



# Meals, Cafés & Food Aid in Helsinki Parishes

Autumn 2025

Updated on 16 September



KIRKKO HELSINGISSÄ  
KYRKAN I HELSINGFORS

# Waste & Feast restaurants

## Hermanni Diaconia House, Hämeentie 73 (until 2nd November 2025)

- Breakfast at Café Hermanni on Mondays, Tuesdays, Wednesdays, and Thursdays from 9:30 am to 1 pm. Optional payment for food.
- Lunch at Café Hermanni on Mondays, Tuesdays, Wednesdays, and Thursdays from 11 am to 1 pm. Price €3 including coffee or tea. Cash only.
- Devotional on Mondays, Tuesdays, Wednesdays, and Thursdays at 9:15 am. Employee available for help and support from 9:30 to 11 am on Monday, Tuesday, Wednesday, and Thursday. During Café Hermanni, you can also use Hermanni Gym, showers, and laundry facilities.

## Itäkeskus: St. Matthew's Church, Turunlinnantie 3

- Lunch at Snellu Café Mon-Fri from 11 am to 1 pm. Price: €3/6. Buy a Friendship meal (€10) and someone in need gets to enjoy a warm meal.
- Afterwork: Pizza and Childcare on Thursdays from 5 to 8 pm. Optional payment for food. Childcare free-of-charge from 5 to 8 pm: crafts, games, and guided play. You can participate in our activities for adults, run errands or have a night off! We operate in Swedish, English and Russian.

## 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.



## 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.

## Ruskeasuo Parish Centre Rasti, Tenholantie 6

- Waste & Feast Rasti community lunch on Fridays from 11:20 am to 12:30 pm (until 21st November). Price: adults €2, under 12-year-olds €1. You can also purchase a stamp card for €10 (includes 5 meals). Cash only.

## Töölö Church, Topeliuksenkatu 4

- Waste & Feast Café Töölö community lunch on Tuesdays from 12 noon to 1 pm (18th November). Price: adults €2, under 12-year-olds €1. You can also purchase a stamp card for €10 (includes 5 meals). Cash only.



# Eastern Helsinki

## **Kontula: St. Michael's Church, Emännänpolku 1**

- Food, Joy & Light -community meal on Thursdays from 11 to 11:45 am until 20th November. Price €1. Optional devotional at the start of the meal.
- Let's Eat Together! Meal on Tuesdays from 5:15 to 6 pm (not on 18th November). 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: 2nd September, 14th October, 11th November, and 2nd December. 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!

## **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 (not on 16th October). Price: adults €3, children €1.50. Vegetarian option available, special diets are taken into consideration (lactose-free, gluten-free). Short devotional at 3:45 pm. New! Crafts for kids on 11th September, 9th October, 6th November and 4th December.

## **Roihuvuori Church, Tulisuoentie 2**

- Porridge café on Mondays from 10 to 11 am. Morning devotional and porridge. Free of charge.
- Evening meal on Wednesdays from 4:30 to 6 pm from 24th of September. 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 until 9th December (not on 18th November). 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 (until 11th December). Warm meal, company, and a devotional. Meal includes 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 Liikuntamyylly sports hall on Tuesdays and Fridays from 8 to 10 am. Organised by Herttoniemi Parish and Myllypuron elintarvikeapu ry.



# Northern Helsinki

## **Jakomäki Youth Centre, Jakomäenpolku 6**

- Coffee & Connections on Wednesdays from 10:15 to 11:30 am (not on 15th October). Sandwiches and coffee. Optional payment.

## **Jakomäki Mall Soup Cannon**

- Thursdays 11th of September and 2nd of October from 11 am to 1 pm. Lions Club Suurmetsä and parish volunteers participate.

## **Käpylä Church, Metsolantie 14**

- Evening meal on Wednesdays from 4 to 5:30 pm until 26th November (not on 15th October). Optional payment. Vegan soup, bread, and fruit. Organised by volunteers.

## **Maunula Church, Metsäpurontie 15**

- Church café on Thursdays from 10 am to 2 pm until 27th November (not on 16th October). Usually pancake, coffee, and tea. Optional payment.

## **Oulunkylä Church, Teinintie 10**

- Monday porridge from 9:30 to 11 am until 24th November (not on 13th October). Optional payment.

