

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 Δ 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 Δ 1st Monday 9-10:30am
(503) 304-4000
3rd Saturday 10-11:30am

New Hope Foursquare Church 2nd & 4th Sunday 2-4pm
4963 Swegle Road NE
(503) 370-8886

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

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

Tabernaculo de Salem 2nd & 4th Thursday 4-5:30pm
5010 Acts Way NE
(503) 509-9862

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 Δ @ Trinity United Methodist Saturday 1-3:30pm
590 Elma Ave SE
(503) 585-8851

Capital Park Food Pantry 2nd & 4th Wednesday 5-7pm
410 19th St SE
(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 6-8pm
255 College Drive NW
(503) 362-0362

Shared Blessing @ Family Life Church Wednesday 8:30-11am
1675 Wallace Rd NW
(503) 364-0002

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

Marion County

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

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

Marion Polk Food Share Pantries

Woodburn AWARE Food Bank Mon, Tue, Thu, & Fri 9am-12pm
152 Arthur St 1st & 3rd Tuesday 3:30-6pm
(503) 981-5828

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

Woodburn Spanish Seventh-day Adventist Church Δ Wednesday 5-6:30pm
782 Willow Ave
(503) 421-5773

Mt. Angel Mission Benedict Wednesday & Friday 1-4pm
925 S Main St
(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 2-5pm
822 Industrial Way
(503) 873-7353

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

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

Stayton Stayton Community Food Bank Δ * Monday-Friday 9-11:45am
1210 Wilco Rd
(503) 769-4088

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

Idanha Idanha/Detroit Community Food Pantry Friday 9am-12pm
397 Church St
(503) 854-3030

Turner Turner Christian Food Bank Monday 9-11:30am
5455 Chicago Street SE
(503) 743-2119

Marion Marion Friends Church Monday 9:30am-12pm
5997 Stayton Rd SE
(503) 881-8485

Polk County

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

Dallas Seventh-day Adventist Wednesday 10am-1pm
589 SW Birch St
(503) 623-5872

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

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

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

Δ Signifies a site that distributes pre-packed food boxes.

* Signifies a site that has a geographic service restriction. Please call the pantry for more details.

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

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

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

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.