**

- \* Arrive with a cart or wagon to transport your groceries, as you will receive a generous amount!
- \* Show respect to our team members in both words and actions. Harsh, loud, or profane language is inappropriate and unacceptable.
- \* Stay engaged by suspending phone calls, smoking, and other distractions until you have exited the line.
- \* Participants and guests who are under the influence of alcohol or illegal drugs will not be served.
- \* Use your voice when communicating. While men can accompany you, our services are specifically for women and children. Therefore, all communication will be directed to women.
- \* Kindly leave pets at home. Trained service animals are always welcome.

**Women & Children's**  
FREE RESTAURANT COMMUNITY KITCHEN

1408 N. Washington Street, Spokane, WA 99201  
wcferspokane.org