



Find Support Near You

Where can I access food assistance?

- The Oregon Food Bank Network has over 1,400 food assistance sites around Oregon and Clark County, Washington.
- There are around 360 food assistance sites in the Portland Metro area.
- To find a food assistance site near you, check out [Food Finder](#).

How do I know if I am eligible to get food?

- Food assistance is available to anyone who needs it, whether it is long term or short term.
- Some people access food weekly; some people access food once in their lifetime. Everyone is welcome.
- Meal sites and Free Food Markets do not have income guidelines for their food services – anyone in need of food is welcome. Some food pantries do have income guidelines (see chart on the next page).
 - You will not be required to bring proof of income.

What are the income guidelines?

- There are no income guidelines for our Free Food Markets and Meal Sites.
- Most food pantry sites post current annual income guidelines (see chart below).
- Agencies will ask people receiving food to self-declare that they meet the income guidelines
- Income is based on your current monthly or annual income.
- You can use your monthly or annual income, whichever works better for you.
- No proof of income is required to access any food assistance services in the Oregon Food Bank Network.



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USDA-TEFAP COMMODITY

2024 Eligibility Guidelines

Family Size	Monthly Income	Annual Income
Tamaño de la familia	Ingreso Mensual	Ingreso Anual
1	\$3,765	\$45,180
2	\$5,110	\$61,320
3	\$6,455	\$77,460
4	\$7,800	\$93,600
5	\$9,145	\$109,740
6	\$10,490	\$125,880
7	\$11,835	\$142,020
8*	\$13,180	\$158,160

*For each additional member, add \$1,345 per month or \$16,140 per year.

*Por cada miembro adicional, agregue \$1,345 por mes o \$16,140 por año.

What type of services can I access?

The Oregon Food Bank Network offers a variety of food assistance programs:

Free Food Markets:

- Low barrier
- Usually outdoors
- Variety of groceries including produce



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Hot Meals:

- Open to anyone.

Food Pantries:

- Variety of groceries including produce.
- You will usually be able to shop for your own groceries.

School Pantries:

- Variety of groceries including produce.
- You will be able to shop for your own groceries.
- To find out more about these services, check out [Food Finder](#).

How often can I receive food?

Each pantry is unique in the services they provide. Some may have restrictions on the number of visits per month or year, while others have no restrictions.

To learn more about a specific food site, contact them directly through [Food Finder](#).

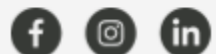
Do I need to bring anything?

- If you are going to a Meal Site you will not need to bring anything.
- If you are going to a Free Food Market, it is recommended that you bring grocery bags or boxes to carry your food home.

You will never be required to bring or show your ID, Social Security Card or proof of income. If an agency asks you for any of these items, please call us: (503) 282-0555.

Will programs offer services for non-English speakers?

Oregon Food Bank strives to provide partnering groups with necessary tools to accommodate languages represented in different regions. Intake forms and posters are often times posted in multiple languages. At some agencies, bilingual staff is available.



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Please contact Oregon Food Bank if your local food assistance site does not meet your language needs: (503) 282-0555.

What if I have a negative experience at a food assistance site?

We hold your experience at the center of our actions and decisions. We resolve to listen to and include you in our work and to respond where bias and inequities appear. Please contact us if you have experienced discrimination: (503) 282-0555.

Oregon Food Bank is an equal opportunity provider. Our full non-discrimination policy and information on how to file a civil rights complaint is at the bottom of this web page.

What if I am unable to leave my home to get food?

A variety of agencies offer delivery for clients who are unable to travel to a food assistance site. **Food Finder** is a great way to locate an agency near you.

Food assistance sites will provide an **authorized representative form**. This form will allow a family member or friend to pick up food for you and/or your family.

What can I expect when I go to a food assistance site?

- You can expect a welcoming atmosphere. Food assistance is available to anyone who needs it, because no one should be hungry.
- Food Pantries will require a brief intake process, while Free Food Markets and Meal Sites will not require that you share any personal information.
- You will usually find a variety of fresh produce because everyone deserves healthy and fresh food.
- Food assistance programs in the Oregon Food Bank Network are all equal opportunity providers. We are committed to valuing who you are and your lived experience.



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