



Meals, Cafés & Food Aid in Helsinki Parishes

Spring 2026

Downtown and Southern Helsinki

Agricola Church Crypt, Tehtaankatu 23

- Diaconal meal on Tuesdays from 12 noon to 1 pm. Price €1. Bread and food distribution when available. Meals start with a prayer.

Annankulma Livingroom, Annankatu 14 D

- Wednesdays from 11 am to 1 pm, Thursdays from 11 am to 2 pm, and Fridays from 9 am to 12 noon. Coffee, snacks, newspapers and good company. A prayer and occasionally other programme. Optional payment for food. If you would like to volunteer, please contact Erja Ylikoski, tel. 09 2340 6205.

Chapel of Good Hope, Länsisatamankatu 26

- Community dinner on Mondays from 5 pm to 6:15 pm. Price: adults €1, under 18-year-olds eat for free. Organised by Helsinki Cathedral Parish together with Jätkäsaari residents and local operators. Karaoke on the first Monday of each month! If you wish to volunteer, please contact hyvatoivo@gmail.com.

Waste & Feast Kallio, Kolmas Linja 22 (Parish House)

- Welcome for lunch at your local Waste & Feast restaurant Mon-Fri from 11 am to 1 pm (please note that entrance to the building closes at 12:30). Price: students, pensioners, and unemployed €7, others €12. Buy a Friendship lunch (€7) and someone in need can get to enjoy a warm meal.



Kallio Parish Clubhouse, Siltasaarencatu 28

- Lunch on Tuesdays from 11 am to 1 pm, evening meal on Wednesdays from 4 to 5:45 pm. Warm meal, salad, bread, and coffee with a treat. Vegetarian option available. The meal is prepared from food waste. Price: adults €2.50, children €1. Cash or card payment.

Lauttasaari Church, Myllykallionrinne 1

- Soup and trimmings at Kirkkokahvila restaurant & café Mon-Fri from 11 am to 1 pm. Price: adults €10, under 3-year-olds eat for free. Kirkkokahvila is open Mon-Fri from 10 am to 2 pm.
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Meilahti Church, Pihlajatie 16 (Entrance at Jalavatie 6b)

- Community lunch from 11:30 am to 1 pm on the following Wednesdays: 4 February, 18 February, 4 March, 18 March, 15 April, 29 April. Price: adults €2, under 12-year-olds €1. The meal starts with a prayer. Please bring exact change in cash. Stamp cards for €10/adult, €5/child (includes 5 meals).

Paavali Church, Sammatintie 5

- Friendship Café on Tuesdays from 2 to 3 pm. Come spend the afternoon in good company. Organised by diaconal workers and volunteers. Occasional quizzes, visitors, and workshops.
- Evening meal on Wednesdays from 4:30 to 6 pm until 25 March. Vegan soup, bread, beverage, coffee/tea. Price €1.

Paavali Church Community Centre Varustamo, Sammatintie 5

- Waste & Feast Café Paavali lunch on Mondays, Tuesdays, Thursdays and Fridays from 10:30 am until 1 pm, and on Wednesdays from 1 pm to 3 pm. Lunch includes a warm meal, salad, bread, water, and coffee/tea.
- Prices:
 - €6 for those in the workforce
 - €3 for pensioners, students, unemployed, and
 - people with financial difficulties
 - €1 for under 13-year-olds
 - €0 for under 7-year-olds.
- You can support our kitchen by paying €10 for your meal.



Ruskeasuo Parish Centre Rasti, Tenholantie 6

- Community lunch on Fridays from 11:20 am to 12:30 pm (not on 3 April and 1 May). Price: adults €2 and under 12-year-olds €1. The meal starts with a prayer. Please bring exact change in cash. Stamp cards for €10/adult, €5/child (includes 5 meals).

Sintti, Kalasatamankatu 20, street level

- Porridge on Mondays from 8:30 to 10:30 am. Open for all, price €3.

Töölö Church, Topeliuksenkatu 4

- Community lunch on Tuesdays from 12 pm to 1 pm (not on 31 March and 7 April). Price: adults €2 and under 12-year-olds €1. The meal starts with a prayer. Please bring exact change in cash. Stamp cards for €10/adult, €5/child (includes 5 meals).
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Western Helsinki

Huopalahti Church, Vespertie 12

- Oasis of Good Mood: Community Meal on Thursdays from 3-4:30 pm. Price €2. Prayer and food waste distribution included. Take your own dish with lid for food waste distribution.
- Themed Thursdays start with a prayer in the church at 12 noon. Lunch prepared by volunteers is served in the parish hall at 12:15. Price €6. Themed programme in the church after lunch at 1 pm.

