

THIS DOCUMENT MAY BE PRINTED AND SHARED


Please call ahead or check the organization's website for up to date information, as it changes rapidly.

Food Security Resources Online

211 Info

Information and referrals to food resources across Oregon and Southwest Washington. Find out about food programs including food pantries, farmers markets, community gardens, fresh food distribution and summer food programs for youth in your area. <https://www.211info.org>

To find out what food programs you might be eligible for or to speak with a Food Stamps Advocate:

CALL 211 or 1-866-698-6155 

TEXT your zip code to 898211 (TXT211)

EMAIL help@211info.org

Oregon Food Bank

Over 1,400+ partner pantries and food assistance sites across Oregon and Southwest Washington are open — updating hours and availability daily, please call ahead

<https://www.oregonfoodbank.org/find-help/find-food/>

Care To Share

Emergency Food and Utilities Support—Beaverton, Aloha, Portland area

<http://www.caretosharehelp.org/>

Partners for Hunger Free Oregon

Includes School Districts' Information on Grab and Go breakfast and lunch options

<https://oregonhunger.org/covid-19/>

SNAP

SNAP provides a monthly supplement for purchasing nutritious food

<https://apps.state.or.us/onlineApplication/>

Washington County Women, Infants and Children (WIC)

Provides nutrition education, breastfeeding support, healthy food, health referrals and other services free of charge to families who qualify

<https://www.co.washington.or.us/HHS/WIC>

Meals on Wheels

Volunteers deliver Meals on Wheels and friendly visits to homebound elderly

<https://www.mowp.org/what-we-do/meals-on-wheels/>

FOOD & PERSONAL RESOURCES

Tigard Food Resources

CASCADE VINEYARD CHURCH KING'S KINDNESS MINISTRIES

14460 SW 114th Ave. (on the corner of Hwy 99 & Bull Mountain Rd.)

Tigard, OR 97224

(503) 684-8225

Website: <https://www.portlandvineyard.org>

Thursday 12-3 pm.

Food Pantry. Located behind parking lot of Christ the King Lutheran Church. Will stay open and serve as long as the Oregon Food Bank is open.

Areas Served: All

FREE FOOD MINISTRIES

11735 SW Gaarde St.

Tigard, OR 97224

No phone or website *For daily updates check their Facebook page*

Everyday, 3:30-7 pm

Produce and canteen items. Sometimes have dairy products, pet food...

NOTE: BRING YOUR OWN BAGS

Monday and Tuesdays they receive a delivery of sandwiches and salads.

LOVE INC

11820 SW King James Pl. Ste. 10-G

King City, OR 97224

(503) 443-6888

Website: <https://www.loveinc>

Tuesday and Wednesday 9:30 am-12:30 pm

Call during open hours to start the intake process or leave a message and someone will get back to you.

MUSLIM EDUCATIONAL TRUST- COVID 19 temporary resource

10330 SW Scholls Ferry Road

Tigard, OR 97223

(503) 579-6621

M-F 10 am-4 pm

Call-Served by appointment only

NORTHWEST CHRISTIAN CHURCH

****ESSENTIAL NEEDS HUB****

13405 SW Hall Blvd (across from the Tigard Library)

Tigard, OR 97223

(503) 639-5713

Website: <https://www.tigardcc.org/covid-19-response>

Email: Tigardinfo@mynw.cc

Need to fill out online form for pantry items and to set up an appointment.

Non-perishable food, toiletries, diapers and other necessities for pickup or delivery.

Areas Served: All

SVDP (Saint Vincent DePaul) at ST. ANTHONY CHURCH

12630 SW Grant Ave.

Tigard, OR 97223

(503) 639-4179

Website: <https://www.satigard.org/st-vincent-de-paul>

Mon 12-2:30 pm, Tues 12-2:30 pm, Wed 1-3 pm, Thurs 12-2:30 pm, Fri 12-2:30 pm, Sat 10 am-12 pm

Pantry including produce. Limited to two visits per month. Proof of residency can be a piece of mail.

NOTE: If homeless special provisions for food boxes.

Areas served: 97223, 97224

Located across from the Church on the corner of McKenzie and Grant streets

SVDP Rent & Utility Assistance

Call 503-684-8280 or send an email for assistance in these specific areas:

RENT ASSISTANCE, UTILITIES ASSISTANCE and WATER ASSISTANCE (City of Tigard Water only)

Website: <https://www.satigard.org/st-vincent-de-paul>

ST. ANTHONY COMMUNITY CAFÉ

9905 SW McKenzie Ave.

Tigard, OR 97223

(503) 639-4179

Website: <https://www.satigard.org/st-vincent-de-paul>

Sundays 5:30-6:30 pm

Take out dining only in Jack Ryan Hall (School old cafeteria)

Areas served: All

TIGARD COMMUNITY FRIENDS CHURCH

15800 SW Hall Blvd.

Tigard, OR 97224

(503) 620-7836

Website: <https://www.Office@tigardfriends.com> or <https://www.tigardfriends.com>

Food boxes generally available the third Saturday of the month from 11 am–1 pm

TIGARD COVENANT CHURCH - CMS (Spanish speaking staff available)

11321 SW Naeve St.

Tigard, OR 97224

(503) 639-3084

Website: <https://www.tigardcovenant.org/activities/>

Hot meals to go Tuesdays 6-7 pm **NOTE: This service has currently been suspended due to lack of turnout.**

Arrive early to receive a number and wait at back door. Food to last 3-4 days. One visit per month.

