

List of Food Resources in Multnomah County

Updated 10.22.25

North Portland

- **Hand Up – The People’s Pantry**

- Located at the Q
Center-4115 N
Mississippi Ave Ste 5,
Portland, OR, 97217
- Mondays and
Tuesdays, 12pm –
4pm; 4th Saturday of
the month, 10am- 1pm
- Can visit once per
week

- **Hereford House Food Pantry**

- 7704 N Hereford Ave,
Portland, OR, 97203
- Fridays and Saturdays
12pm –2pm
- Once per month

- **Mainspring Monthly Mobile Destination Food Pantry – Dawson Park Mobile Pantry**

- 1 N Stanton St,
Portland, OR, 97227;
Located across from
the church
- 1st Tuesday of the
month, 10am – 12pm

- **New Columbia Free Food Market**

- 4625 N Trenton St,
Portland, OR, 97203
- Third Saturday of the
month, 10am – 12pm
- Shopping- style food
pantry, please bring
own bags

- **Salvation Army Moore Street Corps**

- 5235 N Williams Ave,
Portland, OR, 97217
- Wednesdays and
Fridays, 9am-1pm
(arrive by 12:30pm)

- Walk-up services with pre-packaged food boxes or shopping-style client selection
- Can visit once per month
- **School Pantry at Clarendon**
 - 9325 N Van Houten Ave, Portland, OR 97203
 - Wednesdays, 12pm – 2pm
 - Open to the public
 - Shopping style pantry
- **School Pantry at Ockley Green**
 - 6031 N Montana Ave, Portland, OR 97217
 - Thursdays, 4:30pm – 5:30pm
 - Located in the portables behind the school
- **School Pantry at Roosevelt High School**
 - 6941 N Central St, Portland, OR 97203
 - Mondays, 1:30pm – 3pm
 - Open to the public, shopping style
- **St John's Food Share**
 - 8100 N Lombard St, Portland, OR, 97203
 - Mondays and Fridays 10am – 4pm; Wednesdays 10am – 12pm
 - No service area restrictions
 - Shopping-style food pantry
- **St Vincent de Paul Holy Redeemer**
 - 15 N Rosa Parks Way, Portland, OR, 97217
 - Wednesdays and Saturdays 2:30pm – 4pm
- **St Vincent de Paul Immaculate Heart**

- 2926 N Williams Ave,
Portland, OR
- Tuesdays, 11am- 2pm
- **University Park ACS Food
Pantry**
 - 4007 N Alaska St,
Portland, OR, 97203
 - Food pantry,
Wednesdays 5pm –
7pm
 - Free Food Market, First
Friday of each month
at 11am
- **Urban Gleaners Free
Market, Humboldt
Gardens Apartments**
 - 5033 N Vancouver Ave,
Portland, OR, 97217
 - Thursdays, 9:30am –
10:30am
 - The market is held in
the community room
on the main level of the
apartment building.
This room can be
accessed via the door

on N Vancouver Ave, or
through the parking lot
on the west side of the
building.

- Please bring your own
bags and arrive 10 – 15
minutes early, if
possible

- **Urban Gleaners Free
Market, Jefferson High
School**

- 5210 N Kerby Ave,
Portland, OR, 97217
- Fridays, 1pm – 3pm
- The market is held
outside under the
covered area just SE of
the school building,
between the school
and the baseball
diamond. Shoppers
can enter through the
driveway on N
Commercial Ave.
Lottery number

distribution begins at
12:50

- Please bring your own bags and arrive 10 – 15 minutes early, if possible

- **PDX Free Fridge**

Locations:

- Albina Fridge – N Albina between Bryant and Morgan
- Albina Hygiene and Safety Pantry – N Albina between Buffalo and Holland
- Arbor Lodge Mini Fridge – N Greeley Ave between Holman and Ainsworth St
- Boise Pantry – N Jessup St and N Haight Ave
- Piedmont Mini Fridge – N Albina Ave Between Russet St and Lombard St
- Poetree Pantry – N Dekum St and N Vancouver Ave
- Portsmouth Fridge - N Exeter Ave between N Cecelia St and N Fessenden St
- Portsmouth Pantry – N Chataqua Blvd between N Kilpatrick St and N Winchell St
- Portsmouth Fridge (Union Church) - N Lombard and Fiske
- Red House Fridge – N Albina and N Prescott
- Right to Dream Too Fridge – 999 N Thunderbird
- St John's Pantry – N Reno Ave & N Syracuse Ave
- St John's Mini Fridge – N Kellogg St between N Buchanan Ave and N Burr Ave

