

South:

St Patrick's Church - Canby

(503) 701- 9135

https://www.foodpantries.org/li/st_patricks_church_97013

Provides a food pantry. Serves: Canby. Documentation Required: Identification Pantry Hours: Wednesday 4:00pm - 8:00pm For more information, please call.

The Canby Center

(503) 266-2920

https://www.foodpantries.org/li/canby_alliance_church_97013

Provides a food pantry. Serves: Canby Pantry Hours: First and Third Saturday 9:00am-11:00am For more information, please call.

Marion Polk Food Share - Salem

<https://www.marionpolkfoodshare.org/>

(503) 581-3855

Aware Food Bank - Woodburn

<https://www.awarefoodbank.org/>

(503) 981-5828

Hope Station Community Services Inc - Salem

<https://hopestationcsi.org/>

(503) 339-7710

They provide: Groceries, Various Household and Bedding Items, Clothing and Miscellaneous Classes.

West:

COMMUNITY RESOURCES OVERVIEW

Tigard-Tualatin Family Resource Center: TTFRC serves all families living within the boundaries of the Tigard-Tualatin School District. It is located behind the Aquatic Center on the campus of Tigard High School. Information & Referral: consult staff for up-to-date information on community resources in the area. Scholarships for children to participate in extracurricular activities as donations allow. Clothing for children ages 0-5; orders made through Northwest Children's Outreach every two weeks. Computers, copy and fax machine: available for client use. Personal hygiene items for homeless families. Donated bread and pastries available regularly. Information about holiday help; applications generally available at schools in October. Monday-Thursday on school days by appointment. Staff bilingual in Spanish. (503) 603-1585. www.ttsdschools.org, click on the link on the right for "Family Resource Center".

Love INC Tigard-Tualatin-Sherwood: Helps people with resources such as clothing, food, rides, diapers, essentials pantry, bus tickets, over-the-counter medical supplies, linens, emergency food boxes, furniture, haircuts, budgeting and job coaches, parenting classes and spiritual direction. Tuesday and Wednesday 9:30am-12:30pm. (503) 443-6888. Email: admin@loveinc-tts.org.

FOOD BOXES & PRODUCE

Bethlehem House of Bread: Shopping style food pantry. One shopping visit per month. Thursdays and Sundays 1pm-3pm. 9055 SW Locust St., Tigard, OR 97223 (across from MetzgerElementary School). (503) 639-3181. bethlehemhouseofbread@gmail.com.

Free Food Ministries: Produce and canteen items. For updated schedule, visit Facebook page. 11735 SW Gaarde St., Tigard, OR 97224. www.facebook.com/freefoodministriesOregon

Good Neighbor Family Pantry: Pantry is located on a working farm. Visit website for a required video before visiting the pantry. 21555 SW Hells Canyon Rd. Sherwood, OR 97140. (503) 554-0630. www.goodneighborfamilypantry.org.

Sherwood Helping Hands: Food boxes for families available third Saturday of the month 9:30am-10:30am. Call to set up appointment for emergency food assistance. Sherwood United Methodist Church, 22280 SW Washington St., Sherwood, OR 97140. (503) 625-7975. www.sherwoodumc.com.

St. Francis Food Pantry: Shopping style pantry that serves Sherwood, Tualatin, King City and Newberg. Seasonal produce available from Hope Garden. Wednesday 9am-11am and 5pm-7pm, and Thursday 9am-11am. St. Francis Old Hall, 15659 SW Oregon St, Sherwood, OR 97140 (behind the little white church). (503) 625-7067. www.stfrancissherwood.org/social-actionministries.

St. Vincent de Paul Food Pantry: Must show proof of residence in zip codes 97223 or 97224. One food box per month. Monday, Tuesday, and Friday 12pm-2:30pm; Wednesday 1pm-3pm; Thursday 12pm-2:30pm and 4:30pm-6:30pm; and Saturday 10am-12pm. St. Anthony Catholic Church, 9905 SW McKenzie St., Tigard, OR 97223 (on corner of SW McKenzie and SW Grant). (503) 684-8280.

