

Salem/Keizer				Marion Polk Food Share Pantries				Information in this guide is subject to change. Updated October 2025			
<u>North/Northeast Salem</u>		<u>South/Southeast Salem</u>		<u>Woodburn</u>		<u>Mill City</u>					
New Harvest Church 4290 Portland Rd NE (503) 763-6911	1st & 3rd Saturday 9-11am	Mano-a-Mano Colonia Libertad 2921 Saddle Club St SE, #1009 (503) 315-2290	Tuesday & Thursday 12:20-5:45 pm Call for appointment	AWARE Food Bank 152 Arthur St (503) 981-5828	Mon, Tue, Thu, & Fri 9am-12pm 1st & 3rd Tuesday 3:30-6pm	Mill City/Gates Community Center 255 SW Cedar St (503) 897-4904	Tuesday 10am-12pm Thursday 6-8pm				
Mano-a-Mano 3850 Portland Rd NE, #130 (503) 363-1895	Monday & Wednesday 2-5pm Tuesday & Thursday 1-4pm	Lord’s Cupboard @ Trinity United Methodist 590 Elma Ave SE (503) 585-8851	Saturday 12:30-2:30pm	St. Luke’s SVdP Food Bank 417 Harrison St (971) 338-1074	2nd & 4th Thursday 5-7pm	Idanha Idanha/Detroit Community Food Pantry 397 Church St (503) 856-2285	Friday 9am-12pm				
Salem Adventist Community Services 1860 Summer St NE (503) 363-8893	Wednesday 9am-12pm	Capital Park Food Pantry 410 19th St SE (503) 362-6626	2nd & 4th Wednesday 5-7pm	Woodburn Spanish Seventh-day Adventist Church 782 Willow Ave (503) 476-7752	Wednesday 5-6:30pm	<u>Turner</u> Turner Christian Food Bank 5455 Chicago Street SE (503) 743-2119	Monday 9-11:30am				
The Salvation Army Food Bank 1977 Front St NE (503) 585-6688	Monday-Friday 9am-12pm	Salem Mission Faith Ministries 4308 Hillrose St. SE (503) 363-2707	2nd, 3rd & 4th Tues 4-6pm	<u>Mt. Angel</u> Mission Benedict 870 S Main St (503) 385-3231	Tuesday 3:30-6:00pm Wednesday 11am-2pm Thursday & Friday 1-3pm	<u>Marion</u> Marion Friends Church 5997 Stayton Rd SE (503) 881-8485	Monday 9:30am-12pm				
Pauline Memorial AME Zion 3593 Sunnyview Rd NE (971) 239-3469	Tuesday 10:30am-1:30pm	Table of Plenty @ Queen of Peace Catholic Church 4227 Lone Oak Rd SE (503) 364-7202	Thursday 4:30-7pm	<u>Silverton</u> Silverton Area Community Aid * 1030 N 1st St Suite A (503) 873-3446	Monday 11am-2pm Tuesday 4-6pm Thursday 9am-12pm	<u>Polk County</u>					
Salem Spanish Seventh-day Adventist Church 4625 Cordon Rd NE (503) 856-9700	Wednesday 5:30-7:30pm	<u>West Salem</u> Life Essentials @ Life Church 255 College Drive NW (503) 362-0362	Thursday 6-8pm	Mission of Hope @ Silver Creek Fellowship 822 Industrial Way (503) 873-7353	Wednesday 2-4pm	<u>Dallas</u> Dallas Food Bank * 322 S Main St, #180 (503) 623-3578	Mon, Tues, Thurs 1-3pm Wednesday & Friday 9-11am				
New Hope Foursquare Church 4963 Swegle Road NE (503) 370-8886	2nd & 4th Sunday 2-4pm	Shared Blessing @ Mosaic Church 1675 Wallace Rd NW (503) 364-0002	Wednesday 9-11am	<u>Aumsville</u> Aumsville Community Food Pantry 645 Cleveland St. (503) 749-2128	2nd & 4th Thursday 12-4pm	Dallas Seventh-day Adventist 589 SW Birch St (503) 623-5872	Wednesday 10am-1pm				
FEED Salem @ Salem Alliance Church 1268 Broadway St NE (503) 581-2129	2nd & 4th Saturday 10am-12pm	<u>Marion County</u>		Stayton Stayton Community Food Bank * 1210 Wilco Rd (503) 769-4088	Monday-Friday 9-11:45am	<u>Falls City</u> Falls City Seventh-day Pantry 205 N Main St (503) 787-3907	2nd Wednesday 11am-3pm 4th Sunday 11am-3pm				
Tabernaculo de Salem 5010 Acts Way NE (503) 509-9862	2nd & 4th Thursday 4-5:30pm	<u>Gervais</u> Sacred Heart Food Bank 680 Elm Ave (503) 792-4231	1st & 3rd Wednesday 1-4pm			<u>Independence</u> Ella Curran Food Bank 870 N Main St (503) 917-1681	Monday & Tuesday 4-6pm Tuesday & Thursday 9-11:30am				
<u>Keizer</u> Keizer Community Food Bank @ Crossroads Fellowship 4505 River Rd N (503) 931-7612	Monday 5-7pm Thursday 9-11am	<u>Brooks</u> Life Spring Church 9165 Portland Rd NE (503) 393-2155	Wednesday 10am-12pm			<u>Grand Ronde</u> Iskam Mek h Mek Haws 9675 Grand Ronde Rd (503) 879-3663	Wednesday (Produce & Bread) 10am-2pm Friday 10am-2pm				