Malminkartano Chapel, Vellikellonpolku 8

- Soup and chats on Mondays from 12 noon to 1:30 pm (not on 30 March and 6 April). Anyone is welcome to join us for lunch and a chat! Optional payment to diaconal work in Kannelmäki parish.

Klanu, Klaneettitie 6-8 A, 4th floor

- Pensioners' soup lunch on every other Wednesday (even weeks) from 12:30 to 2 pm (not 1 April). Come meet other pensioners over lunch! Optional payment to diaconal work in Kannelmäki parish.

Pitäjänmäki Church, Turkismiehenkuja 4

- Mornings in the Basement on Thursdays from 9 to 10:45 am (not on 5 February, 19 February, 19 March, 2 April, 30 April, 14 May). Porridge, coffee and tea free of charge and in good company.
- Livingroom for all ages on Wednesdays from 3 to 6 pm until 29 April. Activities and pop-up programme. Snacks and coffee free of charge from 3 pm. Evening meal at 5 pm. Optional payment: €3 for adults. Children and teens eat for free. Cash and card payment. Our evenings end with a communion service in the church at 6 pm.



Northern Helsinki

Jakomäki Youth Centre, Jakomäenpolku 6

- Coffee & Connections on Wednesdays from 10:15 to 11:30 am (not on 18 February). Sandwiches and coffee. Optional payment. Bread distribution at 10 am when products are available.

Jakomäki Mall Soup Cannon

- Thursdays from 11 am to 1 pm on 19 March, 16 April, and 21 May. Lions Club Suurmetsä and parish volunteers participate.

Käpylä Church, Metsolantie 14

- Evening meal on Wednesdays from 4 to 5:30 pm until 6 May (not on 18 February or 1 April). Vegan soup, and bread and fruit from Stadin Safka food distribution service. Optional payment to Common Responsibility Campaign. Organised by volunteers.

Waste & Feast Malmi, Pekanraitti 16

- Lunch Mon-Thurs from 11 am to 1 pm. Price €3/6. Buy a Friendship meal (€10), and someone in need gets to enjoy a warm meal.
- Join us for Friday Porridge from 10:30 until 12 noon on the last Friday of every month: 27 February, 27 March, 24 April, 29 May. Price €3. Porridge and trimmings: jam, seeds or sweet berry soup, for example.



Maunula Church, Metsäpurontie 15

- Church café on Thursdays from 10 am to 2 pm until 7 May (not on 19 February or 2 April). Sweet treat, coffee, and tea. Optional payment to Common Responsibility Campaign.

Oulunkylä Church, Teinintie 10

- Monday porridge from 9:30 to 11 am until 4 May (not on 16 February, 30 March, 6 April). Optional payment to Common Responsibility Campaign. In cooperation with Oulunkylä Martha Club.

Pihlajamäki Church, Liusketie 1

- Bread distribution on Tuesdays at 9 am if products are available.
 - Ostarin Onni on Tuesdays from 9 to 11 am. Porridge, sandwiches, and good conversation. Optional payment. Onni is open for all and run by volunteers.
 - Meal time on Thursdays at 12 noon until 7 May. Vegetarian food for €2. Lunch starts with a prayer.
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Pihlajisto Residents' House Mesta, Salpausseläntie 14

- Soup at Mesta on Tuesdays from 12 noon to 1 pm until 5 May (not on 17 February). Soup and coffee for €3, cash only. In cooperation with Pihlajisto-Viikinmäki Residents Association PNV ry.

Tapuli Soup Cannon, Maatullinaukio/Maatullinkuja

- On Mondays from 11 am to 1 pm once a month: 23 February, 23 March, 27 April, and 25 May.

Viikki Church, Agronominkatu 5

- Evening meal on Wednesdays from 5 to 6:30 pm until 28 March (not on 18 February). Vegetarian food for €1. Play time for families in the club room from 5:30 to 6:30 pm. Evening communion in the church from 6:30 to 7 pm.

