The journey home begins at the table

Meals have always played a pivotal role in the work of IHS, The Institute for Human Services. More than 40 years ago, we began as the Peanut Butter Ministry in which a sandwich and coffee helped to start conversations with those experiencing homelessness in Chinatown. Today, we serve breakfast, lunch and dinner every day for all of our guests in residence across nine shelters. Our meals are also enjoyed by those who struggle on the streets and anyone in crisis.

Gathering around the table for a meal together offers a moment of respite from life’s chaos. It also gives people a chance to forge a connection with us. The relationships that we establish in our dining rooms lead to opportunities that have ended homelessness for thousands of people each year.

We provide between 1,000 and 1,500 meals a day. As a local nonprofit, we rely on donations to fund this service. There is an ongoing need for volunteers to shop, cook and serve meals. Learn more about our meals program here or contact us to volunteer.

**Breakfast: 7 to 9 am | Lunch: 11 am to 1 pm | Dinner: 5 to 7 pm (for non-guests takeout is provided at the kitchen door)**