NE Portland

- **Allen Temple Food Pantry**

- 4214 NE 8th Ave,
Portland, OR, 97211
- Service Area: between
NE
Broadway/Ainsworth
to NE 42nd/N.
Killingsworth
- Wednesdays and
Saturdays, 11am –
2pm (closed first
Wednesday and
Saturday of the month)

- **All Saints Catholic Church (SVdP)**

- Call 503-235-8431

- **Community for Positive Aging Pantry (55+)**

- Main food pantry,
Tuesdays, 1:30pm –
2:30pm
- 1820 NE 40th Ave,
Portland, OR, 97212
- Asian Food Pantry, 2nd
Thursday of the month,
12pm – 2:30pm
 - Asian pantry
requires
registration

- **Equitable Giving Circle**

- Food Distribution at
Alder Commons, 4212
NE Prescott Blvd,
Portland OR
- Weekly market for
BIPOC folks every
Thursday 10am - 2pm

- **Highland Christian Center**

- 7600 NE Glisan St,
Portland, OR, 97213
- Food Pantry, Fridays,
10am – 12pm

- Community Breakfast,
Sundays, 9am – 10am
- **Love Our City**
 - 6120 NE 57th Ave,
Portland, OR, 97218
 - Tuesdays, 11am -
12pm
 - Drive-through and
walk-up food
distribution
- **Mainspring Portland**
 - 3500 NE 82nd Ave,
Portland, OR
 - Food Pantry,
Thursdays 10am – 1pm
 - Clothing Pantry,
Tuesdays and
Thursdays, 10am -
1pm
- **Northeast Emergency
Food Program**
 - 4800 NE 72nd Ave,
Portland, OR, 97218
 - Thursdays and
Saturdays, 9:30am –
12pm
- Tuesdays, 4pm –
6:30pm (Spanish as
the primary language)
- Lottery style, self-
service shopping
experience
- **One HOPE Fellowship**
 - 5425 NE 27th Ave,
Portland, OR 97211
 - 1st, 3rd, and 4th
Saturdays, 11am -
12pm
- **Ortiz Center Free Food
Market**
 - 6736 NE Killingsworth
St, Portland, OR,
97218
 - First Wednesday of the
month, 10am - 12pm
- **Rigler Elementary Free
Food Market**
 - 5401 NE Prescott St,
Portland, OR, 97218
 - 3rd Friday of the month,
3pm – 4:30pm (Dec

Market moved to
12/12)

- **School Pantry at McDaniel High**

- 2735 NE 82nd Ave,
Portland, OR 97220
- Wednesdays 2pm –
3:30pm (public hours)
- Shopping style food
pantry

- **School Pantry at Woodlawn School**

- 7200 NE 11th Ave,
Portland, OR 97211
- Wednesdays, 4:30pm -
5:30pm
- Open to the public,
shopping style

- **Sharon Community Services SDA**

- Last two Saturdays of
the month, 2pm – 4pm
- 5209 NE 22nd Ave,
Portland, OR, 97211

- **St Andrew Catholic Church (SVdP)**

- 4940 NE 8th Ave,
Portland, OR
- Service Area: From I-5
east to NE 25th and
from Ainsworth south
to Shaver Street
- Wednesdays,
Thursdays, and
Fridays, 9am – 1pm
- Shopping-style food
pantry

- **St Charles Catholic Church (SVdP)**

- 5310 NE 42nd Ave,
Portland, OR, 97218
- Tuesdays, 4pm – 6pm;
Saturdays, 10am -
12pm
- Neighborhood
Gleaners Program
 - Contact
[gleaners@commu
nityfpa.org](mailto:gleaners@communityfpa.org) or call
503-288-8303 to
sign up