Tigard Community Friends Church: Food boxes available third Saturday of the month from 11am-1pm. 15800 SW Hall Blvd. Tigard, OR 97224. (503) 620-7836. www.tigardfriends.com.
Tigard Covenant Church Food Ministry: Tuesdays 10am-12pm. Arrive early to receive a number and wait at back door. Food to last 3-4 days. One visit per month. Spanish-speaking staff available. 11321 SW Naeve St., Tigard, OR 97224. (503) 639-3084.

Tualatin School House Pantry: Tualatin, Durham, Lake Oswego, Wilsonville, and West Linn residents only. Bring proof of address. Approximately seven days of food provided once per month. Mondays 3pm-7:30pm; Wednesdays 10-3pm, Thursday 4:30-7:30pm and Fridays 10am-1pm. Usually hosts "Produce Harvest Share" the fourth Saturday of the month: produce to anyone with no address requirements. Must arrive at 9am. First-come, first-served. Rolling Hills Church, 3550 SW Borland Rd., Tualatin, OR 97062. (503) 783-0721. www.schoolhousepantry.org.

HOT MEALS

Hope's Table: Dinner every Monday evening 5pm-7pm. Located in the basement of the church at the Community Life Center. Transportation available from the Tualatin Library at 4:45pm. Rolling Hills Community Church, 3550 SW Borland Rd., Tualatin, OR 97062. (503) 638-5900. Rollinghills.org/outreach.

Tigard Covenant Church: Family dinner every Tuesday at 6pm. 11321 SW Naeve St., Tigard, OR 97224. (503) 639-3084. www.tigardcovenant.org.
Just Compassion Resource Center: Lunch every Thursday 12pm-1pm. 12280 SW Hall Blvd, Tigard, OR 97223. (503) 624-4666. justcompassionewc.com.

Community Café at Saint Anthony Catholic Church, Sunday 5:30-6:30pm. 9905 SW McKenzie St., Tigard, OR 97223. (503) 639-4179. satigard.org/ministry/st-vincent-de-paul.

Hope Diner: Every Sunday 5pm-6pm. St. Francis Catholic Old Hall 15659 SW Oregon St., Sherwood, OR 97140. stfrancissherwood.org/social-action-ministries.
Sherwood United Methodist Church: Every Thursday at 6pm during the school year. 22280 SW Washington St., Sherwood, OR 97140. www.sherwoodumc.com.

HOUSING

Government Assistance: Low-Rent Public Housing, Section 8 and Project Based Vouchers: www.co.washington.or.us/housing/programs. Monday-Friday 8:30am-5pm. (503) 846-4794.

Rebuilding Together Washington County: Helps low-income homeowners in Washington County with home repair at no cost. Most urgent repairs are done on an emergency basis and larger scale non-emergencies have a wait list. Resources are limited, therefore not all qualified homeowners will receive assistance. 12550 SW 3rd St., Beaverton, OR 97005. (503) 644-4544. www.togwc.org.

Safe Families for Children: A network of volunteer host families that provide parents with a respite home where they can safely place children in times of crisis. Parents are encouraged to maintain contact with their children during program participation, with the goal of being reunited as soon as possible. Host families are screened, trained and serve without compensation. For more information, or to see if Safe Families is the right fit for your situation call (503) 906-1027. www.safefamiliespdx.org.

RENT, UTILITY AND TELEPHONE ASSISTANCE

Emergency Rent Assistance (Community Action): Must be low-income and Washington County resident. Help for the homeless with new rental agreements is handled through Community Connect. Call (503) 640-3263 at any time of the month to be screened for an assessment. For a 72-hour eviction notice, appointments start on the 8th of the month (or the following Monday if the 8th falls on a weekend). Call at 9am the morning of the 8th. Calls are handled in the order that they are received. Documents needed: 72-hour eviction notice (not a court order) or new rental agreement for the month of application assistance and income verification for all household members. (503) 615-0770.

