

NEED FOOD?



There are resources available to help meet your essential needs.

Need food right now?



Free meals are available over the summer. Children 18 years and younger may receive free meals and snacks through the Summer Food Service Program (SFSP) and Seamless Summer Option (SSO). To find a summer meals site nearest to you visit www.summerfoodoregon.org, text "Food" or "Comida" to 304-304, or call 2-1-1.



SNAP (formerly food stamps) helps you buy groceries. Apply today. Find all the information you need at benefits.oregon.gov where you can apply for SNAP, cash, insurance, childcare and domestic violence assistance all in one place. Dial **211** or call your [local ODHS office](#) with questions. Receive food assistance while waiting for your unemployment insurance.



Food pantries, pick-up sites and delivery options: Oregon Food Bank's network of 1,400+ partner pantries and food assistance sites are open across Oregon and Southwest Washington. Many offer drive/walk-up or direct delivery options. Visit oregonfoodfinder.org for local locations, or call **2-1-1** for help.



WIC offers healthy food and nutrition and breastfeeding support for families with kids under age 5 and for pregnant women. Go to healthoregon.org/wic and click the WIC Interest Form button. You can also call **2-1-1** and ask to speak with a maternal and child health specialist. New participants are welcome!



Need meals if you're 60+ or live with a disability?

The Aging and Disability Resource Connection (ADRC) of Oregon's Older Adult Meals Program ("Meals on Wheels") provides meals for people across Oregon. Anyone 60+ can receive these meals. There are no income requirements and no charge for meals. The ADRC can also help connect people with disabilities, regardless of age, to food resources. Visit adrcoforegon.org or call **1-855-673-2372**.



Need more information on resources?

You can contact 2-1-1info by calling **2-1-1**, texting your ZIP code to **898211**, or visiting 211info.org.

You can also contact the Aging and Disability Resource Connection of Oregon at **1-855-673-2372** or visit adrcoforegon.org.