- **St Philip the Deacon Church**
 - 120 NE Knott St,
Portland, OR 97212
 - 3rd and 4th Saturdays of
the month, 11am –
12pm
 - Dine-in or grab and go
lunch
- **St Rita Catholic Church (SVdP)**
 - 10029 NE Prescott St
 - Saturdays, 10am –
12pm
- **St Rose Catholic Church (SVdP)**
 - Call 503-235-8431
- **St Vincent de Paul Holy Rosary**
 - Call 971-533-8320
- **U.Me.Us Food Pantry**
 - 2830 NE Flanders St,
Portland, OR, 97232
 - 2nd, 3rd, and 4th
Sundays, 1:30pm –
3:30pm
- **Urban Gleaners Free Market, Woodlawn City Park**
 - 6854 NE Claremont
Ave, Portland,
OR,97211
 - Saturdays, 12pm –
1pm
 - The market is held
under the NE
Claremont Ave bridge,
between the
playground and the
splash pad in the
center of the park.
 - Please bring your own
bags and arrive 10 – 15
minutes early if
possible
- **PDX Free Fridge Locations**
 - Alder Commons Pantry
– Ne Prescott and 42nd
 - Concordia Fridge – NE
Ainsworth and 24th

- Cully Fridge – NE 73rd between Roselawn and Alberta
- Friends of Trees Fridge – NE MLK between Fargo and Monroe
- Irvington Mini Fridge – NE 7th between NE Fremont and Beech
- Open Signal Fridge – NE Graham between NE MLK and 7th
- The Sharing Shed Pantry – NE 49th between Halsey and Broadway
- Vernon Fridge – NE 15th and Emerson
- Woodlawn Fridge – NE 6th and Stafford

SE Portland

- **All Saints Episcopal Church Woodstock Food Pantry**
 - 4033 SE Woodstock Blvd, Portland, OR, 97202
 - Fridays and Saturdays, 12pm – 2pm
 - Available to anyone in need of food
 - Drive-through or walk-up pantry
- **Ascension Catholic Church (SVdP)**
 - 823 SE 76th Ave, Portland, OR, 97215
 - Wednesdays, 5pm – 630pm; Thursdays, 2pm – 330pm
- **City Team Ministries**
 - 526 SE Grand Ave, Portland, OR, 97214
 - 4th Saturday of the month, 12pm - 2pm

- **Esther's Pantry**

- 10202 SE 32nd Ave, Ste 601, Milwaukie, OR 97222
- Mondays and Wednesdays, 1pm – 2pm
- Tuesdays and Thursdays, 2pm – 3pm
- Shopping style pantry, distribution capped at 40 households

- **Francis Center Food Pantry**

- 6535 SE 82nd Ave, Portland, OR, 97266
- Monday – Thursday, 10am – 2pm
- One visit per month, unless houseless
- Please bring own bags if possible

- **Groceries for Grout**

- 4028 SE 34th Ave, Portland, OR 97202
- Fridays, 12pm – 1pm

- Outdoor pantry, shopping style
- Available to everyone
- Please bring your own bags

- **Holy Family Catholic Church (SVdP)**

- Call 503-235-8431

- **Kellogg Middle School Free Food Market**

- 3400 SE 69th Ave, Portland, OR 97206
- 3rd Friday of the month, 3:30pm – 5pm
- Open to the public, please bring bags

- **Our Lady of Sorrows Catholic Church (SVdP)**

- Call 503-235-8431

- **Portland Open Bible Community Pantry**

- 3223 SE 92nd AVE, Portland, OR, 97266
- Food Box delivery available (sign up required)

- <https://www.pobcpantry.com/order-online>
 - Pantry Pickup,
Tuesdays 5pm – 7pm;
Thursdays 10am – 1pm
- **Rahab's Sisters**
 - 232 SE 80th Ave,
Portland, OR, 97215
 - Services open to all
women, trans, and
nonbinary people
 - Community
Gatherings on Fridays,
5pm – 8pm with free
restaurant style dinner
 - Self-serve lunch,
beverages, and social
time on Wednesdays,
2pm - 4pm
- **School Pantry at Harrison
Park Middle School**
 - 2225 SE 87th Ave,
Portland, OR, 97216
 - Mondays, 3:15pm –
4:45pm
- **School Pantry at Kelly
Elementary School**
 - 9015 SE Rural St,
Portland, OR 97266
 - Wednesdays, 3pm –
4:30pm
 - Located between Kelly
Elementary and Kelly
Head Start buildings
on 91st Ave
- **School Pantry at Lane
Middle School**
 - Tuesdays 2:30pm –
4pm
 - Distribution at the
back of the school
 - Shopping style pantry
- **St Ignatius Catholic
Church (SVdP)**
 - Call 503-235-8431
- **St Mark's Lutheran
Church**
 - 5415 SE Powell Blvd,
Portland, OR, 97206
 - Fridays 2pm – 5pm

- Shopping-style food pantry

- **St Peter Catholic Church (SVdP)**

- 5905 SE 87th Ave, Portland, OR, 97266
- Wednesdays and Saturdays, 10am - 11am

- **Urban Gleaners Free Market, Lents Park**

- 4808 SE 92nd Ave, Portland, OR, 97266
- Thursdays, 12pm - 2pm
- Market is held in the parking lot on the corner of SE 88th Ave & SE Steele St, next to the community garden. Lottery numbers are handed out at 12:00 p.m. If you arrive after numbers have been handed out, there is still an opportunity to

shop after everyone with a number has gone through, though the quantity and variety of food left at this point varies week to week.