Energy Assistance (Community Action): Operates year-round, depending on available funds. Must have income verification and identification for all adult household members, copy of utility bill, and dates of birth and social security numbers for all household members. Shut-off notice not required. Call Monday-Thursday 9am-12pm or request an appointment online. Interpretation services available. Beaverton office: 5050 SW Griffith Dr. Ste. 100, Beaverton, OR 97005 or Hillsboro office: 1001 SW Baseline Hillsboro, OR 97123. (503) 615-0771. Email: energy@caowash.org. www.communityaction4u.org.

PRESCHOOL, AFTER SCHOOL AND CHILDCARE

Club K After School Zone: Before- and after-school programs for children 5-12 years old from 6:30am to school start and from school dismissal to 6pm. Prices vary. Some scholarships available for low-income families, funding permitting. Summer camp programs available. (503) 643-9059. www.clubkafterschool.com. Elementary schools served: Byrom: (503) 619-9156, Bridgeport: (503) 616-6214, Durham: (503) 317-2421, and Mary Woodward: (503) 583-6446.

Community Action Head Start: A variety of pre-K learning programs for children ages 3-5 years old. Home-based services and Early Head Start programs for children ages 6 weeks to 3 years old. For families whose family income is within 150% of the current federal poverty guidelines (see page 1). For families with incomes above 150%, inquire about Preschool Promise. 1001 SW Baseline St., Hillsboro, OR 97123. (503) 693-3262. caowash.org/what_we_do/head-start.

Early Intervention: Special services and supports to families with children birth to 5 years of age identified as having a disability or experiencing developmental delays. Services enhance language, social and physical development through play-based interventions and parent coaching. Local office: 19500 SW 90th Ct., Tualatin, OR 97062. To be referred for a free screening or evaluation, call the intake and referral line at 503-614-1446.

Employment Related Day Care (Tigard Self-Sufficiency/Multi-Service Center, DHS): Information about childcare subsidies for working families with income below 185% of the Federal Poverty Level (see page 1). Monday-Friday 8am-5pm. Spanish-speaking staff available. 10777 SW Cascade Ave., Tigard, OR 97223. (503) 670-9711. www.oregon.gov/dhs/assistance/child-care.

SHOWERS & LAUNDRY

Calvin Presbyterian Church: One load of laundry by appointment only (no showers). 10445 SW Canterbury Lane, Tigard, OR 97224. (503) 639-3273. www.calvinpresbyterian.org.

Just Compassion: The first Sunday of every month 1pm-3:30pm, arrive before 2:30pm. Maximum of two loads of laundry, showers at a local church for the homeless and sandwiches. Unity Laundromat, 11696 SW 88th Ave., Tigard, OR 97223 (behind the Dollar Tree). justcompassionewc.com.

Rolling Hills Church: "Wash and Worship" each Sunday from 8:30am-10:30am at their Community Life Center. Includes a hot breakfast, shower and laundry for those in need. Hot meal and laundry if needed also available on Mondays from 5pm-7pm with a shuttle leaving from the Tualatin Library at 4:45pm. 3550 SW Borland Road, Tualatin, OR 97062. (503) 638-5900. Rollinghills.org.

Sherwood YMCA: Call for availability of showers, \$2 fee per person (no laundry). (503) 625-9622. 23000 SW Pacific Highway, Sherwood, OR 97140. www.ymcacw.org.

St. Anthony Catholic Church: Showers available the third Sunday of the month 3pm-5pm from April - October in the St. Anthony Chapter Room (no laundry). November-March showers available when the Severe Weather Shelter is open. 9905 SW McKenzie St., Tigard, OR 97223. (503) 639-4179. Satigard.org.

Tigard United Methodist Church: Showers and laundry available the first Sunday of the month from 1pm-4pm year round. Showers on the fourth Sunday from 3pm-5pm April-October (no laundry). 9845 SW Walnut Place, Tigard, OR 97223. (503) 639-3181. www.tigardumc.com.

Tualatin Seventh Day Adventist Church: Clothing for low-income families. Shower and facilities to wash clothing available. Wednesdays 10am-12pm. Spanish-speaking volunteers occasionally available. 22222 SW Grahams Ferry Rd., Tualatin, OR 97062. (503) 692-2915. www.tualatinor.adventistchurch.org.