Mobile Pantries

Aurora
Marion Polk Food Share Mobile Pantry
@ Pythian Hall
14979 2nd St. NE
(503) 576-3448

Hubbard
Marion Polk Food Share Mobile Pantry
@ Rivenes Park
2600 D St.
(503) 576-3448

Salem
Mano-a-Mano “El Mercadito” Mobile Pantry
@ Salem First Free Methodist Church
4455 Silverton Rd. NE
(503) 363-1895

Mehama
Joseph’s Storehouse of Hope
@ Mari Linn School
641 5th St., Lyons
(503) 881-9846

Produce & Bread Distributions

Produce & Bread Distributions do not distribute USDA food, so you do not need to meet the eligibility criteria outlined on the cover page to receive food from these sites.

Salem
Wade Harris Outreach Ministry
865 Medical Center Dr.
(971) 388-2992

Falls City
Falls City Produce Giveaway
257 N. Main St.

Willamina
Willamina Community Food Pantry
340 NW B St.



Food Assistance Guide for Marion & Polk Counties

A list of food pantries and meal sites

To sign up for programs like SNAP and WIC, and for access to resources like Emergency Services, Medical Care, Food, Housing, and other resources, call 2-1-1, visit 211.org, or contact your local DHS office for assistance and more information.



Visit Our Website
To access this document (also available in Spanish and Russian), up-to-date service days and hours, and a current map of our sites, visit:
www.marionpolkfoodshare.org/get-help/

Meals on Wheels (MOW)

MOW home delivers meals to neighbors aged 60 or older, who are homebound, and/or who are disabled. To ask questions about or to sign up for MOW in Salem or Keizer, call the Food Share’s MOW team at (503) 364-2856. For MOW outside of Salem and Keizer, call NW Senior & Disabilities Services at 1 (800) 469-8772.

Community Meal Sites

Marion County
Keizer Community Dinner
5303 River Rd N, Keizer
4th Wednesday, 4:30-6:30pm

Woodburn Free Community Meal
1036 E Lincoln St, Woodburn
Wednesday, 5:30-7 pm

Polk County
James 2 Community Kitchen
565 SE La Creole Dr, Dallas
Thursday, 4:30-6pm

James 2 Community Kitchen
242 N Main St, Falls City
2nd & 4th Tuesday, 4:30-6pm

1660 Salem Industrial Dr. NE, Salem, OR 97301 | (503) 581-3855 | www.marionpolkfoodshare.org
Marion Polk Food Share is an equal opportunity provider.

Please keep these things in mind when visiting a pantry:

Do I qualify for food?
You are eligible for free food from a food pantry if you meet the USDA's 2025 Income Eligibility Guidelines (shown below) or if you currently receive: SNAP, WIC, TANF, Free & Reduced Lunch, SSDI, SSI, and/or LIHEAP.

USDA Commodity Income Eligibility Guidelines 2025

Household Size	Monthly Income	Annual Income
1	\$3,912	\$46,950
2	\$5,287	\$63,450
3	\$6,662	\$79,950
4	\$8,037	\$96,450
5	\$9,412	\$112,950
6	\$10,787	\$129,450
7	\$12,162	\$145,950
8	\$13,537	\$162,450

Questions or concerns?
Please call Marion Polk Food Share at (503) 581-3855 or email communityprograms@marionpolkfoodshare.org

What should I bring to a food pantry?
You do not need to bring anything but yourself to a pantry. You do not need to bring any form of ID or proof of income, address, or citizenship to receive food.

Can someone else pick up food for me?
All of our pantries accept a form called the Authorized Representative Form. This form can be completed prior to sending someone to receive a food box on your behalf. The form is available on our website: www.marionpolkfoodshare.org/get-help/

What information does a food pantry collect from me?
When getting free food from a food pantry, you will need to provide your name, city or zip code, and number of people in your household. Some of our pantries use a more in-depth intake program called Link2Feed or ask other questions, but providing this additional information is not required to receive free food.

How often can I get food?
Each pantry is different. Some pantries request that you come for food only one time per week or month.

What do you get in a food box?
Typically, you will receive a variety of fresh produce, dairy, protein, and shelf-stable products. Food items vary each month.