



**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.*

The Laramie Soup Kitchen was started in 1983 by a group of local church women who were passionate about addressing hunger in Laramie. This group prepared meals in their own homes to serve 10-12 individuals in whatever public space was available. Then the Durlacher house on South 5th Street served as a more permanent location until it moved to the lower-level of St. Matthew's Episcopal Cathedral in 1988.



The Soup Kitchen now serves hot, nutritious, restaurant-quality meals to an average of 140 people each day with numbers exceeding 250. Meals are complete with numerous fresh sides, salads, and ready-to-eat options, with additional pre-packaged meals available also. This equates to over 65,000 meals each year with 34,700 of those meals served hot. The Soup Kitchen continues to be a distributor of genuine *Bombas* socks (the ones donated each time a person purchases a pair), with 5,000+ pairs available each year through multiple agency partners!

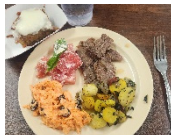
Extending impact even further, the Soup Kitchen strives for a zero-food waste community where all edible food is collected and redistributed to benefit those in need. By developing an extensive food recovery network of local retailers, restaurants/caterers, and individuals, enough food is currently donated to prepare all meals and still share surplus with nonprofit programs throughout the region. Growing these efforts ensures even more people who are struggling have access to quality, nutritious food.



Beyond food security, the Laramie Soup Kitchen promotes dignity: meals are provided with no questions asked and no paperwork required. This low-barrier approach ensures that the most vulnerable residents, including those experiencing homelessness, the underemployed, struggling students, families, and seniors, individuals with disabilities or on fixed incomes, and those living with mental illness, all receive immediate support and feel welcome to share in the meal. Whether people are here for the food or the community, they are always met with a wholesome meal prepared for them and their family.



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)