Areas served: All

TIGARD COVENANT CHURCH - BARB'S PANTRY

11321 SW Naeve St.

Tigard, OR 97224

503-639-3084

Website: <https://www.tigardcovenant.org/2013/09/share-your-garden-with-others/>

Tuesday 12-2 pm

Areas served: 97223, 97224, 97062

Food boxes (Produce, meats...)

TIGARD DHS Free Food Market (at the Tigard UMC - Bethlehem House of Bread)

9055 SW Locust St. (across from Metzger Elementary School)

Tigard, OR 97223

(503) 639-3181

3rd Friday 1:30-2:30 pm

Food Pantry - April & May only

TIGARD UNITED METHODIST CHURCH - Bethlehem House of Bread

9055 SW Locust St. (across from Metzger Elementary School)

Tigard, OR 97223

(503) 639-3181

Email: Bethlehemhouseofbread@gamil.com

Sun 1-3 pm, Tues 5-7 pm, Thurs 1-3 pm

Food Pantry

Areas served: All

TRINITY COMMUNITY CHURCH

10900 SW 121st Ave.

Tigard, OR 97223

(503) 590-5683

Website: <https://www.Trinitycommunityc.org>

Saturday 12-3 pm Third Saturday of each

Free Meals

TIGARD-TUALATIN SCHOOL DISTRICT: For district students Pre-K through 12th grade. There are grab and go sites for pick up of prepackaged breakfast and lunch from 10:30 am-12:30 pm, Monday – Friday until August 29th. Additional food and supplies for families may be available from Packed with Pride.

TIGARD LOCATIONS - Metzger Elementary School, Arbor Heights Apartments, Cypress Crest Apartments, Oleson Woods Apartments, Shenandoah Apartments, St. James Apartments and Fir Terrace Apartments (For Tualatin locations see Tualatin Food Resources)

Tualatin Food Resources

Free Groceries

TUALATIN SCHOOL HOUSE FREE FOOD MARKET

3550 SW Borland Rd.

Tualatin. OR 97062

(503) 282-0555

Saturday 9 am. Fourth Saturday of the month. Bring your own bag. Open to anyone in need of food assistance, no income verification needed.

TUALATIN SCHOOL HOUSE PANTRY

3550 SW Borland Rd.

Tualatin, OR 97062

(503) 783-0721

Website: <https://www.schoolhousepantry.org>

Monday 4-7 pm, Wednesday and Friday 10 am-1 pm. Pre-packed food boxes. Curbside pickup. Address is required for new clients. Located within Rolling Hills Community Church. Shopping style pantry

Areas served: Tualatin, Durham, Lake Oswego, Wilsonville and West Linn

Free Meals

TIGARD-TUALATIN SCHOOL DISTRICT: For district students Pre-K through 12th grade. There are grab and go sites for pick up of prepackaged breakfast and lunch from 10:30 am-12:30 pm, Monday - Friday until June 11th (dates may be extended). Additional food and supplies for families may be available from Packed with Pride.

TUALATIN LOCATIONS: Tualatin Elementary School, Rolling Hills Apartments, Terrace View Apartments, Tualatin Meadows Apartments and Chelan Apartments

Sherwood Food Resources

Free Groceries

GOOD NEIGHBOR FAMILY PANTRY

21555 SW Hells Canyon Rd.

Sherwood, OR 97140

(503) 554-0630

Website: <https://www.goodneighborfamilypantry.org>

Currently no scheduled events. Check Facebook page for potential food availability (dependent on donations), Pantry is located on a working farm. Visit the website for a required video before visiting the pantry.

HELPING HANDS

22280 SW Washington St.

Sherwood, OR 97140

(503) 625-7975

Saturday 9-10 am. Third Saturday of the month. Call in case of emergency situation. Food Boxes which include non-perishables, fresh fruits and vegetables.

Areas served: All

HOPE DINER – ST. FRANCIS CAC

15659 SW Oregon St.

Sherwood, OR 97140

(971) 625-7067

Website: <https://www.stfrancissherwood.org/social-action-ministries>

Wednesday 9-11 am, 5-7 pm and Thursday 9-11 am. Shopping style.

Areas served: All

WILLOWBROOK FOOD PANTRY

19200 SW Edy Road

Sherwood, OR 97140

(971) 832-1688

Website: <https://www.foodpantries.org/li/willowbrook-food-pantry>

Tuesday 4-6 pm, Saturday 9-11 am. Shopping style pantry.

