

## 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  
4500 Lancaster Dr NE 3rd Saturday 10-11:30am  
(503) 304-4000

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

**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/](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 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](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 on our website: [www.marionpolkfoodshare.org/get-help/](http://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.