

Marion Polk Food Share Pantries

Salem/Keizer

North/Northeast Salem

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

Mano-a-Mano
3850 Portland Rd NE, #130
(503) 363-1895
Monday & Wednesday
2:00-5:00pm
Tuesday & Thursday
1-4pm

Salem Adventist Community Services
1860 Summer St NE
(503) 363-8893
Wednesday
9am-12pm

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

Pauline Memorial AME Zion
3593 Sunnyview Rd NE
(971) 239-3469
Tuesday
10:30am-1:30pm

Salem Spanish Seventh-day Adventist Church
4625 Cordon Rd NE
(503) 856-9700
Wednesday
5:30-7:30pm

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

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

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

South/Southeast Salem

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

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

Capital Park Food Pantry
410 19th St SE
(503) 362-6626
2nd & 4th Wednesday
5-7pm

Table of Plenty @ Queen of Peace Catholic Church
4227 Lone Oak Rd SE
(503) 364-7202
Thursday
4:30-7pm

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

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

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

Marion County

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

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

Woodburn

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

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

Woodburn Spanish Seventh-day Adventist Church
782 Willow Ave
(503) 610-2712
Wednesday
5-6:30pm

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

Silverton Silverton Area Community Aid *
421 S Water St
(503) 873-3446
Monday 11am-2pm
Tuesday 3-6pm
Thursday 9am-12pm

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

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

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

Mill City

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

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

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

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

Polk County

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

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

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

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

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

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