

**Resources continued.**

**Marion County Behavioral Health** provides case management for adults with severe mental illness. Call (503) 588-5351 for the Salem office ,503) 981-5851 for Woodburn, and (503) 585-4949 for the 24 hour Psychiatric Crisis Center hotline.

**Salem Housing Authority** can help connect residents of Salem to affordable housing vouchers. Call 503-588-6368 .

**Family Promise of the Mid-Willamette Valley** helps find emergency shelter for families experiencing homelessness. Call 503-370-9752 or visit [www.familypromisemwv.org](http://www.familypromisemwv.org)

**Planned Parenthood** provides reproductive healthcare at sliding scales or no cost. Call 888-875-7820 for the Salem office or visit [www.plannedparenthood.org](http://www.plannedparenthood.org)

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

**USDA Commodity Income Eligibility Guidelines 2018  
(to be eligible to receive a food box)**

Household Size	Monthly	Annual
1.....	\$ 1,872 .....	\$22,459
2.....	\$ 2,538 .....	\$30,451
3.....	\$ 3,204 .....	\$38,443
4.....	\$ 3,870 .....	\$46,435
5.....	\$ 4,536 .....	\$54,427
6.....	\$ 5,202.....	\$62,419
7.....	\$ 5,868.....	\$70,411
8 .....	\$ 6,534.....	\$78,403



1660 Salem Industrial Drive NE  
Salem, OR 97301  
503-581-3855  
[www.marionpolkfoodshare.org](http://www.marionpolkfoodshare.org)

# Marion-Polk Food Share Community Food Guide

**Are you interested in using a pantry to help provide healthy, nutritious food for you and your family?**

If you're ever worried that everyone in your family doesn't have enough to eat, Marion-Polk food share and our network of partners can help. Visiting a food pantry or community meal can provide support until a paycheck, SNAP benefits or other resources come through.



## Together, we have the power to make sure everyone in our community has enough to eat.



If you have any questions about accessing food, or if you feel you have been denied access to food unfairly, Call Marion-Polk Food Share at 503-581-3855 and ask for the Agency Relations Team.

5/2018

**How to Find a Pantry in your Neighborhood**

- Use this guide to look for the pantry most convenient to you, or look up a map of pantries on our website.
- For most pantries, you don't need to live in a certain city or neighborhood. A few of our partners prefer to serve individuals living closest to them, but even if you live outside their service district, they will provide you with food that day and help you find another pantry.

**What do you need to bring?**

- You don't need to bring anything to a pantry but yourself. *You do not need to bring any proof of identification or income to a pantry.*

**What can you expect when you get there?**

- Each pantry is unique, but all operate on the same basic principles. You'll arrive, go through a brief intake procedure that involves writing down your name and your address (if you don't have an address, that's ok!) and agreeing that you meet the federal income guidelines (see back of this booklet).
- Some pantries distribute pre-made food boxes, but most offer a shopping style experience where you can choose the items that you want. You'll get enough food to last about three to five days (depending on your household size) and be able to choose from a mix of fresh produce, bakery, dairy, protein, and shelf stable products—although there's never any guarantee about exactly what kind of food is available.
- Most pantries are run by volunteers who are doing their best to make sure their neighbors have access to the food we all need.

**Marion-Polk Food Share is a equal opportunity provider.**



# Food Pantries in Marion and Polk Counties

North Salem / Northeast Salem / Keizer

**Chemeketa** Monday 8 a.m. - 5 p.m.

**Community College** Tuesday - Friday

4000 Lancaster Dr. NE  
Building 2 Rm. 176  
503-399-5121



8 a.m. - 8 p.m.  
Saturday  
9 a.m. - 4 p.m.

**FEED Salem** Dec. - May

Salem Alliance Church  
555 Gaines St. NE  
503-508-7620

Third Saturday  
10 a.m.- 12:30 p.m.

**Free Church of Christ** Second and fourth Tuesday

6275 Lakeside Dr. NE  
503-933-4863



and Thursday  
11:30 a.m. - 1:30 p.m.  
Produce and bread only

**Good Samaritan  
Pantry**

Community of  
Christ Church  
4570 Center St NE  
503-378-0633



Thursday  
4:30 p.m. - 6 p.m.

**Jason Lee United  
Methodist Church** Monday, Tuesday ,  
Wednesday and Friday

820 Jefferson St.  
503-362-9885

9 a.m. - 11:30am

**Keizer Community  
Food Bank** Mondays  
6 p.m. - 7:30 p.m.

Faith Lutheran Church  
4505 River Rd N  
503-931-7612

Thursday;  
9:30 a.m.- 11 a.m.

