

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

BANKS, CORNELIUS, FOREST GROVE, GASTON, NORTH PLAINS & VERNONIA

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



Banks, Cornelius, Forest Grove, Gaston, North Plains & Vernonia

Agencies	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Banks Community Food Bank 42391 NW Depot Street Banks, OR 97106 (503) 324-5686		By appointment only	By appointment only	By appointment only	By appointment only	By appointment only	
<i>Area Served: Banks. Must call for an appointment.</i>							
Cornelius United Methodist Church 1095 S Beech Street Cornelius, OR 97113 (503) 724-9766		5:00 pm-7:30 pm (Summer ONLY)		1st of the month: 1:00 pm - 3:00 pm	5:00 pm-7:30 pm (Summer ONLY)		3rd of the month: 10:00 am - 12:00 pm
<i>Area Served: All. Shopping Style.</i>							
Forest Grove Fourthsquare Church 1719 Cedar Street Forest Grove, OR 97116 (503) 357-4400					10:40 am - 1:00 pm		
<i>Area Served: Cornelius, Dilley, Forest Grove, Gales Creek & Gaston. Bring your own bags/boxes.</i>							
Forest Grove Spanish Seventh Day Adventist 4021 19th Avenue Forest Grove, OR 97116 (503) 430-1859				7:00 pm - 9:00 pm			
<i>Area Served: All. Shopping Style.</i>							
North Plains Senior Center 31311 NW Commercial St. North Plains, OR 97133 (971) 285-6803					2nd of the month: 5:00 pm-6:30 pm	4th of the month: 5:00 pm-6:30 pm	
<i>Area Served: North Plains. Shopping Style. Closed November & December.</i>							
Saint Vincent de Paul St. Anthony Catholic Church 1660 Elm Street Forest Grove, OR 97116 (503) 357-9647		Intake: 9:00 am-12:00 pm Pick up: 12:30 pm - 3:00 pm	Intake: 9:00 am-12:00 pm Pick up: 12:30 pm - 3:00 pm	Intake: 9:00 am-12:00 pm Pick up: 12:30 pm - 3:00 pm	Intake: 9:00 am-12:00 pm Pick up: 12:30 pm - 3:00 pm	Intake: 9:00 am-12:00 pm Pick up: 12:30 pm - 3:00 pm	Intake: 9:00 am - 11:00 am Pick up: 11:30 am
<i>Area Served: Forest Grove, Gales Creek & Gaston. Shopping Style.</i>							
Vernonia Cares, Inc. 627 Adams Avenue Vernonia, OR 97064 (503) 429-1414			10:00 am - 2:00 pm		10:00 am - 2:00 pm		
<i>Area Served: All.</i>							
Wapato Valley Church 200 Front Street Gaston, OR 97119 (503) 985-3351					5:00 pm - 7:00 pm		
<i>Area Served: Zip codes 97116 & 97119. Shopping Style.</i>							

For more information: www.oregonfoodbank.org/Find-Help/Food-Finder

503-282-0555

Oregon Food Bank is an equal opportunity provider.