

**Marion County Meals**

**Polk County Meals**

**Keizer Community Dinner**  
@ St. Edward's Catholic Church  
5303 River Rd N, Keizer  
4th Wednesday, 5 - 7 p.m.

**Dallas, James 2 Community Kitchen @ Dallas United Methodist Church**  
565 LaCreole Dr, Dallas  
Thursday 4:30 - 6 p.m.

**SE Neighborhood Community Center @ Capital Park Wesleyan Church**  
410 19th ST SE  
1st and 3rd Wednesday 5:30 p.m.  
2nd and 4th Wednesday 5 p.m.

**Dallas, James 2 Community Kitchen @ Dallas Alliance Church**  
775 E Ellendale Ave, Dallas  
Tuesday 4:30 - 6 p.m.

**Silverton, First Christian Church**  
402 N First St, Silverton  
Wednesday 5 - 7 p.m.

**Falls City, James 2 Community Kitchen @ Falls City United Methodist Church**  
257 Main St, Falls City  
2nd, 3rd and 4th Tuesday 4:30 - 6 p.m.

**South Salem Friends Church**  
1140 Baxter Rd SE  
Tuesday 5:30 - 7:00 p.m.



**Woodburn Seventh Day Adventist Church**  
782 Willow Ave, Woodburn  
Saturday noon - 3 p.m.

To access this document and view a map of our sites, visit us at [www.marionpolkfoodshare.org/get-help](http://www.marionpolkfoodshare.org/get-help)

**Meals on Wheels of Salem - Keizer**

- ◆ Requirements for home delivered meals: 50 or older, homebound, or disabled
- ◆ Delivery is Monday thru Friday between 11:30am -1:00pm
- ◆ 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-Keizer, please call 1-800-469-8772*

In a tight spot and struggle to put food on the table?

SNAP Benefits could be your answer. Contact your local DHS office.



Have you had to choose between buying food, paying bills, or getting medication? Call 2-1-1 or visit [www.211info.org](http://www.211info.org) for information on signing up for SNAP (formerly called Food Stamps), WIC (Women Infants and Children), and many other types of help for Emergency Needs, Health Concerns, Food, Housing, and Other Resources.



**MARION POLK FOOD SHARE**  
1660 SALEM INDUSTRIAL DRIVE NE  
SALEM, OR 97301

**Food Assistance Guide for Marion & Polk Counties**  
A list of food pantries and meal sites

**Meals & Programs for Homeless Individuals**

**City Vibe Meal**  
@ West Salem United Methodist Church  
1219 3rd St NW  
Friday 6 - 7:30 p.m.

**ARCHES - Meals, Services**  
615 Commercial St NE  
503-399-9080  
Daycenter Hours: Monday thru Friday 8:15 a.m - 3 p.m.  
Lunch served daily at 11 a.m.

**Union Gospel Mission - Meals, Services**  
345 Commercial St NE  
503-362-3983  
Breakfast: 6:30 a.m.; Lunch: 12 p.m.; Dinner: 5:30 p.m.  
Open all days

**HOAP - Meals, Services**  
694 Church St NE,  
503-588-5827  
Daycenter Hours: Monday thru Friday 9 a.m. - 2 p.m.  
Breakfast: 9:00 a.m; Lunch: 12 p.m.

**HOST - Meals, Services for Ages 18-24**  
1143 Liberty St NE  
503.588.5825 or 503.361.0380  
Daycenter Hours: Monday thru Friday 9 a.m. - 2 p.m.

**HOME Youth & Resource Center - Meals, Services for Ages 11-17**  
625 Union St NE,  
503-391-6428  
Daycenter Hours: Monday thru Friday 12 - 7 p.m.

Marion Polk Food Share is an equal opportunity provider

If you go to a pantry to get food, please keep these things in mind:

**Do you qualify for food?**

You are eligible for a food box if you meet the income guidelines shown below or if you currently receive: SNAP, WIC, TANF (Temporary Assistance for Needy Families), Free & Reduced Lunch Program, SSDI (Social Security Disability Income), SSI (Supplemental Security Income), and LIHEAP (Low Income Home Energy Assistance Program).