## **Pihlajamäki Church, Liuskentie 1**

- Bread distribution on Tuesdays at 9 am if bread is available.
- Ostarin Onni on Tuesdays from 9 to 11 am. Porridge and sandwiches. Optional payment. Onni is a space that is open for all and run by volunteers.
- Meal time on Thursdays at 12 noon until 27th November. Vegetarian food for €2. Lunch starts with a short devotional.

## **Pihlajisto Residents' House Mesta, Salpausseläntie 14**

- Soup at Mesta on Tuesdays from 12 noon to 1 pm until 26th November. Soup and coffee for €3, cash only. In cooperation with Pihlajisto-Viikinmäki Residents Association PNV ry.

## **Siltamäki Parish Centre, Jousimiehentie 5**

- Soup lunch on Thursdays from 12 noon to 1 pm until 27th November. Soup and coffee for €2, cash only. In cooperation with Lions Club Malmittaret and Siltamäki Martha Association.

## **Tapuli Parish Centre, Maatullinkuja 4**

- Livingroom on Mondays from 11 am to 12:30 pm until 15th December. Lunch once a month. Coffee, sandwiches, and porridge on other occasions. Optional payment. Livingroom is run by volunteers.
- Food distribution on Mondays at 11 am.

## **Viikki Church, Agronominkatu 5**

- Evening meal on Wednesdays from 5 to 6:30 pm until 26th November (not on 15th October). 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.

# Downtown and Southern Helsinki

## **Agricola Church Crypt, Tehtaankatu 23**

- Diaconal meal on Tuesdays from 12 noon to 1 pm starting 23rd September. Price €1. Bread and food distribution according to availability. Meals start with a short devotional.

## **Annankulma Livingroom, Annankatu 14 D**

- Wednesdays from 11 am to 1 pm until 26th November, Thursdays from 11 am to 2 pm until 4th December, and Fridays from 9 am to 12 noon until 5th December. Coffee and snacks. A devotional 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 and karaoke 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. If you wish to volunteer, please contact [hyvatoivo@gmail.com](mailto:hyvatoivo@gmail.com).

## **Kallio Parish Clubhouse, Siltasaarenkatu 28**

- Lunch on Tuesdays from 11 am to 1 pm, evening meal on Wednesdays from 4:30 to 6 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.

## **Kallio Church, itäinen Papinkatu 2**

- Café delicacies at Kallio Church Café on Thursdays from 11 am to 3 pm.

## **Lauttasaari Church, Myllykallionrinne 1**

- Lunch at Kirkkokahvila restaurant & café Mon-Fri from 11 am to 1 pm. Price: adults €10, under 3-year-olds eat for free. The restaurant & café is open Mon-Fri from 10 am to 2 pm.

## **Meilahti Church, Pihlajatie 16 (Entrance at Jalavatie 6b)**

- Community lunch from 11:30 am to 1 pm on the following Wednesdays: 17th September, 1st October, 15th October, 29th October, 12th November, and 26th November. Price: adults €2, under 12-year-olds €1. The meal starts with a devotional. 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. Organised by diaconal workers and volunteers. Occasional quizzes, visitors, and workshops.
- Evening meal on Wednesdays from 4:30 to 6 pm until 26th November. Vegan soup, bread, beverage, coffee/tea. Price €1.

## **Sintti, Kalasatamankatu 20, street level**

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

## **Huopalahti Church, Vespertie 12**

- Community meal on Thursdays at 3 pm until 11th December. Take your own dish with lid for food waste distribution.
- Theme Thursday starts with a devotional in the church at 12 noon. Lunch (€6) prepared by volunteers is served in the parish hall at 12:15. 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 until 8th December. Optional payment to diaconal work in Kannelmäki parish.

## **Klanu, Klaneettitie 6-8 A, 4th floor**

- Pensioners' soup lunch on even week Wednesdays from 12:30 to 2 pm until 10th December. Optional payment to diaconal work in Kannelmäki parish.

## **Pitäjänmäki Church, Turkismiehenkuja 4**

- Mornings in the Basement on Thursdays from 9 to 11 am until 4th of December. Porridge, coffee and tea free of charge.
- Livingroom for all ages on Wednesdays from 3 to 6 pm until 26th November. Activities and pop-up programme. After-school club from 4 pm to 5 pm. 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.

# More information

For more information, news and events in Helsinki parishes, please visit our website at

**[www.churchinhelsinki.fi](http://www.churchinhelsinki.fi)**

For food aid and distributions by other operators, please visit **[www.ruoka-apu.fi](http://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!