

## Salem/Keizer

### North/Northeast Salem

**New Harvest Church** 1st & 3rd Saturday  
4290 Portland Rd NE 9-11am  
(503) 763-6911

**Society of St Vincent de Paul** Monday-Friday  
3745 Portland Rd NE 10am-1pm  
(503) 364-5672

**Mano-a-Mano** Tuesday & Thursday  
3850 Portland Rd NE, #130 Call Monday 12-6pm  
(503) 363-1895 for appointment

**Jason Lee Food Bank** Wednesday & Friday  
820 Jefferson St NE 9-11 am  
(503) 362-9885

**Salem Adventist Community Services** Monday & Tuesday  
1860 Summer St NE 9:30-11:30am  
(503) 363-8893 *Closed in July*

**The Salvation Army Food Bank** Monday-Friday  
1977 Front St NE 9am-12pm  
(503) 585-6688

**Pauline Memorial AME Zion** 2nd & 4th Tuesday  
3593 Sunnyview Rd NE 10:30am-1:30pm  
(971) 239-3469

**Spanish Seventh Day Adventist** Wednesday  
4625 Cordon Rd NE 5:30-7:30pm  
(503) 856-9700

**Peoples Church** 1st Monday  
4500 Lancaster Dr NE 9-10:30am  
(503) 304-4000 3rd Saturday  
10-11:30am

**New Hope Foursquare Church** Visit "inewhope.org/  
4963 Swegle Road NE food-pantry" for more  
(503) 370-8886 information

**Good Samaritan Pantry @ Community of Christ** Tuesday 2:30-5pm  
4570 Center St NE  
(503) 378-0633

### South/Southeast Salem

**Mano-a-Mano Colonia Libertad** Tues, Wed & Thurs  
2921 Saddle Club St SE, #1009 Call Monday 12-6pm  
(503) 315-2290 for appointment

**Lord's Cupboard @ Trinity** Saturday  
United Methodist 1-3:30pm  
590 Elma Ave SE  
(503) 585-8851

**Capital Park Food Pantry** 2nd & 4th Wednesday  
410 19th St SE 5-7pm  
(503) 362-6626

**Table of Plenty @ Queen of Peace Catholic Church** Thursday 4:30-7pm  
4227 Lone Oak Rd SE  
(503) 364-7202

**West Salem** 3rd Thursday  
**Life Essentials @ Life Church** 6:30-8pm  
255 College Drive NW 2nd & 4th Saturday  
(503) 362-0362 8:30-11:30am

**Shared Blessing @ Family Life Church** Wednesday  
1675 Wallace Rd NW 8:30am-12pm  
(503) 364-0002

**Keizer**  
**Keizer Community Food Bank @ Faith Lutheran Church** Monday  
4505 River Rd N 5-7pm  
(503) 931-7612 Thursday  
9-11am

## Marion County

**Woodburn**  
**AWARE Food Bank** Mon, Tues, Thurs, & Fri  
1530 Mount Hood Ave 9am-12pm  
(503) 981-5828 1st & 3rd Tuesday  
3:30-6pm

**St. Luke's SvDp Food Bank** 2nd & 4th Thursday  
417 Harrison St 5-7pm  
(971) 338-1074

**Woodburn Spanish Seventh Day Adventist Church** Wednesday  
782 Willow Ave 5:30-7:30pm  
(503) 421-5773

### Brooks

**Life Spring Church** Tuesday  
9165 Portland Rd NE 10am-12pm  
(503) 393-2155

**Gervais**  
**Sacred Heart Food Bank** 1st & 3rd Wednesday  
680 Elm Ave 1-4pm  
(503) 792-4231

**Mt. Angel**  
**Mission Benedict** Wednesday & Friday  
925 S Main St 1-4pm  
(503) 845-2468

**Silverton**  
**Silverton Area Community Aid** Monday 11 am-2pm  
421 Water St Tuesday 4-7pm  
(503) 873-3446 Thursday 9am-12pm