North:

RENT, UTILITY AND TELEPHONE ASSISTANCE

Society of St. Vincent de Paul:

(503) 235-8431

<https://www.svdppdx.org/a150/>

Rent/Utilities Information Line: 9:30 am – 12:00 pm weekdays.

Drop-in applicants for Rent /Utilities: 8:30 – 12:00 pm and 1:00 pm – 3:30 pm weekdays.

Emergency Food Boxes

Food Hotline: 9:30 am – 12:00 pm and 1:00 pm – 3:30 pm weekdays. Drop-in food pantry:

Tuesday and Friday Only 1:00 pm – 3:30 pm

FOOD BANKS

Genesis Community Fellowship Food Pantry

5425 NE 27th Ave Portland, OR 97211 USA

(503)281-9472

SVDP St Charles

5310 NE 42nd Ave Portland, OR 97218 USA

(503)235-8431

Sharon Community Services SDA

5209 NE 22nd Ave Portland, OR 97211 USA

(503)880-3065

C3 Church Food Pantry (formerly Parkrose Deliverance) Shopping style pantry

6120 NE 57th Ave Portland, OR 97218 USA

503-997-2003

C3 Church Food Pantry / Shopping style pantry

6120 NE 57th Ave Portland, OR 97218 USA

503-997-2003

SVDP St Andrew / Shopping style pantry.

4940 NE 8th Ave Portland, OR 97211 USA

(971)244-0339

SVDP St Andrew Free Food Market

4940 NE 8th Avenue Portland, OR 97211 USA

(503)282-0555

New name - formerly Harvest Share. The 4th Thursday of every month: 1:30-2:30. Please bring your own bag.

SVDP St Andrew Free Food Market

806 NE Alberta St Portland, OR 97211 USA

(503)282-0555

Formerly Harvest Share. The 4th Thursday of every month: Thurs 1:30-2:30. Please bring your own bag.

Rigler Elementary Free Food Market

5401 NE Prescott Portland, OR 97218 USA

503-282-0555

2nd Monday of the month 3:30 pm - 4:00 pm Open to anyone in need of food assistance, no income verification required.

Salvation Army Moore St Center
5335 N Williams Ave Portland, OR 97217 USA
(971)340-4010

Areas Served: 97203, 97209-97213, 97217, 97218, 97231, 97220. Wed 11am-3pm, Fri 11am-3pm starting 3/17/20 - Premade boxes available Monday/Wednesday/Friday 10am - 4pm. (Normally Shopping style pantry. Wednesday and Friday, 11am to 3pm.)

Allen Temple Food Pantry
4214 NE 8th Ave Portland, OR 97211 USA
(503)284-1010

Areas Served: NE Broadway/Ainsworth, NE 42nd/N. Killingsworth. Tues 5:00 pm-7:00 pm, Wed 11:00 am-2:00 pm, Sat 11:00 am-2:00 pm Closed first week of every month and 2nd Tuesday of every month.

Ortiz Center Free Food Market
6736 NE Killingsworth Portland, OR 97218 USA
(503) 988-3509

Areas Served: All. Thurs 9:00-9:45am Open to anyone in need of food assistance, no income verification required. The 1st Thursday of every month - random number given at start of distribution. Please bring your own bag.

EMO NE Emergency Food Program
4800 NE 72nd Ave Portland, OR 97218 USA
(503)284-5470

Tues 1:00 pm-3:00 pm, Thurs 1:00 pm-3:00 pm, Sat 1:00 pm-3:00 pm Prepared boxes only starting 3/17/2020 until further notice. (Normally, Shopping Style Pantry.)

Hand Up Project - People's Pantry
4115 N. Mississippi Ave Portland, OR 97217 USA
Mon 12pm-4pm At the Q Center 2nd and 4th Mondays of the month noon to 4pm Also at St. Philip the Deacon on 1st and 3rd Tuesdays noon to 4pm (produce and dry goods only)

SVDP Immaculate Heart
2926 N Williams Ave Portland, OR 97227 USA
(503)235-8431

Areas Served: 97227, 97211, 97232, 97212. Tues 12 pm-2 pm, Thurs 3 pm-5 pm No Referrals required.