- Please bring your own bags and arrive 10 – 15 minutes early, if possible

- **Urban Gleaners Free Market, Mt Scott Park**

- SE Ellis St and SE 74th St, Portland, OR, 97206
- Tuesdays, 12:15pm – 2pm
- Market is held on the corner of the park by SE Ellis St & SE 74th Ave. Lottery numbers are handed out at 12:15PM. If you arrive after numbers have been handed out,

there is still an opportunity to shop after everyone with a number has gone through, though the quantity and variety of food left at this point varies week to week.

- Please bring your own bags and arrive 10 – 15 minutes early, if possible

- **Urban Gleaners Free Market, Orchards of 82nd**

- 8118 SE Division St, Portland, OR, 97206
- Wednesdays, 9:15 am – 9:45 am
- The market is held inside the Orchards of 82nd building in the community room. The entrance is on the north side of the building, along SE Division St. Shoppers

are allowed to wait in the main hallway. Once lottery numbers are handed out, several people at a time are allowed into the community room to shop.

- Please bring your own bags and arrive 10 – 15 minutes early, if possible

- **Urban Gleaners Free Market, Sunshine Shines Bright**

- 4120 SE International Way Ste A 113, Milwaukie, OR, 97222
- Thursdays, 1pm – 5pm
- The site can be found in the back of suite A113. There is a roll up door that will be open; this is where the Market can be found. There is ample parking

directly behind the suite, and surrounding.

- Please bring your own bags and arrive 10 – 15 minutes early, if possible

- **PDX Free Fridge**

Locations:

- Col Summers Park Pantry – SE 20th Ave and Yamhill
- Creston Mini Fridge – SE 49th Ave and Rhone St
- EARTH Space Pantry – SE 42nd and Gladstone
- Eastport Pantry – SE 83rd Ave between Schiller and Holgate
- Hawthorne – SE 29th and Gladstone St
- Kelly Street Pantry – SE Kelly St and 83rd Ave
- Lents (South) Fridge - SE 85th near Knapp
- Lents (I-205) Pantry – SE 94th and Duke
- Lents Park Pantry – SE 88th between SE Liebe and Steele
- Reed Pantry – SE Cesar Chavez near SE Steele
- Richmond Pantry – SE Tibbets and 49th
- Sellwood Pantry – SE 16th and Nehalem
- Sunnyside Pantry – SE Taylor between 42nd and 44th
- Tabor Mini Fridge – SE Stark and 75th Ave
- Woodstock (Giving Fence) Pantry – SE 50th and Woodstock

SW Portland / Downtown

- **Clay St Table Pantry**

- 1314 SW Park Ave, Portland, OR, 97201

- Pantry open 4th Thursdays of the month, 11am – 12pm
- Open to everyone in need of food
- Also provides hot meals Thursday – Saturday evening through Operation Nightwatch

- **First Baptist EFB**

- 909 SW 11th Ave, Portland, OR, 97205
- Monday and Thursday, 2pm – 4pm
- Free hot meals, clothing, toiletries, and groceries as supplies allow

- **Free Food Market at PSU South Park Blocks**

- 2nd Monday of each month, 9:30am – 11am
- In the South Park Blocks behind Shattuck Hall, 1914

SW Park Ave, Portland, OR

- Please bring bags (bags not provided)
- Open to general public as well as PSU students and staff

- **Lift Urban Portland**

- 1838 SW Jefferson St, Portland, OR, 97201
- Thursdays and Fridays, 3pm – 6pm
- Arrive between 2pm and 2:25pm to participate in lottery system
- Additional hours for people experiencing mobility challenges or health conditions that require assistance while standing, waiting, or shopping on Tuesdays from 3pm – 6pm by appointment only (currently full)