**USDA Commodity Income Eligibility Guidelines 2019 (to be eligible to receive a food box)**

Household Size	Monthly	Annual
1	\$ 1,926	\$23,107
2	\$ 2,607	\$31,284
3	\$ 3,289	\$39,461
4	\$ 3,970	\$47,638
5	\$ 4,652	\$55,815
6	\$ 5,333	\$63,992
7	\$ 6,015	\$72,169
8	\$ 6,696	\$80,346

**What should you 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 services.

**What does a food pantry collect from you?**

A food pantry only has to collect your name, address, and number of people in your household. Any additional info is optional, but not required to get food. Some of our pantries participate in a program called Link2Feed, a database used for a more in-depth intake process, but providing this additional information is completely optional for clients.

**How often can I get food?**

Each pantry is different, but some pantries request that you come for food only one time per month. Ask a pantry what their policy is.

**What and how much 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 and generally supply a minimum of 3-5 days worth of food.

Questions or concerns? Please call Marion Polk Food Share at 503-581-3855 and ask for Agency Relations.

## North/Northeast Salem

**St Vincent DePaul Society**  
3745 Portland Rd NE  
503-364-5672  Mon-Fri  
10am- 1:00pm

**Good Samaritan Pantry @  
Community of Christ Church**  
4570 Center St NE  
503-378-0633  Wed  
4:30 - 6pm

**Jason Lee Food Pantry**  
820 Jefferson St NE  
503-362-9885 Mon, Wed, Fri  
9 - 11:30am

**Mano-a-Mano**  
3850 Portland Rd NE  
503-363-1895  Tue 3- 5pm  
Wed & Thurs  
1 - 5:15pm

**New Hope Foursquare Church**  
4963 Swegle Road NE  
503-370-8886  Last 2 Sundays  
2-4pm

**New Harvest Church**  
4290 Portland Rd NE  
503-763-6911  3<sup>rd</sup> Sat  
9 - 11am

**Pauline Memorial AME Zion**  
3593 Sunnyview Rd NE  
503-399-0130 Full Pantry Tues.  
10:30am - 1:30pm  
Produce only on  
2<sup>nd</sup> & 4<sup>th</sup> Fri  
12:30pm-1:30pm

**Peoples Church**  
4500 Lancaster Dr NE  
503-304-4000  1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Mon  
9am-10:30am  
4th Sat  
10-11:30am

**Precious Children @  
Salem Evangelical**  
455 Locust St N  
503-581-0102  1st & 3rd Thurs  
10am-11:30am

**The Salvation Army**  
1977 Front St NE  
503-585-6688  Mon-Fri  
9am - Noon

**Seventh Day Adventist  
Community Center**  
1860 Summer St NE  
503-363-8893  Mon & Tues  
10am - Noon  
Closed in July

**Spanish Seventh Day Adventist**  
4625 Cordon Rd NE  
503-856-9700  Wed  
6:30-8:30pm

## FOOD PANTRIES in Marion and Polk Counties

**Keizer**  
**Keizer Community Food Bank**  
@ Faith Lutheran Church  
4505 River Rd N  
503-931-7612 Mon  
6 - 7:30pm  
Thurs  
9:30 - 11am


**South/Southeast Salem**  
**Capital Park Food Pantry**  
410 19th St SE (Enter at back of church)  
503-362-6626 2nd & 4th Wed  
5 - 7pm

**Mano-a-Mano**  
2921 Saddle Club Rd SE, Ste. 9  
503-315-2290 Tue, Wed, Thurs  
1 - 4:45pm

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

**New Life Community Church**  
@ Bush Elementary School  
410 14th St SE  
503-363-5771  4th Sat  
10:00am - 12:00pm

**Mission of Hope, Silver Creek  
Fellowship @ Houck M.S.**  
1155 Connecticut SE  
503-873-7353 Last Saturday  
10am-12pm

**Lord's Cupboard @**  
Trinity United Methodist  
590 Elma Ave SE  503-585-8851 Mon, Wed, Fri  
1-3:30pm  
closed 1<sup>st</sup> week of each  
month

**West Salem**  
**Kingwood Bible Church**  
1125 Elm Ave NW  
503-399-9600  1st Sat  
10am - noon

**Life Essentials @ Life Church**  
255 College Drive NW  
503-362-0362  2<sup>nd</sup> Thursday  
7-8pm  
2nd & 4th Saturday  
10am—noon

