



**All Are Welcome  
Always Free**

307-460-1605  
104 South 4th Street, Suite 101  
Laramie, Wyoming 82070

A 501(c)(3) charitable organization  
Tax ID: 83-0319157

*The Laramie Soup Kitchen is passionate about improving the quality of life for our guests by providing hot, nutritious meals, a comfortable place for social interaction, and information about the network of services available to those in need.*

*It's a place where all are welcome to enjoy meals at no cost in a friendly and safe environment.*

In the early 1980's, a group of local church women began preparing meals in their own homes to distribute to 10-12 people who were in need. This effort became known as the Laramie Soup Kitchen in 1983! The Durlacher house on South 5th Street was a central location for several years and the lower-level of St. Matthew's Episcopal Cathedral has been the Laramie Soup Kitchen's home since 1988.

The Soup Kitchen now serves 120 to 200 people per day a hot, nutritious, restaurant-quality meal complete with numerous fresh sides and ready-to-eat options that they share with family members and friends or use for their next meal. In 2023, over 30,000 hot meals were served, and more than 20,000 additional meals were prepared. The Soup Kitchen also continues to be a distributor of genuine *Bombas* socks (the ones donated each time a person purchases a pair) and will be giving out 5,000+ more pairs this year through multiple agency partners!



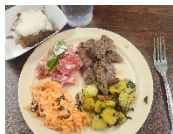
The Laramie Soup Kitchen responds to food insecurity on an even larger scale through its food recovery and redistribution programs. It's a true community effort made possible through exceptional partnerships with local retailers, restaurants/caterers, other nonprofits, businesses, and individuals throughout the region. For those in the Laramie community living without sufficient access to nutritious food, this network has ensured that even on the busiest days, there is always enough.



What sets the Laramie Soup Kitchen apart from other nonprofits is that it is the only agency in the area providing regular hot meals at no cost; no questions asked or paperwork required. This significantly reduces the real and perceived barriers to these services, ensuring that all who are struggling are able to share in the meal. People who benefit are very much in need, whether they are facing tight budgets or simply find comfort in a wholesome meal prepared for them and their family. They include individuals and families, the working class, the home-bound, the lonely, those struggling with mental illness or physical disabilities, students, seniors, and all those in between. And they are almost entirely residents of this community.



Volunteers



Ways to Give

**WEBSITE:** [www.LaramieSoupKitchen.org](http://www.LaramieSoupKitchen.org) • **EMAIL:** [Director@LaramieSoupKitchen.org](mailto:Director@LaramieSoupKitchen.org)

**VOLUNTEERS:** [Volunteers@LaramieSoupKitchen.org](mailto:Volunteers@LaramieSoupKitchen.org)