



Top Tips for Success

Keep at it. You might be eligible for all of the programs in this guide! Being in one program might help you get into another. Ask at school, the doctor, or the library.

Double check hours and locations.

You might need some of these documents: pay stubs or monthly income, Social Security numbers, child and adult IDs, proof of address. Only some programs require these documents. Please keep your personal information secure and safe!

Use 211 info. Keep asking: "are there any other programs?" There are community resources that offer help for utilities bills, transportation, rent assistance, shelters, clothing, and medical assistance.




Get Food Guide

There are many large and small programs where you or your family can get free, quality food in Multnomah County



 Dial 2-1-1, toll-free

 Text your zip code to 898-211

 Search at 211info.org

View the Get Food Guide online at multco.us/GetFood

Groceries



SNAP

The Supplemental Nutrition Assistance Program (SNAP) is a federal program that provides monthly benefits on a debit card to purchase food at grocery stores, convenience stores, and at some farmers markets.

WIC

The Women, Infants and Children (WIC) program provides monthly benefits for pregnant and breastfeeding women, and/or with children up to 5 yrs of age. Buy specific foods at stores and some farmers markets.

Fresh Food

Food pantries offer a variety of fresh and non-perishable food items that families can take home. Pantries are hosted in schools, congregations, community centers and many other community locations.



Easy Action: Call/text 503.320.6658 or email SNAP@multco.us for free help applying for SNAP.

Meals



Meals 4 Kids

Meals 4 Kids delivers culturally-appropriate, nutritious dinners to families within Portland city limits. Children ages 0-18 and their caregivers receive prepared meals right at their front door.

Meals on Wheels

Delivers nutritious lunches to homebound older adults or people with disabilities.

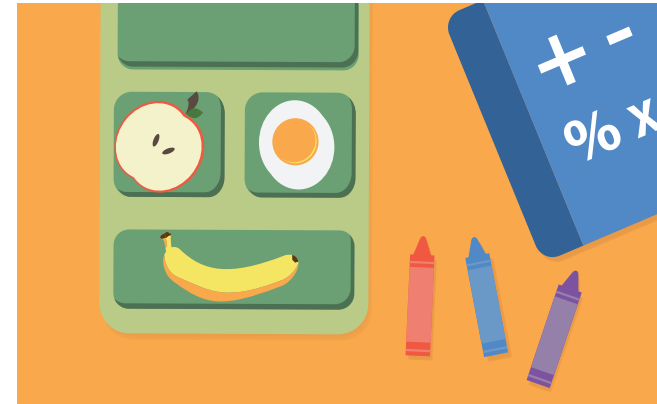
Community Meals

Free and low-cost prepared meals are available in communal settings. Some sites are intended for older adults, while most are open to all.



Easy Action: Contact 211info and ask for the phone number of the nearest meal program.

For Kids



School Meals

Nearly all public schools in Oregon offer healthy school lunch and breakfast. Families who receive SNAP benefits in any amount are enrolled for free meals during the school year, even if their SNAP participation changes.

Summer Meals

The Summer Food Service Program offers meals and snacks free for 1 to 18 year olds. Summer meal sites are open to all families without paperwork or signing up. Many sites offer activities so youth can hang out with friends, stay active, and learn during summer.

After School Meals

Many schools, affordable housing communities, and youth organizations offer food and homework help for youth after school.



Easy Action: Ask the school's front office for summer meal info or visit summerfoodoregon.org