**Mano-a-Mano** Tuesday, Wednesday and  
Thursday

3850 Portland Rd NE  
503-363-1895



1 p.m. - 5:15 p.m.

**New Harvest Church** Third Saturday

4290 Portland Rd NE  
503-763-6911



9 a.m. - 11 a.m.

**New Hope** Third and fourth

**Foursquare Church**  
4963 Swegle Road NE  
503-370-8886



Sunday  
2 p.m. - 4 p.m.

**Pauline Memorial** Tuesday

**AME Zion**  
3593 Sunnyview Rd NE  
503-399-0130

10:30 a.m. - 1:30 p.m.

Produce only:  
Second and  
fourth Friday  
12:30 p.m - 2:30 p.m.

**Peoples Church** First, second and third

4500 Lancaster Dr NE  
503-304-4000

Monday  
9 a.m. - 11 a.m.

Fourth Saturday  
10 a.m.-11:30 a.m.

**Precious Children** First Thursday and

Salem Evangelical  
455 Locust St N  
503-581-0102



last two Thursdays  
10 a.m. - Noon

**The Salvation Army** Monday through Friday

1977 Front St NE  
503-585-6688



9 a.m. - Noon

**Seventh-day Adventist**

**Community Services**  
1860 Summer St NE  
503-363-8893



Monday and Tuesday  
10 a.m. - Noon  
*Closed July*

**Solid Rock**

**Community Church**  
3535 Ward Dr NE  
503-393-9739

Second Saturday  
9 a.m. - 10 a.m.

## Do you need more consistent help with food for you and your family?

You can connect with your local DHS office and ask about **SNAP**

**benefits.** SNAP benefits are based on factors like income and household size, and provide monthly support to ensure that many families can get food from grocery stores and markets. **Call 2-1-1** or visit [www.211info.org](http://www.211info.org) and ask about **SNAP!**

**Meals on Wheels** provides home-delivered meals to people who are 50 or over, homebound, or live with disabilities. Assistance programs can help to pay for these meals. Call 503-364-2856.

**WIC:** WIC is a benefits program for low-income women, infants and children. You do not need to provide proof of citizenship, income, or identification to qualify for services. Call 503-588-5057 for the Marion county office or 503-623-8175 for Polk County—or call 503-576-8360 for the Salem WIC office.



**Do you need help with something other than food? There are people in our community who may be able to help.**

Call **2-1-1** to access operators that can connect you with many different resources in the area!

**Community Action (MWVCAA):** Can connect folks to resources like energy bill assistance, weatherization, day and transition shelters, child care, head start, nutrition, housing and other help!

Call 503-585-6232 for the main office

503-399-9080 for ARCHES adult day shelter, and

503-391-6428 for HOME Youth Resource Center, a drop-in center for youth and teens.

**Northwest Human Services** has healthcare and dental clinics with sliding fee scales, shelters, and a crisis line.

Call 503-378-7526 for medical, dental and mental health care

503-588-5825 for HOST, a drop-in shelter day center for 18-24 year olds,

503-588-5827 for HOAP, a day shelter / resource center for homeless and at-risk adults and

503-581-5535 for the 24 hour crisis line for emotional support and community referrals

**Center for Hope & Safety** offers counselling, support, resources and confidential shelter for survivors of sexual assault or domestic violence. Call the 24 hour hotline at 503-399-7722, the office at (503)378-1572 or visit <https://www.mvwcs.com>

# Community Meals in Marion and Polk Counties



Designates a shopping style pantry

<p><b>City Vibe</b> Salem United Methodist Church 1219 3rd St NW Friday 6 – 7:30 p.m.</p> <p><b>First Christian Church</b> 402 N First St, Silverton ; 503-873-6620 Wednesday 5 p.m. - 7 p.m.</p> <p><b>Keizer Community Dinner</b> St. Edward’s Catholic Church 5303 River Rd N, Keizer ; 503-393-5323 Fourth Wednesday, 5 p.m. - 7 p.m.</p> <p><b>The Salvation Army Lodge</b> 1901 Front St NE, Salem,; 503-585-6688 All days, noon - 1 p.m.</p> <p><b>SE Neighborhood Community Center</b> 410 19th ST SE, Salem, 503-362-6626 Wednesday 5:30 p.m. - 7 p.m.</p> <p><b>South Salem Friends Church</b> 1140 Baxter Rd SE, Salem, 503-364-7476 Tuesday 5:30 p.m. - 7:00 p.m.</p>	<p><b>Union Gospel Mission</b> 345 Commercial St NE, Salem 503-362-3983 Breakfast 6:30 a.m., Lunch 12:15 p.m.; Dinner 6 p.m. All days</p> <p><b>James 2 Community Kitchen</b> St. Phillip’s Catholic Church 825 SW Mill Street, Dallas Tuesday 4:30 p.m. – 6 p.m.</p> <p><b>James 2 Community Kitchen</b> Dallas Methodist Church 565 LaCreole Dr, Dallas Thursday 4:30 p.m. – 6 p.m.</p> <p><b>James 2 Community Kitchen</b> Falls City United Methodist Church 257 Main St., Falls City Second, third and fourth Tuesday, 5 p.m. - 7 p.m.</p> <p><b>Woodburn Seventh Day Adventist Church</b> 782 Willow Ave, Woodburn Saturday. noon - 3 p.m.</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## N. Salem / N.E. Salem / Keizer cont’d.

