

# FOOD MATTERS!



SUMMER 2026



Lift UP organizer with food donations.

## What food pantries are seeing **across Oregon**

More people arrive at Lift Urban Portland (Lift UP) each week looking for groceries to feed their families. Surging need has pushed the local food pantry beyond what its space, staff and supply chains were designed to handle.

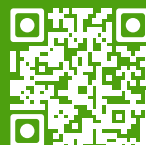
“We used to serve about 60 folks a day,” said Lift UP Executive Director Stephanie Barr. “Now we’re at 100. When you start having to ask what’s the most ethical and dignified way to say we don’t have enough, that’s heartbreaking.”

Food pantries across Oregon are feeling this strain, fueled by federal decisions to cut food assistance and weaken the safety net families rely on.

Oregon Food Bank’s response includes strengthening ties with local producers like Unger Century Berry Farms, which donates tens of thousands of pounds of fruit each season. In the face of harmful policies, community support and partnerships equip our Network to meet the growing need.

“This is hard,” Stephanie said. “But we are not giving up. Because food is a human right. And people are counting on us.”

Read the full story at [OregonFoodBank.org/LiftUP](https://OregonFoodBank.org/LiftUP) ✨



To find free food near you, go to [OregonFoodFinder.org](https://OregonFoodFinder.org)

# A vibrant beginning to summer

On May 1, communities across Oregon came together for May Day. May Day is a historic day when immigrant communities and allies gather to recognize the contributions of immigrants and demonstrate collective voice and community power. From Salem to Ontario, the day came alive. Music rang across the Capitol in Salem, kids danced as families gathered, and colorful signs filled the air. We showed up in solidarity with immigrant Oregonians, and in celebration of who we are and what we believe is possible in our state.



Immigrant communities are at the heart of Oregon's food system, yet too many face barriers that make it harder to access the food they help bring to our tables. May Day was a moment to come together and ensure we are heard as state and federal elected leaders make policy and budget decisions.

Oregon Food Bank showed up in full strength. Staff, volunteers and partners worked alongside community leaders to help mobilize people from across the state. From organizing transportation to making signs, this was a reflection of what it means to be a statewide network rooted in community.

Through coalitions like Oregon for All, and alongside organizational leaders like PCUN, Oregon's farmworker union, we are building that power together.

May Day also reflected the season we are in. Across Oregon, fields are waking up, crops are taking shape, and the first signs of summer harvest are on the horizon. May Day carried the same abundant energy. It felt vibrant, growing and full of possibility.

As a mom of two little kids and as a granddaughter of farm workers, May Day got me excited about the future we are building together, for ourselves and for future generations. As we head into summer, I feel that momentum building. Thank you for being part of this movement.

With momentum,

**Andrea Williams**

Oregon Food Bank President

# 2026 legislative victories and what remains undone

In response to staggering rates of hunger and federal cuts to food assistance, our communities rallied to pass policies that move us closer to ensuring everyone has the food we need to thrive.

As a result of our collective advocacy, Oregon lawmakers passed key policies that protect our

“I’m from Eastern Oregon, and I’ve seen how hunger shows up quietly, in skipped meals and hard choices. Hunger is a policy choice. What happens in Salem matters to families across the state.”

– **ADRIENNE SAMPSON**  
Member of Oregon Food Bank’s Policy  
Leadership Council

communities from the worst harms of the federal budget bill H.R. 1.

- Protecting and strengthening SNAP
- Supporting refugees and asylees
- Increasing the Earned Income Tax Credit
- Avoiding proposed cuts to food assistance
- Strengthening immigrant justice

While we celebrate these victories, we are disappointed that several critical anti-hunger policies did not pass this session:

- Passing a statewide School Meals for All policy
- Investing in Oregon’s Food Assistance Network

We’re grateful to everyone who joined us to make these meaningful victories possible this legislative session.

Learn more [OregonFoodBank.org/LegislativeRecap2026](https://OregonFoodBank.org/LegislativeRecap2026) ✨



## Grassroots donors rise to the challenge

As the hunger crisis continues, donors making gifts of \$100 or less have responded in a big way.

Since July, they gave 21% more, collectively raising over \$3.9 million. These funds help us move more food through the network and ensure everyone has access to nourishing food, and for that we are so grateful. Learn more about how donations are used at [OregonFoodBank.org/ImpactReport2025](https://OregonFoodBank.org/ImpactReport2025) ✨



A community member gathering cabbage at local food distribution.

## Oregon Food Bank's 2026 State of Hunger Report

Oregon Food Bank's 2026 State of Hunger Report shows that food insecurity is worsening as families struggle with rising costs of food, rent and housing. Key findings include:

- Food assistance visits across Oregon and SW Washington increased 51% in just two years
- The Oregon Food Bank Network saw 2.9 million visits last year – a record number
- 1 in 7 people and 1 in 6 kids face food insecurity in Oregon
- SNAP (Supplemental Nutrition Assistance Program) provides 7 meals for every 1 meal food banks provide in Oregon

“Hunger in Oregon is at record levels and food banks cannot replace a system that keeps hunger growing,” said Andrea Williams, Oregon Food Bank President. “When government safety net programs are weakened, families lose stability and pantry lines grow. Food is not a privilege. It is a basic human right. Policy choices shape who has access to food and we must make better choices.”

