



Meals, Cafés & Food Aid in Helsinki Parishes

Autumn 2026

Downtown and Southern Helsinki

Agricola Church Crypt, Tehtaankatu 23

- Diaconal meal on Tuesdays from 12 noon to 1 pm from 22 September onwards. 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: €12 for those in the workforce and €7 for others. Buy a Friendship lunch (€7) and someone in need can get to enjoy a warm meal.



Kallio Church, Itäinen papinkatu 2

- Church Café on Thursdays from 11 am to 3 pm. Lunch with vegetarian soup, price €5. Also coffee with treats available.

Kallio Parish Clubhouse, Siltasaarenkatu 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.
 - Breakfast on Fridays from 9 to 11 am. Price €2,50.
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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. Diaconal lunch open to everyone on Wednesdays from 11 am to 1 pm. Price €5.

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

- Community lunch from 11:30 am to 1 pm on the following Wednesdays: 9 September, 23 September, 7 October, 21 October, 4 November, 18 November. 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 until 8 December. Come spend the afternoon in good company. Organised by diaconal workers and volunteers. Occasional quizzes, visitors, and workshops.

Paavali Church Community Centre Varustamo, Sammatintie 5

- Waste & Feast Café Paavali lunch on Mondays, Tuesdays and Thursdays from 10:30 am until 1 pm, and on Wednesdays from 1 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 until 13 November. 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

- Porridge on Mondays from 8:30 to 10:30 am. Open for all. Breakfast price €2,50.

Töölö Church, Topeliuksenkatu 4

- Community lunch on Tuesdays from 12 noon to 1 pm until 10 November (not on 6 October). 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 to 4 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 until 7 December. 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. 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 10 September). Porridge, coffee and tea free of charge and in good company.
- Livingroom for all ages on Wednesdays from 3 to 6 pm until 25 November. 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. 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 once a month: 27 August, 24 September, 22 October, and 5 November.

Käpylä Church, Metsolantie 14

- Evening meal on Wednesdays from 4 to 5:30 pm until 25 November (not on 14 October). 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: €6 for those in the workforce and €3 for others. Buy a Friendship meal (€10), and someone in need gets to enjoy a warm meal.



Maunula Church, Metsäpurontie 15

- Church café on Thursdays from 10 am to 2 pm until 26 November (not on 15 October). Sweet treat, coffee, and tea. Last time in the autumn with rice porridge. Optional payment to Common Responsibility Campaign.

Oulunkylä Church, Teinintie 10

- Monday porridge from 9:30 to 11:30 am until 23 November (not on 12 October). Optional payment to Common Responsibility Campaign. In cooperation with Oulunkylä Martha Club.

Pihlajamäki Youth Centre, Moreenitie 2

- Ostarin Onni on Mondays from 9:30 to 11 am. Porridge, sandwiches, and good conversation.

Pihlajisto Residents' House Mesta, Salpausseläntie 14

- Soup on Tuesdays from 12 noon until 1 December. Soup and coffee for €3, cash only. In cooperation with Pihlajisto-Viikinmäki Residents Association PNV ry.

Tapuli Soup Cannon, Maatullinaukio

- On Mondays from 11 am to 1 pm once a month: 31 August, 28 September, 26 October, and 30 November.

Viikki Church, Agronominkatu 5

- Evening meal on Wednesdays from 5 to 6:30 pm (not on 14 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 pm.

Eastern Helsinki

Itäkeskus: St. Matthew's Church, Turunlinnantie 3

- Lunch at Waste & Feast Snellu Café Mon-Thu from 11 am to 1 pm and on the last Friday of the month as well. Price: €6 for those in the workforce and €3 for others. Buy a Friendship meal (€10) and someone in need gets to enjoy a warm meal.
- Afterwork on Thursdays from 5 to 8 pm until 10 December. Evening meal from 5 to 6:30 pm. Price: €4 per person and €12 the whole family. 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

- Meal on Tuesdays from 5:15 to 6 pm. Optional payment. You are welcome to stay for our Bible groups that run from 6 to 7 pm.
- Food, Joy & Light: Community Meal on Thursdays from 11 to 11:45 am. 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.

Kulosaari Parish Hall, Werner Wirénintie 6

- Evening meal from 4:30 to 5:30 pm on the following Thursdays: 3 September, 15 September, 1 October, 5 November, 3 December. Open to all age groups. We offer warm, delicious meals. Optional payment to diaconal work.

Laajasalo Church, Reposalmentie 13

- Evening meal on Thursdays from 4:30 to 6 pm from 24 September onwards. Includes warm meal, bread and coffee/tea. Price: adults €3, school-aged children €1.

Roihuvuori Church, Tulisuantie 2

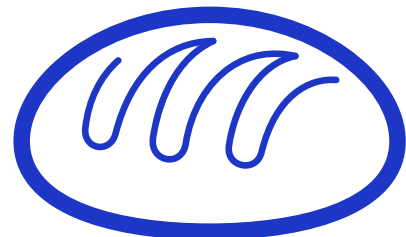
- Porridge café on Mondays from 10 to 11 am. Morning prayer and porridge. Free of charge.
- Evening meal on Wednesdays from 4:30 to 6 pm from 23 September onwards. Warm meal, bread, and coffee/tea. Price: adults €3, school-aged children €1.

Vartiokylä Church, Kiviportintie 5

- Evening meal on Mondays from 4:30 to 6 pm until 14 December. Price €2. Our family club meets during the meal from 5 to 6:30 pm.

Vuosaari Church, Satamasaarentie 7

- Community lunch on Thursdays from 11 am to 12 noon (from 17 September until 3 December). Meal includes warm food, bread, and water. Optional payment €2 to cover food costs. Organised by our volunteer group Kriisiryhmä (Crisis Group).



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!

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**

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.



CHURCH IN HELSINKI

EVANGELICAL LUTHERAN CHURCH OF FINLAND