



# Free Meals

- Heaven's Helpers, 220 N 23<sup>rd</sup> St, Bismarck: Monday-Friday 11:00 AM – 7:00 PM  
Saturday 11:00 AM – 5:00 PM
- Spirit of Life Church, 801 1<sup>st</sup> St SE, Mandan: Sack Lunch M-F 10:00 AM – 1:00 PM  
Food Pantry Th 10:00 AM - 3:00 PM  
F 10:00 AM – 1:00 PM
- The Dream Center, 1805 Park Ave, Bismarck: M-F 7:00 AM – 9:00 AM  
M-F 5:30 PM – 7:00 PM  
Sat and Sun 12:00 PM – 1:00 PM  
Food Pantry T, Th 4:30 PM – 6:30 PM  
Sun 12:00 PM – 1:00 PM