

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-Thursday
3745 Portland Rd NE, #110 10am-12:30pm
(503) 364-5672

Mano-a-Mano Monday & Wednesday
3850 Portland Rd NE, #130 3:30-5:30pm
(503) 363-1895 Tuesday & Thursday
1-3pm

Salem Adventist Community Services Wednesday
1860 Summer St NE 9-11am & 12-2pm
(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

Salem Spanish Seventh-day Adventist Church 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 2nd & 4th Sunday
4963 Swegle Road NE 2-4pm
(503) 370-8886

Good Samaritan Pantry @ Community of Christ Tuesday
4570 Center St NE Begins at 2:30 pm,
(503) 378-0633 must be in line by 3:30

FEED Salem @ Salem Alliance Church 2nd & 4th Saturday
1268 Broadway St NE 10am-12pm
(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 United Methodist Saturday
590 Elma Ave SE 1-3:30pm
(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
4227 Lone Oak Rd SE 4:30-7pm
(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

Woodburn AWARE Food Bank Mon, Tue, Thu, & Fri
152 Arthur St 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

Gervais

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

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

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 3-6pm
(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

Aumsville Aumsville Community Food Pantry 2nd & 4th Thursday
645 Cleveland St. 12-4pm
(503) 749-2128

Stayton Stayton Community Food Bank Monday-Friday
1210 Wilco Rd 9-11:45am
(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
5455 Chicago Street 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

Mobile Pantries

Aurora
Marion Polk Food Share Mobile Pantry
 @ Pythian Hall
 14979 2nd St. NE
 (503) 576-3448

Hubbard
Marion Polk Food Share Mobile Pantry
 @ Rivenes Park
 2600 D St.
 (503) 576-3448

Mehama
Joseph's Storehouse of Hope
 @ Mari Linn School
 641 5th St., Lyons
 (503) 881-9846

Salem
Tabernaculo de Salem
 5010 Acts Way NE
 (503) 509-9862

Produce & Bread Distributions

Produce & Bread Distributions do not distribute USDA food, so you do not need to meet the eligibility criteria outlined on the cover page to receive food from these sites.

Salem
Salem Mission Faith Ministries
 4308 Hillrose St.
 2nd, 3rd & 4th Tues
 4-6pm

Free Church of Christ
 (971) 283-2345
 2nd & 4th Tues. and Thursday
 Must call to sign up

Wade Harris Outreach Ministry
 865 Medical Center Dr.
 (971) 388-2992
 Friday
 3-4pm

Falls City
Falls City Produce Giveaway
 257 N. Main St.
 Friday
 4-5pm

Willamina
Willamina Community Food Pantry
 340 NW B St.
 Wednesday
 4-6pm

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:
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 2024 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 2024

Household Size	Monthly Income	Annual Income
1	\$3,765	\$45,180
2	\$5,110	\$61,320
3	\$6,455	\$77,460
4	\$7,800	\$93,600
5	\$9,145	\$109,740
6	\$10,490	\$125,880
7	\$11,835	\$142,020
8	\$13,180	\$158,160

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 on our website: www.marionpolkfoodshare.org/get-help/

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. Some pantries request that you come for food only one time per week or 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.

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, call NW Senior & Disabilities Services at 1 (800) 469-8772.

Community Meal Sites

Marion County
Keizer Community Dinner
 5303 River Rd N, Keizer
 4th Wednesday, 4:30-6:30pm

Woodburn Free Community Meal
 1036 E Lincoln St, Woodburn
 Wednesday, 5:30-7 pm

Polk County
James 2 Community Kitchen
 565 La Creole Dr, Dallas
 Thursday, 4:30-6pm

James 2 Community Kitchen
 280 N Main St, Falls City
 2nd & 4th Tuesday, 4-5:30pm