- Sign up for Tuesday waitlist through their website form
- **Neighborhood House**
 - 3445 SW Moss St, Portland, OR, 97219
 - Mondays and Wednesdays, 10am – 4pm (closed 12pm – 1pm); Thursdays 2pm - 6pm
 - Delivery options available:
<https://nhpdx.org/food-security>
- **New Avenues for Youth Downtown Drop-In Center (9–24-year-olds)**
 - 820 SW Oak St, Portland, OR, 97205
 - Monday – Friday, 9-10am, 1pm – 3pm, 330pm – 6pm
 - Saturdays: 1pm – 3pm, 4pm – 6:30pm
- Meals served for first hour of each shift
- **Outside In Cafe (16–24-year-olds)**
 - 1132 SW 13th Ave, Second Floor, Portland, OR, 97205
 - Offers three healthy meals per day
 - Showers, hygiene supplies, mail services, internet access, and laundry services also available
- **PACS Mobile Food Pantry – Tabernacle SDA Church**
 - 26 SW Condor Way, Portland, OR, 97239
 - 4th Thursday of the month, 4pm – 6pm
- **St Clare Catholic Church (SVdP)**
 - Call 503-235-8431
- **St Luke Lutheran Church EFB**

- 2nd and Last Saturdays of the month, 2pm – 3pm
- 4595 SW California St, Portland, OR, 97219

- **The Pantry of Greater Portland**

- 2374 SW Vermont St, Portland, OR, 97219
- Saturdays, 1:30pm – 2:30pm
- Please bring reusable bags if possible

- **Urban Gleaners Free Market, Stephen's Creek Crossing**

- 6715 SW 26th Ave, Portland, OR, 97219
- Sundays, 11am - 11:15am
- The market is held in the community building on the southeast end of the apartment complex, at the end of SW 26th

Ave. Shoppers gather outside of the community building, near the playground.

- Please bring your own bags and arrive 10 – 15 minutes early, if possible

- **PDX Free Fridge**

Locations:

- West Portland Park Fridge – SW Huber between 40th and 35th

NW Portland / Downtown

- **Blanchet House**

- 310 NW Glisan St, Portland, OR, 97209
- Free meals (breakfast, lunch, dinner) in cafe-style environment
- Breakfast 6:30am – 7:25am; Lunch

11:30am – 12:25pm;
Dinner 5pm-5:55pm

- **Portland Rescue Mission**

- 111 W Burnside St,
Portland, OR, 97209
- Free meals (breakfast,
dinner) 7 days a week
- Breakfast 7am; Dinner
6pm
- Also offers mail
service, showers,
clothing, and other
resources

- **Urban Gleaners Market at
Artist Mentorship Program**

- 16 NW Broadway Blvd,
Portland, OR, 97209
- Mondays, 11am –
12pm
- Please bring your own
bags and arrive 10 – 15
minutes early if
possible

- **William Temple House**

- 2023 NW Hoyt St,
Portland, OR 97209

- Visit up to twice per
month
- Tuesdays,
Wednesdays, and
Thursdays, 11am –
2pm
 - Please arrive by
1:30pm
- Shopping-style food
pantry

Gresham / East Portland / Fairview

- **Black Community Food
Center / Food Pantry**

- 4450 NE 131st St,
Portland, OR 97230
- Wednesdays and
Fridays, 2pm –
4:30pm; Thursdays
3pm - 6pm

- **Cherry Blossom Free Food
Market**

- 740 SE 106th Ave,
Portland, OR 97216

- 2nd Wednesday of the month, 8:30am – 10:30am
- Open to anyone in need of food assistance
- Please bring your own bags
- **Crossroads Food Bank**
 - 2407 NE 102nd Ave, Portland, OR, 97220
 - Thursdays, 9am – 12pm; Saturdays, 10am – 12pm
- **Davis Elementary School Free Food Market**
 - 19501 NE Davis St, Portland, OR 97230
 - 2nd Friday of the month, 2:30pm – 4pm
 - Shopping style, please bring your own bags
- **East County Food Pantry**
 - 2420 NE Fairview Ave, Fairview, OR, 97024
- Saturdays, 10am – 12:30pm
- Drive through or client choice
- Please do not show up before 9:45am
- **Food for Families**
 - Distribution at Centennial High School
 - 3505 SE 182nd Ave, Gresham, OR, 97030
 - Distribution schedule 2025:
 - Wednesday 10/22/25, 4pm-5pm
 - Wednesday 11/12/25, 4pm-5pm
 - Wednesday 11/26/25, 4pm-5pm
 - Wednesday 12/10/25, 4pm-5pm

