

## Salem/Keizer

### North/Northeast Salem

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

**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 9am-12pm  
(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

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

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

**Tabernaculo de Salem** 2nd & 4th Thursday  
5010 Acts Way NE 4-5:30pm  
(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** Saturday  
@ Trinity 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** Thursday  
@ Queen of Peace Catholic Church 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** Monday  
@ Faith Lutheran Church 5-7pm  
4505 River Rd N Thursday  
(503) 931-7612 9-11am

## Marion County

**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

## Marion Polk Food Share Pantries

### 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) 610-2712

**Mt. Angel** Wednesday & Friday  
**Mission Benedict** 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** Wednesday  
@ Silver Creek Fellowship 2-5pm  
822 Industrial Way  
(503) 873-7353

**Scotts Mills**  
**Scotts Mills Community Center** Monday  
298 4th St 4-6pm  
(503) 881-7777

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

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

Information in this guide is subject to change. Updated January 2025

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

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

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

\* 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
- 3rd Wednesday  
 3:30-5pm
- Hubbard**  
**Marion Polk Food Share Mobile Pantry**  
 @ Rivenes Park  
 2600 D St.  
 (503) 576-3448
- 2nd & 4th Wednesday  
 3:30-5pm
- Mehama**  
**Joseph's Storehouse of Hope**  
 @ Mari Linn School  
 641 5th St., Lyons  
 (503) 881-9846
- 2nd to last Saturday  
 11am-1pm

## 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  
 10-11:30am
- 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.

## 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