

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, #110 10am-12:30pm
(503) 364-5672

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

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

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

Pauline Memorial AME Zion 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
(503) 370-8886 more information

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

FEED Salem 2nd & 4th Saturday
@ Salem Alliance Church 10am-12pm
1268 Broadway St NE
(503) 581-2129

South/Southeast Salem

Mano-a-Mano Colonia Libertad Tuesday & Wednesday
2921 Saddle Club St SE, #1009 Call for appointment
(503) 315-2290 Mon-Thurs 12-6pm

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

Life Essentials @ Life Church Thursday
255 College Drive NW 6-8pm
(503) 362-0362

Shared Blessing @ Family Life Church Wednesday
1675 Wallace Rd NW 8:30-11am
(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

Brooks

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

Gervais

Sacred Heart Food Bank 1st & 3rd Wednesday
680 Elm Ave 1-4pm
(503) 754-3674

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 5-6:30pm
(503) 421-5773

Mt. Angel

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

Silverton

Silverton Area Community Aid Monday 11am-2pm
421 S Water St Tuesday 3-7pm
(503) 873-3446 Thursday 9am-12pm

Mission of Hope @ Silver Creek Fellowship Wednesday
822 Industrial Way 2-5pm
(503) 873-7353

Scotts Mills

Scotts Mills Community Center Tuesday
298 4th St 9-11am
(503) 881-7777

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) 854-3030

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 9:30am-12pm
(503) 881-8485

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

Falls City

Falls City Seventh-day Pantry 2nd Wednesday
205 N Main St 11am-3pm
(503) 787-3907 4th Sunday 11am-3pm

Independence

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

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, 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

Marion County	Polk County
Keizer Community Dinner @ St. Edward's Catholic Church 5303 River Rd N, Keizer 4th Wednesday, 4:30-6:30pm	James 2 Community Kitchen @ Dallas United Methodist 565 La Creole Dr, Dallas Thursday, 4:30-6pm
Woodburn Free Community Meal @ Immanuel Lutheran 1036 E Lincoln St, Woodburn Wednesday, 5:30-7 pm	James 2 Community Kitchen @ Falls City United Methodist 280 N Main St, Falls City 2nd & 4th Tuesday, 4-5:30pm

Meals for Houseless Individuals

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

Mobile Pantries

Aurora Marion Polk Food Share Mobile Pantry @ Pythian Hall 14979 2nd St. NE (503) 576-3448	3rd Wednesday 3:30-5pm
Hubbard Marion Polk Food Share Mobile Pantry @ Rivenes Park 2600 D St. (503) 576-3448	2nd Wednesday 3:30-5pm
Mehama Joseph's Storehouse of Hope @ Mari Linn School 641 5th St., Lyons (503) 881-9846	3rd Saturday 11am-1pm
Salem Tabernaculo de Salem 5010 Acts Way NE (503) 509-9862	2nd & 4th Thursday 4-5:30pm



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/

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 LI-HEAP.

USDA Commodity Income Eligibility Guidelines 2023

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

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/

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 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.