- **Highland Elementary
School Free Food Market
(El Programa HC)**

- 295 NE 24th St,
Gresham, OR, 97030
- 2nd Wednesday of the
month, 4pm – 5:30pm
- Shopping style, please
bring your own bags

- **Mainspring Monthly
Mobile Destination Food
Pantry – Victory Outreach**

- 16022 SE Stark St,
Portland, OR, 97233
- 3rd Tuesday of the
month, 10am – 12pm
- Please bring own
shopping bags and
baskets

- **Mainspring Monthly
Mobile Destination Food
Pantry – East Portland
Community Center**

- 740 SE 106th Ave,
Portland, OR, 97216

- 2nd Wednesday of the
month, 9am – 11am
- Please bring own
shopping bags and
baskets

- **Mainspring Monthly
Mobile Destination Food
Pantry – Rockwood Village
Apartments**

- 783 SE 185th Ave,
Portland, OR, 97233
- 4th Tuesday of the
month, 10am – 12pm
- Please bring own
shopping bags and
baskets

- **Metro Church of Christ**

- 1525 NW Division St,
Gresham, OR, 97030
- Monday - Friday, 11am
– 1pm
- Food Boxes available
in the west parking lot

- **New Avenues for Youth
East Multnomah County
Drop-In Center**

- 470 SE 165th Ave,
Portland, OR, 97233
- Monday – Friday 10am
– 6pm
- **PACS Mobile Food Pantry
– Crosswalk Portland at
Anthem Church**
 - 1415 NE 223rd Ave,
Fairview, OR, 97024
 - 3rd Thursday of the
month, 4pm – 6pm
- **PACS Mobile Food Pantry
– Cumberland II**
 - 13115 SE Foster Rd,
Portland, OR, 97236
 - 1st Tuesday of the
month, 3:30pm –
5:30pm
- **PACS Mobile Food Pantry
– Gresham Spanish SDA
Church**
 - 223 SE Cleveland Ave,
Gresham, OR, 97080
 - 2nd Thursday of the
month, 4pm – 6pm
- **PACS Mobile Food Pantry
– Rockwood CDC**
 - 18445 E Burnside St,
Gresham, OR, 97233
 - 3rd Tuesday of the
month, 3:30pm –
5:30pm
- **PACS Mobile Food Pantry
– Rockwood / Wallace
Building**
 - 124 NE 181st Ave,
Portland, OR, 97230
 - 2nd Monday of the
month, 4pm – 6pm
- **Portland Adventist
Community Services
(PACS)**
 - 11020 NE Halsey St,
Portland, OR, 97220
 - Monday – Friday, 9am
– 11am
 - Drive through and
walk-up food boxes
 - Can visit once per
month

- **Salvation Army Gresham Corps**

- 473 SE 194th Ave,
Gresham, OR, 97233
- Emergency Food Assistance (3-4 days' supply), Monday – Thursday, 9am – 12pm
 - Please bring a piece of mail dated within the last 30 days
- Free Food Market, 1st Wednesday of the month, 9am – 11am
- Wednesday Night Family Program, Wednesdays at 6pm
 - Dinner, followed by interactive activities for kids, youth, and adults
- Service Area: 97004, 97009, 97010, 97011, 97013, 97015, 97022, 97023, 97024, 97027,

97030, 97042, 97055, 97060, 97236, 97080, 97230, 9723

- **Santa Cruz Free Food Market**

- 507 W Powell Blvd,
Gresham, OR, 97030
- 2nd and 4th Thursday of the month, 10am – 12pm (cancelled for 10/23/25)
- Drive through, open to anyone in need of assistance

- **SnowCap**

- 17805 SE Stark St,
Portland, OR, 97233
- Monday – Friday 10am – 2pm; Mondays and Wednesdays 6pm - 8pm
- Service Area: Multnomah County, east of 82nd Ave
- Distributes pre-packaged food boxes

- Food is provided outside the front doors, please dress according to the weather
- Up to two visits per month through December 2025
- Clothing also available with appointment (call 503-674-8785 to schedule)

- **Urban Gleaners Free Market, Alder Elementary**

- 17200 SE Alder St, Portland, OR, 97233
- Wednesdays, 2:30pm – 4pm
- Market takes place outside of the school in the parking lot next to the community garden off SE Alder St, on the west side of the building