<p><b>Spanish Seventh Day Adventist</b> 4625 Cordon Rd NE  503-856-9700</p> <p><b>St Vincent DePaul Society</b> 3745 Portland Rd NE  503-364-5672</p> <p><b>Wade Harris Outreach Ministries</b> 865 Medical Center Dr. NE  971-388-2192</p>	<p>Wednesday 6:30 p.m. - 8:30 p.m.</p> <p>Monday, Tuesday, Wednesday, Friday 10 a.m.- 1:45pm Thursday 11 a.m.-1:45 p.m.</p> <p>Second and fourth Friday 3 p.m. - 5 p.m. Produce and bread only</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

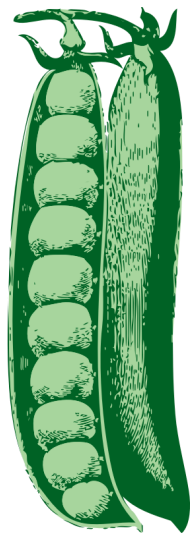
## South Salem

<p><b>Capitol City Church of God</b> 990 Boone Rd. SE 503-370-7095</p> <p><b>Mano-a-Mano Colonia de Libertad</b> 2921 Saddle Club Rd SE, Ste. 9  503-315-2290</p> <p><b>Mission of Hope</b> Silver Creek Fellowship Houck Middle School 1155 Connecticut SE 503-873-7353</p> <p><b>New Life Community Church</b> (At Bush Elementary School) 410 14th St SE 503-363-5771</p> <p><b>Salem Mission Faith Ministries</b> 4308 Hillrose St. SE  5-3507-6234</p> <p><b>Table of Plenty</b> Queen of Peace Catholic Church  4227 Lone Oak Rd SE 503-364-7202</p> <p><b>Trinity United Methodist</b> 590 Elma Ave SE  503-585-8851</p>	<p>May - October Wednesday 9 a.m. - 6:30 p.m. Produce and bread</p> <p>Tuesday, Wednesday and Thursday 1 p.m. - 4:45 p.m.</p> <p>Last Saturday 10 a.m. - Noon</p> <p>Fourth Saturday 10:30 a.m.. - 12:30 p.m.</p> <p>Produce and bread only Third Tuesday and last Thursday 4 p.m. - 7 p.m.</p> <p>Thursday 4:30 p.m. – 7 p.m.</p> <p>Monday, Wednesday and Friday Closed first week of each month 1 p.m. - 3:30 p.m.</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## West Salem

<p><b>Kingwood Bible Church</b> 1125 Elm Ave NW 503-399-9600</p> <p><b>Life Essentials</b> Life Church 255 College Drive NW 503-362-0362</p> <p><b>Shared Blessing</b> Family Life Church  1675 Wallace Rd NW 503-364-0002</p> <p><b>West Salem United Methodist</b> 1219 3rd St NW  503-363-3035</p>	<p>First and Third Saturday 10 a.m. - noon</p> <p>Fourth Saturday 10 a.m. - Noon Second Thursday 7 p.m. - 8 p.m.</p> <p>Monday and Wednesday 9 a.m. - 11:45 a.m.</p> <p>Monday and Wednesday 1 p.m. - 3 p.m.</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

### What can you expect when you visit a community meal?



Every meal site is unique, but all of them operate on the same basic principles. Whatever meal you attend, you should feel welcome and safe. Usually you will be greeted upon arrival, go through a buffet style meal line, and gather at tables with other guests. Some meals might be more focused on serving certain populations—like individuals experiencing homelessness—but all of them are intended to provide access to food for people who face barriers to getting healthy, nutritious meals. Just like at a pantry, you do not need to bring any form of ID or proof of your income, address, or citizenship, and you will not be compelled to participate in any religious activity in order to receive food. Hopefully, you’ll have the opportunity to meet new neighbors, or even become a regular attendee and find a new community.