**Shared Blessing @ Family Life  
Church** 1675 Wallace Rd NW  503-364-0002 Wed  
8:30am-noon

**West Salem United Methodist**  
1219 3rd St NW  503-363-3035 Mon & Wed  
1 - 3pm

*\*Days and hours of distribution are subject to change after  
time of publication\**


**Rural Marion County**  
**Life Spring Church**  
9165 Portland Rd NE, Salem  
503-393-2155 Tues 10am-Noon

**Sacred Heart Food Bank**  
680 Elm St, Gervais  
503-792-4231 1st & 3rd Wed  
1 - 4pm

**Mission Benedict**  
925 S Main St, Mt Angel  503-845-2468 Wed & Fri  
1 - 4pm

**Mt. Angel Community Center**  
195 E Charles St  
503-845-6998 Tues - Thurs  
9:30 - 11:30 am

**Silverton Area Community Aid**  
421 Water St  
503-873-3446  Mon, Tue, Thurs, &  
Fri 9am - Noon  
Tue 6- 8pm

**Mission of Hope, Silver Creek  
Fellowship**  
822 Industry Way, Silverton  503-873-7353 Wed. 2-5pm  
3rd Saturday  
10am-12pm

**Joseph's Storehouse of Hope**  
Mehama @ Mari Linn School  
641 5th St, Lyons  
503-881-9846 3rd Sat  
11am—1pm


**Mill City / Gates Community  
Center**  
284 SW Cedar St, Mill City  
503-897-4904 Tues 10am - Noon  
Thurs 6 - 8pm

**Stayton Community Food  
Bank**  
155 2nd St  
503-769-4088 Mon. - Fri.  
9am - Noon

**Turner Christian Food Bank**  
7871 Marion Rd SE  
503-743-2119 Monday  
9 - 11:30am

**Marion Friends Church**  
5997 Stayton Rd SE, Turner  
503-769-7915 1st & 3rd Mon  
9 - 11am  
2nd & 4th Mon  
10am-Noon

 = Shopping Style food pantry

**Idanha/Detroit Community  
Food Pantry**  
397 Church St, Idanha  
503-854-3455  Friday  
9:30 am—2:30  
pm


**Aumsville—Mama's  
Community Market**  
10153 Mill Creek Rd SE  
541-680-7018  Mon  
3-8pm  
Thurs  
12-5pm


**Scotts Mills Community Center**  
298 4th St Tues  
9 - 11am


**St Luke's SVDP Food Bank**  
417 Harrison St, Woodburn  
971-338-1074  2<sup>nd</sup> & 4<sup>th</sup> Thurs  
5-7pm

**AWARE Food Bank**  
152 Arthur St, Woodburn  
503-981-5828 Mon-Fri  
9am-Noon


**Woodburn Spanish Seventh Day  
Adventist Church**  
782 Willow Ave  
503-550-0445 Wednesday  
5:30-7:30 pm

**Polk County**  
**Dallas Food Bank**  
322 Main St, Suite 180, Dallas  503-623-3578 Mon-Fri  
9am-11:00am

**Dallas Seventh Day Adventist**  
589 SW Birch St, Dallas  
503-623-5872/503-838-1743  Wed  
10am-1pm

**Falls City Seventh Day  
Adventist Pantry**  
205 N Main St, Falls City  503-787-3907 or 503-787-3814 3rd Wed  
12pm-4pm

**Ella Curran Food Bank**  
854 N Main St, Independence  
503-917-1681 Mon, Tues, Thurs  
9-11:30am  
Tuesday 4-6pm

**Iskam Mek h Mek Haws**  
9675 Grand Ronde Rd, Grand Ronde  
503-879-3663 1st Sat  
10am-2pm  
2nd, 4th, & 5th  
Fri 9am-2pm  
Wed 2 - 6pm 

*After Hours Boxes - A 2-day emergency box of food can be obtained at your local DHS office. Call or visit your local agency.  
NW Crisis & Information Hotline 503-581-5535 Salem House of Prayer 503-589-9176  
Dallas Community Resource Center 503-623-9664*