

Due to the COVID-19
Pandemic a lot is
changing, please call
before heading to a
food distribution center
for the most up to date
information.



A GUIDE TO FREE FOOD PROGRAMS



IN

ALOHA, BEAVERTON & WEST PORTLAND

Oregon Food Bank's goal is to ensure that people have equitable access to the type of food assistance they need, when and where they need it.

All of our community-based programs are run by community partners and their volunteers. Our programs are free and open to the general public.

FREE MEALS

NUTRITIOUS MEALS OFFERED IN A WARM WELCOMING PLACE.
NO PROOF OF ADDRESS REQUIRED.

FREE GROCERIES

AT OUR FOOD PANTRIES YOU WILL RECEIVE A 3 TO 5 DAY SUPPLY OF GROCERIES. SOME PANTRIES HAVE BOUNDARIES AND WILL REQUIRE A PROOF OF ADDRESS SUCH AS AN ID OR A UTILITY BILL.

COMMUNITY BASKET

YOU WILL RECEIVE APPROXIMATELY 50 POUNDS OF HEALTHY FOODS FOR YOUR HOUSEHOLD – WITH A FOCUS ON FRESH PRODUCE AND A VARIETY OF PANTRY STAPLES LIKE EGGS, BEANS, WHOLE GRAINS, MILK AND VEGETABLE OIL.

FREE PRODUCE

HARVEST SHARE

YOU CAN SELECT THE PRODUCE YOU WANT FROM AN ASSORTMENT OF OPTIONS IN A FARMER'S MARKET SETTING. FOOD IS DISTRIBUTED ON A FIRST COME FIRST SERVED BASIS. PLEASE BRING YOUR OWN BAGS.
NO PROOF OF ADDRESS REQUIRED.

The agencies we partner with are independent nonprofits. It's always best to call before visiting a site to make sure that you qualify for their services.

FOOD DELIVERY

If you are a senior or disabled and you need food delivered please call:

Saint Vincent de Paul: 503-235-8431

Meals on Wheels: 503-736-6325

Care to Share: 503-591-9025 (Beaverton, Aloha, and West Portland)

Oregon Food Bank

***welcomes your religion, sexual orientation, immigration status,
race, ethnicity, gender, and abilities.***



FREE GROCERIES

Aloha, Beaverton & West Portland



Agencies	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aloha Church Of God 18380 SW Kinnaman Road Aloha, OR 97007 (503) 649-5678				1:00 pm - 3:00 pm	1:00 pm - 3:00 pm		Last of the month: 10:00 am - 12:00 pm
<i>Area Served: All. Shopping Style Pantry. One food box a month.</i>							
Beaverton Seventh Day Adventist 14645 SW Davis Road Beaverton, OR 97007 (503) 591-9025			9:00 am - 12:00 pm & 12:30 pm - 2:00 pm				
<i>Area Served: Care To Share (must call for appointment). Shopping Style Pantry.</i>							
Bethel Congregational Church 5150 SW Watson Avenue Beaverton, OR 97005 (503) 591-9025		11:30 am - 12:30 pm		6:30 pm - 7:30 pm	11:30 am - 12:30 pm		
<i>Area Served: Care To Share (must call for appointment). Shopping Style Pantry.</i>							
Holy Trinity Food Closet 13715 SW Walker Road Beaverton, OR 97005 (503) 591-9025			10:00 am - 12:30 pm	10:00 am - 12:30 pm		10:00 am - 12:30 pm	
<i>Area Served: Care To Share (must call for appointment). Shopping Style Pantry.</i>							
Murray Hills Christian Church 15050 SW Weir Road Beaverton, OR 97008 (503) 591-9025		3:30 pm - 5:30 pm		9:30 am - 12:00 pm			10:00 am - 2:00 pm
<i>Area Served: Care To Share (must call for appointment). Shopping Style Pantry.</i>							
Rock Creek Church 4470 NW 185th Avenue Portland, OR 97229 (503) 645-2525		3:00 pm - 4:00 pm (by appointment ONLY)	9:00 am - 12:00 pm & 4:00 pm - 7:00 pm				
<i>Area Served: Zip Codes 97006-97008, 97123, 97124 & 97229. Shopping Style Pantry. Call for appointment after 8 am for Monday. If holiday falls on Monday, pantry is closed that day and the following day.</i>							
Saint Bartholomew Episcopal Church 11265 SW Cabot Street Beaverton, OR 97005 (503) 644-3468						1:30 pm - 4:30 pm	
<i>Area Served: All. Shopping Style Pantry. Pantry located downstairs.</i>							
Saint Matthew Lutheran SCAT 10390 SW Canyon Road Beaverton, OR 97005 (503) 591-9025	Last of the month: 1:00 pm - 2:00 pm	6:30 pm - 7:30 pm	5:00 pm - 6:00 pm	6:30 pm - 7:30 pm & First of the month: 11:30 am - 12:30 pm	11:30 am - 12:30 pm & 6:30 pm - 7:30 pm		
<i>Area Served: Care To Share (must call for appointment). Shopping Style Pantry.</i>							