Independence / Monmouth

<b>Ella Curran Food Bank</b>	Monday, Tuesday, Thursday
854 N Main St. Independence	9 a.m. - 11:30 a.m.
503-917-1681	Tuesday 4:00 p.m. - 6:00 p.m.



Turner / Marion / Aumsville / Stayton

<b>Aumsville Food Pantry</b>	Thursday 12 p.m. - 5 p.m.
10153 Mill Creek Rd SE (541)680-7018	
<b>Marion Friends Church</b>	First and third Monday 9 - 11 a.m.
5997 Stayton Rd SE, Turner (503)769-7915	
<b>Stayton Community Food Bank</b>	Monday - Friday 9 a.m. - noon
155 2nd St 503-769-4088	
<b>Turner Christian Food Bank</b>	Monday 9 - 11:30 a.m.
7871 Marion Rd SE 503-743-2119	

Silverton/Scotts Mills/Mt. Angel

<b>Mission Benedict</b>	Wednesday and Friday 1 p.m. - 4 p.m.
925 S Main Stt. Mt Angel 503-845-2468	
<b>Mission of Hope</b>	Wednesday 2 p.m. - 5 p.m.
822 Industry Way Silverton 503-873-7353	Third Saturday 10 a.m. - noon
<b>Mt Angel Community Center</b>	Tuesday - Thursday 9:30 a.m. - 11:30 am
195 E Charles St 503-845-6998	
<b>Scotts Mills Community Center</b>	Tuesday 9 a.m. - 11 a.m.
298 4th St	
<b>Silverton Area Community Aid</b>	Monday, Tuesday, Thursday, Friday 9 a.m. - noon
421 Water St 503-873-3446	Tuesday 6 p.m. - 8 p.m.

Woodburn / Gervais

<b>AWARE Food Bank</b>	Monday - Friday 9 a.m. - noon
152 Arthur St, Woodburn 503-981-5828	
<b>Life Spring Church</b>	First and third Tuesday 10 a.m. - noon
9165 Portland Rd NE 503-393-2155	
<b>Sacred Heart Food Bank</b>	First and third Wednesday 1 p.m. - 4 p.m.
680 Elm St, Gervais 503-792-4231	
<b>St Luke's SVDP Food Bank</b>	Second and fourth Thursday 5 p.m. - 7 p.m.
417 Harrison St, Woodburn 971-338-1074	
<b>Woodburn Family Learning Center</b>	Monday, Wednesday, Thursday, Friday 9 a.m. - 12 p.m. 1:30 p.m. - 3 p.m.
1440 Newberg Highway 503-981-1309	
<b>Woodburn Spanish Seventh Day Adventist Church</b>	Wednesday 5:30 p.m. - 7:30 pm
782 Willow Ave 503-550-0445	

Dallas / Falls City / Grande Ronde

<b>Dallas Food Bank</b>	Monday - Friday 9 a.m. - 11:30 a.m.
322 Main St. Suite 180 503-623-3578	
<b>Dallas Seventh Day Adventist</b>	Wednesday 10 a.m. - 1 p.m.
589 SW Birch St 503-623-5872/503-838-1743	
<b>Falls City Produce</b>	Friday 3:30 p.m. - 5:30 p.m. Produce and bread only
330 N. Main St. 503-991-9959	
<b>Falls City Seventh Day Adventist Church</b>	Third Wednesday noon - 4 p.m.
205 N Main St 503-787-3315	
<b>Iskam Mek h Mek Haws</b>	First, third and fifth Friday 9 a.m. - 1 p.m. Second Saturday 10 a.m. - 2 p.m. 4 <sup>th</sup> Wednesday 2 - 6pm
9675 Grand Ronde Rd 503-879-3663	

Santiam Canyon

<b>Idanha/Detroit Community Food Pantry</b>	Second and fourth Friday 9:30 am - 2:30 pm
397 Church St. Idanha, OR 97350 503-854-3455	
<b>Joseph's Storehouse of Hope</b>	Third Saturday 11 a.m. - 1 p.m.
Mari Linn School 741 5th St Lyons, OR 97358 503-881-9846	
<b>Mill City / Gates Community Center</b>	Tuesday 10 a.m. - noon Thursday 6 p.m. - 8 p.m.
284 SW Cedar Mill City 503-897-4904	

Are you in need of immediate food and can't get to a pantry during service hours?

Call one of these sites and request an "after hours box" - a basic, two day food supply to help until you can access more resources. .

**Dallas DHS:** 503-623-5526

**DHS Family Stability & Employment Services:** 503-378-4098

**North Salem DHS:** 503-378-2731

**Salem House of Prayer** 503-589-9176

**Santiam DHS:** 503-316-3214

**South Salem DHS:** 503-378-6327

**NWHS Crisis & Information Hotline:** 503-581-5535

