



Food Resources

DURING the COVID-19 PANDEMIC:

- SNAP recipients are eligible to receive the maximum monthly benefit amount. If you are receiving SNAP, this will happen automatically.
- School lunches are free to all students up to age 18yrs. Lunches can be Grab-n Go, delivered to your home, or dropped off in bus routes. Your child does not have to be present, you can get breakfast and lunch several days of the week. Contact your child's school for more info.

How to get started



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2-1-1. You can dial 2-1-1 from a phone, text your zip code to 898211 on your cellphone, or visit the website at <http://oregonhelps.211info.org/?wmode=opaque> to complete the Oregon Helps Survey which will provide a rough estimate of services you may qualify for. At the end of the survey there will be a list of helpful links along with directions of how to apply for each service.

Other Resources:



SNAP (Supplemental Nutrition Assistance Program) This program offers food benefits to eligible, low-income individuals and families. You must have a Social Security Number (SSN) to apply and/or you can apply on behalf of your children if they have a SSN. There is no wait list, this is a permanent program, and qualification for benefits depends on your household income.

How to apply: call your local DHS Self-Sufficiency Office, Beaverton Office (503)646-9952 | Hillsboro Office (503)693-4555 | Tigard Office (503)670-9711.

Apply online at <https://apps.state.or.us/onlineApplication/>

Email your application to: SSP.StatewideWorkshare@dhsosha.state.or.us



WIC (Women, Infants, and Children) WIC services are available to parents (women and men) expecting a baby, just had a baby, and/or are breastfeeding, and infants and children under the age of 5. These services include formula and food. Benefit food items must be on the approved WIC list. **If your child requires specific foods or formulas for medical reasons, please let our office know so we can fill out the correct form to help you cover those items.**

How to apply: call your local WIC Clinic Beaverton, Hillsboro, and Tigard WIC (503) 846-3555.

Online WIC Information: <http://public.health.oregon.gov/healthypeoplefamilies/wic/Pages/index.aspx>



Educational Food Resources. Talk to your child's school about their program for Free and Reduced Price Meals (FARM). If eligible, your child will receive 1 free breakfast and 1 free lunch per day. They may alternatively qualify for reduced prices which is 1 free breakfast per day and lunch for \$0.40.

SUMMER MEALS



Summer meal programs. To find summer meals in your area you may visit summerfoodoregon.org. You may also text "FOOD" to 877877. This is a service available to all children 18 and younger. There is no enrollment needed and no cost.



Oregon Food Bank. To find a community food program near you where you may pick up food or hot meals call (503)439-6510 or visit the Oregon Food Bank Finder online at: <https://foodfinder.oregonfoodbank.org/>. Food banks may ask for your name, address, number of household members, your signature, and your zip code. Food banks may not ask you for your race, immigration status, ID, age, religion, sexual orientation, birth place, sex, political view, disability, or military status. You can also visit our website's resources page

for a list of community food resources, <http://www.hillsboropedcs.com/links/>.

Access to food is a fundamental need for the growth and development of your child. We hope that you find these resources helpful. Should you need additional help navigating through these resources please contact our Care Coordinator at (503)640-2757.