Areas served: All

Food Pantry Farmers Markets

Beaverton Farmers Market: Drive-thru. Please send only one member per household.

Forest Grove Sun Gold Farm: Online Harvest Club. Order ahead and pickup.

WASHINGTON COUNTY FOOD RESOURCES

Washington County – Grocery Stores: Senior/Vulnerable Population Shopping Hours

Albertsons: Every Tuesday & Thursday 7-9:00 am

Costco: Tuesdays and Thursday 8—9:00 am

Fred Meyers: Monday thru Thursday 7–8:00 am

New Seasons: 8-9:00 am with Senior discount

Safeway: Every Tuesday & Thursday from 7-9:00 am

Target: Tuesdays and Wednesdays 1st hour- 65 year old , pregnant women or those defined by the CDC as vulnerable or at-risk.

Albertsons: Trader Joes: First hour every day

Walgreens: Every Tuesday first hour (9 am to 9 pm 7 days a week—pharmacy remains the same)

Walmart: One hour early on Tuesdays

Whole Foods: Open one hour prior to opening hours for 60+

Countrywide (and Portland area) Food Delivery Resources for Homebound Populations

Washington County Non-Emergency Dispatch Line

Covers all of Washington County, no eligibility guidelines, anyone in need can access, no limits on how often they can access. They often have more food boxes than they can distribute before food expires. **This is an ongoing service, not just available during the coronavirus.

Call 503-629-0111 for more info.

Sunshine Division (City of Portland)

687 N Thompson St.

Portland, OR 97227

<http://www.sunshinedivision.org>

help@sunshinedivision.org

503-823-3333 Portland Police Non-Emergency Dispatch

Extreme food emergency with no other means of getting food. Portland Police provides a one-time emergency food box delivery for homebound individuals

Service hours: 24 hours per day / 7 days per week

Site hours: Monday-Friday 9:30-11 am and 12:30-1 pm

St. Juan Diego St Vincent De Paul Pantry (Reduced services as of 3/27/20--still providing food boxes)

5995 NW 178th Ave.

Portland, OR 97229

Food box delivery to homebound communities and food pantry

503-985-6046 Hotline 503-644-1615 Main phone

Food Pantry 503-985-6046

<http://www.stjuandiego.org>

sjd.svdp@gmail.com

Intake procedure: Call for more information (walk in option).

Service hours: Monday 4-5:30 pm, Thursday 10-11:30 am, Friday 11 am-12:30 pm--For food box delivery call Thursday/Friday first half hour

Area served: Zip codes 97006, 97124, 97229, and 97231 (Washington County only)

STORE TO DOOR (not accepting new clients as of 3/25, call to check for future availability)

7730 SW 31st Ave.

Portland, OR 97219

Serves age 65 and older and adults with disabilities who are homebound-Grocery and Food Delivery

<http://www.storetoooroforegon.org>

office@storetoooroforegon.org

<http://www.storetoooroforegon.org/client-enrollment>

503-200-3333 Main phone

Service description: Provides low-cost, volunteer-based shopping and delivery of groceries, prescriptions, and household supplies on a weekly basis. Those who use the service pay for their groceries plus a delivery fee of 10% of the order. If seniors are on Oregon Project Independence (OPI) they may qualify for a reduced or zero delivery fee. SNAP/EBT benefits can be used for grocery purchases. Client agreement to be signed by client on first delivery. Credit/debit card use agreement to be signed on first delivery if need be.

Service hours: Order taking: Monday/Tuesday 9 am -3 pm Shopping/Delivery: Wednesday/Thursday 9am-5pm

Area served: Multnomah County east to 172nd Avenue and a portion of Washington County (not by zip codes, but generally within Beaverton and SW Portland)

Shelter Resources

COMFORT INN HILLSBORO - COVID test pending and positive only

3500 NE Cornell Rd.

Hillsboro, OR 97124

(971) 762-7450

BEAVERTON SEVERE WEATHER SHELTER - Non COVID related

12350 SW 5th St.

Beaverton, OR 97005

(503) 726-0850

Call to get screened and if full your name goes on a waiting list

COMMUNITY CONNECTIONS - Non COVID

210 SE 12th Ave.

Hillsboro, OR 97123

(503) 640-3263

Full at this time. Call to get screened and if full your name goes on a waiting list. Talked to Melissa.

Community Connections has a food pantry. They are open from M-F 5:30-9:00 pm, Sat-Sun 9 am - 9 pm. This is once a month.

JUST COMPASSION RESOURCE CENTER - Non COVID related

12280 SW Hall Blvd.

Tigard, OR 97223

(503) 624-4666

We offer homeless adults a respite from the weather, a nutritious meal, access to restrooms, internet, phones, socialization, clothing, resource information and many other support services.

Laundry Facilities

UNITY LAUNDROMAT

11945 SW Pacific Hwy. #123

Tigard, OR 97223

First Sunday of the month from 1-3 pm. We provide detergent and quarters.

You can take a shuttle service over to the United Methodist Church for a shower.