- Please bring your own bags and arrive 10-15 minutes early if possible

- **Urban Gleaners Free Market, Cherry Park Elementary**

- 1930 SE 104th Ave, Portland, OR, 97216
- Open every other Monday (11/3, 11/17, 12/1, 12/15) 3:30pm – 5pm
- The market is at the back of Cherry Park Elementary. Can be accessed by going south on 106th from SE Market. On the west side of SE 106th, across from Cherry Park the park
- Please bring your own bags and arrive 10 – 15 minutes early if possible

- **Urban Gleaners Free Market, David Douglas High School**

- 1500 SE 130th Ave, Portland, OR, 97233
- Thursdays, 3pm – 4:30pm
- The market is held outside the David Douglas Aquatics Center. The parking lot can be accessed via SE Taylor Ct, off SE 130th Ave. The market takes place along the north side of the aquatics center building
- Please bring your own bags and arrive 10 – 15 minutes early if possible

- **Urban Gleaners Free Market, East Portland Community Center**

- 740 SE 106th Ave, Portland, OR, 97216
- Fridays, 2:15pm – 3:15pm
- Market is in the Multipurpose Room 3 which is down the hallway left of the front desk from when you enter the main entrance on SE 106th Ave. There are chairs in the hallway for community members to sit while waiting
- Please bring your own bags and arrive 10 – 15 minutes early if possible

- **Urban Gleaners Free Market, Rockwood Station**

- 19100 E Burnside St, Portland, OR, 97233
- Saturdays, 1:30pm – 2:30pm

- The market is in the community building on the north side of the apartment complex, closest to E Burnside. The building is one floor and has a red roof.
- Please bring your own bags and arrive 10 – 15 minutes early if possible
- **Sunshine Division**
 - 12436 SE Stark St, Portland, OR, 97233
 - Tuesday – Friday, 9am – 12pm and 1pm – 4pm; Saturdays, 9am – 1pm
 - Food boxes
 - Make an appointment at <https://sunshinedivision.org/appointments/>
- Walk-ins welcome as space allows, please bring ID if possible
- **School Pantry at Alder Elementary**
 - 17200 SE Alder St, Portland, OR, 97233
 - Wednesdays, 2:30pm – 4pm
 - Outside, shopping style pantry
- **School Pantry at Earl Boyles Elementary**
 - 10822 SE Bush St Portland OR 97266
 - Tuesdays, 4pm – 5pm
 - Open to the public, shopping style
 - Please bring bags if possible
- **School Pantry at East Gresham Elementary (El Programa HC)**
 - 900 SE 5th St, Gresham, OR 97080

- 1st and 3rd Tuesdays, 4pm – 5:30pm
- Open to the public
- Entrance for the food pantry is on east side of the school, between East Gresham and Dexter McCarty
- Please bring your own bags
- **School Pantry at Floyd Light Middle School (El Programa HC)**
 - 10800 SE Washington St, Portland, OR 97216
 - 2nd and 4th Mondays of the month, 4pm – 5:30pm
 - Open to the public
 - Please bring your own bags
- **School Pantry at Gilbert Park Elementary**
 - 13132 SE Ramona St, Portland, OR 97236
 - Wednesdays, 4pm – 5pm
 - Pantry located in gym building by the playground, SE of main school entrance
- **School Pantry at Glenfair Elementary**
 - 15300 NE Glisan St, Portland, OR 97230
 - Tuesdays, 3pm – 4:30pm
 - Open to the public
 - Outdoor, shopping style distribution
- **School Pantry at Mill Park**
 - 1900 SE 117th Ave, Portland, OR 97216
 - Tuesdays, 4pm – 5:15pm
 - Open to public, please bring bags
 - Distribution located in the cafeteria
- **School Pantry at Menlo Park**

- 12900 NE Glisan St,
Portland, OR, 97230
- Thursdays, 2pm –
3:30pm
- Open to the public,
shopping style

- **School Pantry at Parklane School**

- 15811 SE Main St,
Portland, OR 97233
- Fridays, 12pm –
1:30pm
- Distribution in front of
the school under
canopies along
sidewalk near bus lane

- **School Pantry at Parkrose Middle School**

- 11800 NE Shaver St,
Portland, OR 97220
- Thursdays, 4pm –
5:30pm
- Open to the public,
shopping style

- **School Pantry at Patrick Lynch**

- 1546 SE 169th Pl,
Portland, OR 97233
- Tuesdays, 4pm – 5pm
- Shopping style pantry,
located in the school
cafeteria