The hunger crisis is not slowing down, and demand for food continues to outpace supply. Last year, visits increased 15 percent over the previous year, but the amount of food distributed only increased five percent. While the Network continues to stretch every dollar and every meal, no amount of food sourcing can fully counteract policy decisions that leave families without enough support.

As hunger continued to rise beyond pandemic levels, Congress passed the largest cut to SNAP (formerly known as food stamps) in history, along with other food and funding cuts. These harmful policy choices have increased demand and put additional pressure on families and food banks.

Policy plays a major role in this problem, and policy can help solve it. The record 2.9 million visits last year make it clear that hunger in our region is not slowing down, and lasting change will come from policy choices that prioritize Oregonians.

Read more [OregonFoodBank.org/HungerReport2026](https://OregonFoodBank.org/HungerReport2026) ✦

# How Oregon Food Bank showed up for families in 2025

In 2025, Oregon families faced intense pressure from rising costs, harmful federal policies and climate disasters. Your support ensured we could meet these challenges with compassion and solidarity.

When the Rowena Fire tore through the Gorge, Columbia Gorge Food Bank delivered water and supplies to evacuees and supported neighbors as they returned home. When rising hunger put unprecedented pressure on our food system, our Network worked to keep food moving into communities across Oregon.

And through all the year's challenges, people took action to address hunger and its root causes. Leaders like Zak Mahad in Ontario helped families access food that reflects their culture and needs. Advocates filled the Oregon State Capitol to demand Food for All Oregonians, making clear who is affected when policy choices push kids into hunger.

Thank you for showing up and being part of the community working to end hunger for good.

Watch the video:

[OregonFoodBank.org/2025Impact](https://OregonFoodBank.org/2025Impact) ✨

**117M**

117 million pounds of food distributed to communities

**2.9M**

2.9 million visits to food assistance sites

**15,000**

15,000 volunteers contributed more than 92,000 hours

## A Day Without an Immigrant

Hunger is a policy choice, and it deepens when families are denied the stability to build secure lives. Oregon depends on immigrant communities for the food that nourishes our families and supports our daily lives. When families in our communities face barriers to work and public life, the risk of hunger grows for all of us.

That's why Oregon Food Bank supported A Day Without an Immigrant, statewide days of action led by PCUN and Oregon for All. The campaign invited people to pause work, school and economic activity for a full day each month to highlight how essential immigrant families are to Oregon's well-being. Immigrant workers and allies joined monthly actions from December to May, culminating in a powerful May Day gathering at the Oregon State Capitol.

Oregon Food Bank is committed to a future where every family has the safety, dignity and stability needed to thrive, and we invite our community to join us in making that future real.

Donate to Oregon for All:

[OregonFoodBank.org/OFADonate](https://OregonFoodBank.org/OFADonate) ✨

### Join Oregon for All

For individuals

[OregonFoodBank.org/JoinOFA](https://OregonFoodBank.org/JoinOFA)

For organizations

[OregonFoodBank.org/OFACoalition](https://OregonFoodBank.org/OFACoalition)



# Deep gratitude to our partners in ending hunger!



Tektronix matched gifts from individual donors for Giving Tuesday, helping to raise hundreds of thousands of dollars to end hunger and its root causes.



Fogo de Chao Brazilian Steakhouse celebrates a new location in Tigard by supporting Oregon Food Bank.

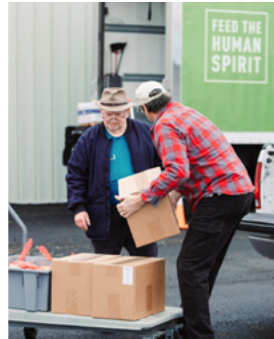


OLSETH  
FAMILY FOUNDATION

We are grateful to the Olseth Family Foundation for their support of the Food Systems Ambassador and the Partner Agency Pathway Programs, which partner with community leaders to develop culturally welcoming strategies to address hunger.

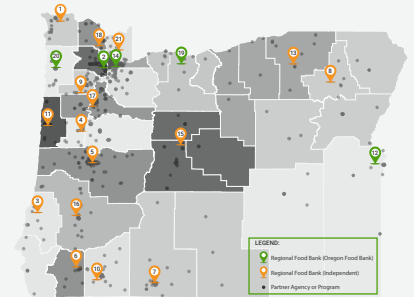
## Feeling inspired to give?

Visit [OregonFoodBank.org/Give](https://OregonFoodBank.org/Give)  
or mail a donation to  
7900 NE 33rd Drive, Portland, OR 97211



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# Food is available to all who need it



Our network includes 1,200+ free food markets, pantries and meal sites throughout Oregon and Southwest Washington — and many locations offer contactless pickup or delivery options.

Food is available to those who need it — and no one in our network will ask you to show proof of gender identity or immigration status. Ever.

Find food assistance sites near you at [OregonFoodFinder.org](https://OregonFoodFinder.org) — now available in 19 languages commonly spoken in the Pacific Northwest.



[OregonFoodBank.org](https://OregonFoodBank.org)  
503-282-0555



@oregonfoodbank