

# NEED FOOD?



There are resources available to help meet your essential needs.

## Need food right now?



**During school closures and over the Summer, free meals are available.** 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](http://www.summerfoodoregon.org), text "Food" or "Comida" to **877-877**, or call **2-1-1**.



**SNAP** (formerly food stamps) helps you buy groceries. Apply today. Find all the information you need at [govstatus.egov.com/or-dhs-benefits](http://govstatus.egov.com/or-dhs-benefits) 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](http://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](http://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 [adrcforegon.org](http://adrcforegon.org) or call **1-855-673-2372**.



## Need more information on resources?

For more information on food and other resources, including health care and unemployment information, visit [govstatus.egov.com/or-covid-19](http://govstatus.egov.com/or-covid-19).

You can contact 2-1-1info by calling **2-1-1**, texting your ZIP code to **898211**, or visiting [211info.org](http://211info.org).

You can also contact the Aging and Disability Resource Connection of Oregon at **1-855-673-2372** or visit [adrcforegon.org](http://adrcforegon.org).