- **School Pantry at Reynolds Middle School**

- 1200 NE 201st Ave,
Fairview, OR, 97024
- Fridays, 2:30pm – 4pm
- Open to the public,
shopping style
- Distribution on the
east side of campus,
just north of the
swimming pool, across
from the track

- **School Pantry at Shaver Elementary**

- 3701 NE 131st Place,
Portland, OR 97230
- Friday, 2:30pm – 4pm
- Open to the public
- Walk-up, shopping
style pantry

- **St Anne Catholic Church (SVdP)**

- 1015 SE 182nd Ave,
Gresham, OR, 97233
- Wednesdays, 9am –
11am, 6pm – 8pm

- **St Henry Catholic Church (SVdP)**

- 346 NW 1st St,
Gresham OR
- Tuesdays and
Saturdays, 9:30 am –
12 pm, except 4th
Saturday

- **St Joseph the Worker Catholic Church (SVdP)**

- 2310 SE 148th Ave,
Portland, OR, 97233
- Saturdays, 10am -
12pm

- **Wilkes Elementary School Free Food Market**

- 17020 NE Wilkes Rd,
Portland, OR 97230
- 1st Thursday of the
month, 3pm – 4:30pm

- Shopping style, please
bring your own bags

- **Zarephath Pantry**

- 59 NW Ava Ave,
Gresham, OR 97030
- Thursdays, 10am –
1pm
- Premade food bags
plus food items per
client request
- Located at the NE
corner of Eastman
Parkway and Powell
Blvd
- Please bring bags

- **PDX Free Fridge**

Locations:

- Parkrose Pantry: NE
111th Ave and
Tillamook
- Lents (North) - SE 99th
and Pardee
- Little Red House – SE
179th and Washington

All Areas

- **Lasagna Love**

- Program connecting volunteer lasagna chefs to individuals and families in need
- Sign up at <https://lasagnalove.org/request-a-meal/>

- **Milk Crate Kitchen**

- Milkcratekitchen.org
- Cooks and delivers food to families
- Sign up on website
- Occurs twice per month, signup occurs on Wednesdays between 9:30am and 10am

- **Sunshine Division Food Boxes**

- Limited availability for delivery

- Sign up at <https://sunshine-division.hoodtocoast.com/>

Resources for Pets

- **Animal Aid PDX**

- Partners with businesses and outreach teams to provide better access to essential animal care supplies
- Partner Businesses include Mud Bay Timberland, Mud Bay Hawthorne, Natural Pet Food Solutions, and Salty's Pet Supply

- **FIDO Pet Food Bank**

- 14186 Fir Street, Oregon City, OR 97045
- 3rd Saturday of the month, 9am – 2pm, arrive by 1:45pm

- o Wednesdays 9am-12pm by appointment only (call 403-655-3663)
- o Please fill out the application form provided at <https://fidoanimeals.org/post-2/> before your first visit
- o Priority given to spayed/neutered pets
- o FIDO does not provide food for purchased animals, animals used for breeding, or feral cat colonies

- **Multnomah County
Animal Services**

- o 1700 W Historic Columbia River Highway, Troutdale, OR 97060
- o Monday, Tuesday, Thursday, and Friday, 11am – 5:30pm

- o Wednesday, Saturday, and Sunday, 11am – 4:30pm
- o Community members in need of pet food support may visit the shelter to pick up a bag of food on the community assistance shelf in the lobby

- **PAW Team**

- o 1718 NE 82nd Ave, Portland, OR 97220
- o Tuesday – Thursday, 10am - 3pm
- o Pet food and supply bank
- o Guests are welcome to visit the supply bank once per month

- **Pongo Fund**

- o 3632 SE 20th, Portland, OR 97202
- o An appointment is required for your first visit – please call 503-

939-7555 at least
seven days in advance
of the next scheduled
food bank

4pm; Saturdays, 9am –
1pm

- o Food Banks typically
occur the 4th Sunday of
each month, except
when holidays or other
circumstances require
an alternate date

- **Snowcap**

- o 17805 SE Stark St,
Portland, OR, 97233
- o Monday – Friday 10am
– 2pm; Mondays and
Wednesdays 6pm -
8pm
- o Service Area:
Multnomah County,
east of 82nd Ave

- **Sunshine Division**

- o 12436 SE Stark St,
Portland, OR, 97233
- o Tuesday – Friday, 9am
– 12pm and 1pm –