**Mission of Hope @ Silver Creek Fellowship** Wednesday  
822 Industry Way 2-4pm  
(503) 873-7353

**Scotts Mills**  
**Scotts Mills Community Center** Tuesday  
298 4th St 9-11am

**Aumsville**  
**Mama's Community Market** Thursday  
10153 Mill Creek Rd SE 12-4pm  
(541) 680-7018

**Stayton**  
**Stayton Community Food Bank** Monday-Friday  
1210 Wilco Rd 9am-12pm  
(503) 769-4088

**Mill City**  
**Mill City/Gates Community Center** Tuesday  
284 SW Cedar St 10am-12pm  
(503) 897-4904 Thursday  
6-8pm

**Idanha**  
**Idanha/Detroit Community Food Pantry** Friday  
397 Church St 9am-12pm  
(503) 854-3455

### Turner

**Turner Christian Food Bank** Monday  
7871 Marion Rd SE 9-11:30am  
(503) 743-2119

**Marion**  
**Marion Friends Church** Monday  
5997 Stayton Rd SE 10am-12pm  
(503) 769-7915

## Polk County

**Dallas**  
**Dallas Food Bank** Mon, Tues, Thurs  
322 Main St, #180 1-3pm  
(503) 623-3578 Wednesday & Friday  
9-11am

**Dallas Seventh Day Adventist** Wednesday  
589 SW Birch St 10am-1pm  
(503) 623-5872 or (503) 838-1743

**Polk County Resource Center** Monday to Friday  
182 SW Academy St, #220 8am-5pm  
(503) 623-9664 Closed 12-1pm for lunch

**Falls City**  
**Falls City Seventh Day Pantry** 2nd Wednesday  
205 N Main St 11am-3pm  
(503) 787-3121 or 4th Sunday  
(503) 787-3315 11am-3pm

**Independence**  
**Ella Curran Food Bank** Tuesday & Thursday  
854 N Main St 9-11:30am  
(503) 917-1681 Monday & Tuesday  
4-6pm

**Grand Ronde**  
**Iskam Mek h Mek Haws** Wednesday (Produce & Bread)  
9675 Grand Ronde Rd 10am-2pm  
(503) 879-3663 Friday  
10am-2pm

If you need emergency food while pantries are closed, contact your local DHS office or call NW Crisis & Information Hotline at (503) 581-5535 and inquire about an emergency food box.

### Meals on Wheels in Salem and Keizer

- Requirements for home delivered meals are to be age 60 or older, homebound, or disabled
- Delivery is Monday thru Friday between 10:30am and 12:30pm
- Multiple options available to pay for meals, including assistance programs
- For questions or to sign up, call (503) 364-2856

For Meals on Wheels outside of Salem and Keizer, please call NW Senior & Disabilities Services at 1(800) 469-8772.

### Community Meal Sites

<p><b>Marion County</b>  <b>Keizer Community Dinner</b>                  @ St. Edward's Catholic Church                  5303 River Rd N, Keizer                  4th Wednesday from 4:30-6:30pm</p>	<p><b>Polk County</b>  <b>James 2 Community Kitchen</b>                  @ Dallas United Methodist                  565 La Creole Dr, Dallas                  Thursday from 4:30-6pm</p>
<p><b>South Salem Friends Church</b>                  1140 Baxter Rd SE, Salem                  Tuesday from 5-6:30pm</p>	<p><b>James 2 Community Kitchen</b>                  @ Falls City United Methodist                  280 N Main St, Falls City                  2nd &amp; 4th Tuesday from 4-5:30pm</p>