St Philip the Deacon Episcopal Church
120 NE Knott St Portland, OR 97212 USA
(503)281-5802

Tues 12pm-4pm, Sat 11:00 am-1:00 pm Meal served Saturdays 11am to 1pm. Pop-up pantry also available on the 1st and 3rd Tuesday of the month from 12pm to 4pm. Produce and dry goods only. Please bring shopping bags. See Hand Up Project for additional site & hours

Trinity Mission Cupboard
6700 MacArthur Blvd Vancouver, WA 98661 USA
(360)693-4271

Areas Served: Clark County. Fri 10 am-2 pm Third Fridays

One Life

1801 Daniels Street Vancouver, WA 98660 USA
(360)904-1273

Areas Served: Clark County. Sun 2:30 pm- Numbers distributed 9:30-10:30 am and 1:45-2:30 pm

University Park ACS

4007 N Alaska St Portland, OR 97203 USA
(503)397-4389

Wed 5 pm-7 pm, Fri 11am-12pm Clothes available from 1-3 pm on Wednesdays. *Shopping style pantry.

University Park Seventh Day Adventist Free Food Market

4007 N Alaska Ave Portland, OR 97203 USA
(503)282-0555

Areas Served: All. Fri 11 am- 1st Friday of the month - first come first served. Please bring your own bag. 11 am until done - open to anyone in need of food assistance, no income verification required.

U.Me.Us Food Pantry

2830 NE Flanders St Portland, OR 97232 USA
(503)232-5155

Sun 1:30 pm-3:30 pm Open second, third, and fourth.

East:

The Father's Heart Street Ministry - Oregon City

<http://www.tfhstreetministry.com/>

(503) 722-9780

They provide services for homeless people:

- 3 free meals a day / including sack lunch to go.
TFH provides 3,000-4,000 meals a month in our fight to eliminate hunger.
- Clothing exchange
- Warm showers and hair cuts
- Basic medical
- 3 computer stations
- R & R in our day shelter; a safe place to rest
- Referrals to housing, mental health and drug addiction
- VASH program for homeless veterans
- Prayer, council and love.
- Mailing address for clients to receive important mail
- TFH Street teams take the love of God to the streets with food and warmth; twice a week

West Linn Food Pantry

503-915-9446

https://www.foodpantries.org/li/west_linn_food_pantry_97068

Provides a food pantry. Serves West Linn. Documentation Required: Proof of residency (2 forms) Pantry Hours: Thursday 3:00pm - 6:00pm.

Helping Other People Eat

503-656-3433

https://www.foodpantries.org/li/helping_other_people_eat_97045

Provides a food pantry. Serves Oregon City, West Linn, Milwaukie, Gladstone up to and including Roethe Rd, Clackamas Rd on North, to South but not Canby. Documentation Required: Verification of current address and ID Pantry hours: Wednesday 1pm -4pm.

Helping Other People Eat
503-656-7444

https://www.foodpantries.org/li/helping_other_people_eat_97045

Provides a food pantry. Serves Oregon City, Gladstone, West Linn, Milwaukie. Documentation Required: Verification of current address and ID Pantry hours: Tuesdays 1pm -4pm.

Grand View Baptist Church
503-632-8100

https://www.foodpantries.org/li/grand_view_baptist_church_97004

Provides a food pantry. Serves Clackamas County Pantry hours: 2nd and 4th Tuesdays 12pm -1pm

Helping Other People Eat
503-742-8200

<http://www.1baptistchurch.org/h.o.p.e..html>

Provides a food pantry. Serves Oregon City, Gladstone, West Linn, Milwaukie. Documentation Required: Verification of current address and ID Pantry hours: Thursdays 4pm -5pm.

Wilsonville

Wilsonville Community Sharing

They provide utility assistance and they have a food bank

For Food Bank, Donations and Volunteering Contact Leigh: (503) 682-6939

For Information and Referrals Contact Lani: (503) 682-6939

St Cyril Catholic Church
503-682-2332

They provide utilities and rent assistance

Resources for Business Owners for the Greater Portland area

<https://greaterportlandinc.com/covid-business-resources>