Eastern Helsinki

Itäkeskus: St. Matthew's Church, Turunlinnantie 3

- Lunch at Snellu Café Mon-Thu from 11 am to 1 pm. From February until May, we offer lunch on the last two Fridays of the month as well. Price: €3/6. Buy a Friendship meal (€10) and someone in need gets to enjoy a warm meal.
- Afterwork on Thursdays from 5 to 8 pm until 23 April. Evening meal from 5 pm to 6:30 pm. Optional payment for food. Crafts, games, and guided play for kids. You can participate in our activities for adults (prayer group, Bible group, knitting club, choir). Or you can run errands or have a night off! In Swedish, English and Russian.



Kontula: St. Michael's Church, Emännänpolku 1

- Food, Joy & Light: Community Meal on Thursdays from 11 to 11:45 am (not on 14 May). Price €1. Meals are prepared by volunteers. If you wish to join our kitchen team, please contact susanna.inkovaara@evl.fi or 09 2340 4842.
- Meal on Tuesdays from 5:15 to 6 pm until 28.4. (not on 31 March). Optional payment. You are welcome to stay for our Bible groups that run from 6 to 7 pm.

Kulosaari Parish Hall, Werner Wirénintie 6

- Evening meal from 5 to 6 pm on the following Tuesdays: 3 February, 3 March, 7 April, 7 May. Open to all age groups. We offer warm, delicious meals. Optional payment €3 to diaconal work. The food is prepared by Kirkkovakka at Snellu Café. Come along and bring your friends!
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Laajasalo Church, Reposalmentie 13

- Evening meal on Thursdays from 4:30 to 6 pm. Includes warm meal, bread and coffee/tea. Price: adults €3, school-aged children €1.

Myllypuro Church, Myllynsiipi 10

- Evening meal on Thursdays from 4 to 5:30 pm. Price: adults €3, children €1.50. Cash and MobilePay. Soup with trimmings. All meals are lactose and gluten free. Vegetarian option available, vegan option by request. Prayer at 3:45. Crafts for kids during mealtime.

Roihuvuori Church, Tulisuoentie 2

- Porridge café on Mondays from 10 to 11 am. Morning prayer and porridge. Free of charge.
- Evening meal on Wednesdays from 4:30 to 6 pm. Warm meal, bread, and coffee/tea. Price: adults €3, school-aged children €1.

Vartiokylä Church, Kiviportintie 5

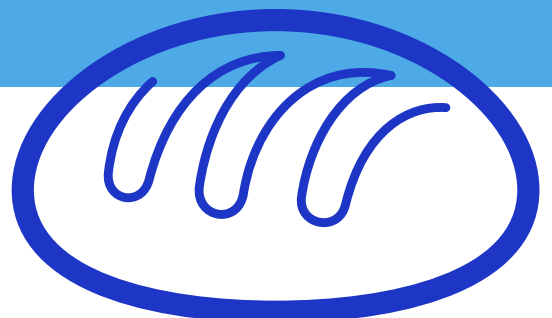
- Evening meal on Mondays from 4:30 to 6 pm (not on 30 March or 6 April)). Delicious food for €2. Our family club meets during the meal from 5 to 6:30 pm.

Vuosaari Church, Satamasaarentie 7

- Community lunch gathers people for a meal on Thursdays from 11 am to 12 noon (not on 2 April or 1 May). Meal includes warm food, bread, and water. Optional payment €2 to cover food costs. Organised by our volunteer group Kriisiryhmä (Crisis Group).

Myllypuro grocery distribution at Jauhokuja 3

Groceries donated by stores are distributed at the end of Liikuntamylly sports hall on Tuesdays and Fridays from 8 to 10 am. Organised by Herttoniemi Parish and Myllypuron elintarvikeapu ry.



More information

For more information, news and events in Helsinki parishes, please visit our website at **www.churchinhelsinki.fi**

For food aid and distributions by other operators, please visit **www.ruoka-apu.fi**



Waste & Feast restaurants and cafés use excess food items that are in the risk of becoming waste. We also employ youth that are finding their place in the workforce. And you get to have a delicious meal at a low cost - everybody wins!

The Common Responsibility Campaign

is a nationwide social movement based on the philosophy "love thy neighbour" and the annual fundraising campaign of the Finnish Lutheran Church. The Campaign defends neglected people and advocates for caring and justice.

50 % of the proceeds of the Campaign are channeled to the Finn Church Aid's Disaster Fund, 20 % is used annually for financial aid for variable charity projects in Finland and 30 % for diaconal work carried out by the local parishes.