### Meals for Houseless Individuals

<p><b>Union Gospel Mission</b>                  777 Commercial St NE, Salem                  (503) 362-3983                  Open every day; Breakfast at 6:30am, Lunch at 12 pm, Dinner at 5:30pm</p>	<p><b>HOAP</b>                  694 Church St NE, Salem                  (503) 588-5827                  Monday to Friday; Breakfast at 9am, Lunch at 12pm</p>
<p><b>HOST (Ages 18-24 )</b>                  1143 Liberty St NE, Salem                  (503) 588-5825                  Monday to Friday from 9am-2pm</p>	<p><b>HOME Youth Services (Ages 11-17)</b>                  625 Union St NE, Salem                  (503) 391-6428                  Monday to Friday from 12-7pm</p>
<p><b>ARCHES</b>                  615 Commercial St NE, Salem                  (503) 399-9080                  Monday to Saturday; Breakfast 9-10am, Lunch 12-1pm</p>	

### Mobile Pantries

<p><b>Aurora</b>  <b>Marion Polk Food Share Mobile Pantry</b>                  @ Pythian Hall                  14979 2nd St. NE                  (503) 576-3448</p>	<p>3rd Wednesday                  3:30-5pm</p>
<p><b>Hubbard</b>  <b>Marion Polk Food Share Mobile Pantry</b>                  @ Rivenes Park                  2600 D St.                  (503) 576-3448</p>	<p>2nd Wednesday                  3:30-5pm</p>
<p><b>Mehama</b>  <b>Joseph's Storehouse of Hope</b>                  @ Mari Linn School                  641 5th St., Lyons                  (503) 881-9846</p>	<p>3rd Saturday                  11am-1pm</p>
<p><b>West Salem</b>  <b>Marion Polk Food Share Mobile Pantry</b>                  @ Boys &amp; Girls Club                  925 Gerth Ave. NW                  (503) 576-3448</p>	<p>Friday                  11am-12:30pm</p>



# Food Assistance Guide for Marion & Polk Counties

## A list of food pantries and meal sites

To sign up for programs like SNAP and WIC, and for access to resources like Emergency Services, Medical Care, Food, Housing, and other resources, call 2-1-1, visit 211.org, or contact your local DHS office for assistance and more information.



### Visit Our Website

To access this document (also available in Spanish and Russian), up-to-date service days and hours, and a current map of our sites, visit us at:  
[www.marionpolkfoodshare.org/get-help/](http://www.marionpolkfoodshare.org/get-help/)

### Please keep these things in mind when visiting a pantry:

#### Do I qualify for food?

You are eligible for free food from a food pantry if you meet the USDA's 2023 Income Eligibility Guidelines (shown below) or if you currently receive: SNAP, WIC, TANF, Free & Reduced Lunch, SSDI, SSI, and/or LIHEAP.

USDA Commodity Income Eligibility Guidelines 2023 (to be eligible to receive a food box)

Household Size	Monthly Income	Annual Income
1	\$3,645	\$43,740
2	\$4,930	\$59,160
3	\$6,215	\$74,580
4	\$7,500	\$90,000
5	\$8,785	\$105,420
6	\$10,070	\$120,840
7	\$11,355	\$136,260
8	\$12,640	\$151,680

#### Questions or concerns?

Please call Marion Polk Food Share at (503) 581-3855 or email [communityprograms@marionpolkfoodshare.org](mailto:communityprograms@marionpolkfoodshare.org)

#### What should I bring to a food pantry?

You do not need to bring anything but yourself to a pantry. You do not need to bring any form of ID or proof of income, address, or citizenship to receive food.

#### Can someone else pick up food for me?

All of our pantries accept a form called the Authorized Representative Form. This form can be completed prior to sending someone to receive a food box on your behalf. The form is available at: [www.marionpolkfoodshare.org/get-help/authorized-representative-form/](http://www.marionpolkfoodshare.org/get-help/authorized-representative-form/)

#### What information does a food pantry collect from me?

When getting free food from a food pantry, you will need to provide your name, city or zip code, and number of people in your household. Some of our pantries use a more in-depth intake program called Link2Feed or ask other questions, but providing this additional information is not required to receive free food.

#### How often can I get food?

Each pantry is different, but some pantries request that you come for food only one time per month.

#### What and how much do you get in a food box?

Typically, you will receive a variety of fresh produce, dairy, protein and shelf-stable products. Food items vary each month and generally supply a minimum of 3-5 days' worth of food.