Continued



FREE GROCERIES



Agencies	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Saint Vincent de Paul St. Cecilia 5120 SW Franklin Avenue Beaverton, OR 97005 (503) 591-9025		9:00 am - 7:30 pm	9:00 am - 7:30 pm	9:00 am - 7:30 pm	9:00 am - 7:30 pm	9:00 am - 11:00 am	
<i>Area Served: Care To Share (must call for appointment). Shopping Style Pantry.</i>							
Saint Vincent de Paul St. Juan Diego 5995 NW 178th Avenue Portland, OR 97229 (503) 985-6046		4:00 pm - 5:30 pm			10:00 am - 12:00 pm	11:00 am - 1:00 pm	
<i>Area Served: S. Cornell, W. Helvetia, E. Bethany & NW Washington County Line. Shopping Style Pantry.</i>							
Saint Vincent de Paul St. Elizabeth Ann Seton 3145 SW 192nd Street Aloha, OR 97006 (503) 649-5841			1:00 pm - 3:00 pm			1:00 pm - 3:00 pm	
<i>Area Served: Aloha. Bring your own bags/boxes. Call for an appointment Monday-Friday 8:00 am-12:00 pm.</i>							
Saint Vincent de Paul St. Pius X (Cedar Mill) 1170 NW 123rd Avenue Portland, OR 97229 (503) 591-9025		10:00 am - 12:00 pm		10:00 am - 12:00 pm		10:00 am - 12:00 pm	
<i>Area Served: Zip Codes 97229. Bring your own bags/boxes. Call for appointment. Shopping Style Pantry.</i>							
Sunset Presbyterian Church Helping Hands 14986 NW Cornell Road Portland, OR 97229 (503) 591-9025				9:30 am - 12:00 pm	4:00 pm - 6:30 pm		
<i>Area Served: Care To Share (must call for appointment). Shopping Style Pantry.</i>							
The Lord's Cupboard 2270 SW 198th Avenue Aloha, OR 97003 (503) 591-9025							Last 2 of the month: 8:30 am - 3:30 pm
<i>Area Served: Care To Share (must call for appointment). Shopping Style Pantry.</i>							
True Life Fellowship 1895 NW 169th Place Beaverton, OR 97006 (503) 810-7426							2nd & 4th of the month: 10:00 am - 1:00 pm
<i>Area Served: All.</i>							
Unity Of Beaverton 12650 SW 5th Street Beaverton, OR 97005 (503) 646-3364			10:00 am - 4:00 pm	10:00 am - 4:00 pm			
<i>Area Served: Zip Codes 97005-97008. Bring your own bags/boxes. Shopping Style Pantry.</i>							
Westside Community Church-Food Brigade 18390 SW Farmington Rd. Beaverton, OR 97007 (503) 877-0256							9:30 am - 11:00 am
<i>Area Served: All. Shopping Style Pantry.</i>							

Oregon Food Bank is an equal opportunity provider.