

Community Resources

Portland Fire & Rescue MEDS on WHEELS Program
(971) 288-7687



Sunshine Division: (503) 609-0285

The Sunshine Division delivers food boxes to Portland and Gresham residents who are homebound, medically fragile or unable to leave their home.

Store to Door: (503) 200-3333

Store to Door supports independent living for seniors and adults with disabilities by providing an affordable, personal, volunteer-based grocery shopping and delivery service in Portland.



Meals on Wheels: (503) 953-8111 or toll-free at (866) 788-6325

Meals on Wheels delivers meals to seniors who live in Multnomah and Washington counties in Oregon Clark County, Washington. The cost of each meal is \$7.39.

SNAP Questions: (503) 988-3646

The Supplemental Nutrition Assistance Program (SNAP) can help you access the food you need when your budget is tight. Call to see if you qualify.

Senior Loneliness Line: (503) 200-1633

Any older adult who is experiencing loneliness, isolation, depression or anxiety can benefit from a confidential phone call with our Senior Loneliness specialists.

ADRC: 1-855-ORE-ADRC

Call the Aging and Disability Resource Connection (ADRC) to learn more about government and community resources available to Oregonians.

