

Tab 1

Columbia Gorge Support and Mutual Aid Resources:

****This is a community-sourced public resource document for people in the Columbia Gorge to map out local resources during the Government shutdown and the defunding of and changes to SNAP-Benefits. Please do not add or share data unless you have confirmed that it is accurate as a lot of misinformation is being shared in the community right now. This is a living document and members of the [Columbia Gorge Food Security Coalition](#) started it as a way to centralize information. Please keep your additions brief (no images or flyers). Links to external information are encouraged.****

CONTEXT FOR SUPPORT:

SNAP serves as a vital safety net for 10-25% of our community members (varies by county). The loss of SNAP benefits is a bigger challenge than can be addressed by food pantries and food banks alone. Helping our community during this time will take all of us, both through traditional support (donating to food banks and food pantries) and non-traditional support of direct mutual aid. This is not a food issue, this is a resource issue. We have enough food in the community, yet many of our neighbors will not have the resources to access it.

The federal government shutdown is affecting funding for the Supplemental Nutrition Assistance Program (SNAP). Find updates here: [Oregon Department of Human Services : Federal government shutdown and SNAP benefits : News : State of Oregon](#)

This creates uncertainty and stress for the 1 in 6 (737,781) Oregonians who rely on food assistance. According to March 2025 [data](#) from Oregon Department of Human Services, 445,238 households utilize SNAP benefits, including about 215,239 children and 132,514 adults aged 65 and older.

According to the Oregon Hunger Task Force ([2022](#)), the economic value from SNAP added to our regional counties over a year is \$4,743,621 (\$395,301/month) to Hood River County, \$4,670,459 (\$389,204/month) to Wasco County, and \$317,298 (\$26,441) to Sherman County.

For every **\$1** in SNAP benefits spent, an estimated **\$1.50 to \$1.80** in total economic activity is generated in the local economy, with the most frequently cited figure during a weak economy being **\$1.54**. This "multiplier effect" happens as recipients spend benefits at local grocery stores, which in turn supports farmers, processors, distributors, and other retailers, creating jobs and stimulating growth (Economic Research Service).

Resources for people who NEED assistance:

FOOD

Oregon Food Pantries:

- The most up-to-date information is available at oregonfoodfinder.org or AsistenciaAlimentariaOregon.org. Some pantries are adjusting service hours and this is where we are trying to retain the most accurate information. If you are sharing information about pantries, please share these links rather than specific pantry details.
- OF NOTE: Columbia Gorge Food Bank (CGFB) is the regional food bank serving Sherman, Wasco, and Hood River Counties. As part of the Oregon Food Bank Network, we connect statewide resources to local pantries and partners. CGFB is not a food pantry, but we support hunger relief efforts across the region. The Windy River Gleaners pantry runs out of the CGFB facility on Tuesdays from 9-1, and those are the only public pantry hours for this facility.
- For info on taking Gorge Transit to food banks, click here: www.gorgetransit.com/food-bank-access

Washington Food Pantries:

- [Food Banks — Washington Gorge Action Programs](#)
- For info on taking Gorge Transit to food banks, click here: www.gorgetransit.com/food-bank-access

Farmers Markets: <https://gorgegrown.com/farmmarket/>

- **SNAP Match & Double Up Food Bucks are available even if a customer has a \$0 balance on their EBT card.**
 - [SNAP Match](#): extra tokens for SNAP shoppers to purchase SNAP eligible items like produce, meat, cheese, bread, eggs, etc.
 - [Double Up Food Bucks](#) (DUFb): extra vouchers for SNAP shoppers to purchase fresh, dried, or frozen fruits and vegetables, mushrooms or dry beans.

- [Hood River Farmers Market](#)'s regular is currently open every Saturday, 9am - 1pm, through November 22nd.
 - **Get up to \$40 free to buy groceries from local farmers!**
 - **Customers who have at least \$1** can pay \$1 in EBT and get \$20 in SNAP Match & \$20 in Double Up Food Bucks (\$40 total).
 - **Customers with a \$0 card balance** can still get \$20 in SNAP Match & \$20 in Double Up Food Bucks (\$40 total)
 - Located in downtown Hood River 501 Columbia Street, across from Full Sail Brewing and the Cinema. Free parking is available for market customers.
 - The market also gives free tokens to kids to buy fruits or veggies at the market (Power of Produce (POP)).
 - Donate to support the SNAP Match Program [HERE](#)

Free Breakfast and Lunch through local School Districts:

- Hood River County School District students are eligible for FREE breakfast and lunch. Students enrolled in the ExCEL program are also eligible for FREE dinner. The district is looking to expand the free dinner program.
<https://www.hoodriver.k12.or.us/departments/nutrition-services>

Meal Sites:

- Oregon Aging and People with Disabilities Meal Programs:
https://www.adrcoforegon.org/consumersite/explore/in_your_community/community_meal_programs.php
- [Hood River Valley Adult Center](#)
- White Salmon Pioneer Center, 501 NE Washington Street.: Senior (60+) Lunch Monday and Wednesday, 12:00 noon. Lyle Lions Community Center Senior Lunch at 12pm Goldendale Senior Center Senior Lunch on Tuesdays and Thursdays at 12pm.
<https://www.klickitatcounty.gov/347/Nutrition-Program>
- Hegewald Center, 710 SW Rock Creek Drive, Stevenson, WA: Senior (60+) Lunch Monday, Wednesday & Friday 12:00 noon. [Skamania Senior Services Nutrition Program](#)

WIC:

- Wasco & Sherman County: [North Central WIC](#) Funds are available through November 2025. Families are encouraged to keep their appointments and use their food benefits by the 15th. Additional appointment slots have been created to support same-day availability.

This tool can help you determine if you might be eligible for services [WIC TOOL](#)

Grocery Stores (do you have any specials or pay it forward options available for those impacted by SNAP non-payments?):

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Restaurant Support (do you have any specials or pay it forward options available for those impacted by SNAP non-payments?):

- BURGERVILLE: In response to the interruption in SNAP benefits, children relying on SNAP can receive a free Kids Cheeseburger or Hamburger Basket at most Burgerville (excluding PDX airport) locations from 7 a.m. - 11 p.m., Nov. 3 - Nov. 9, or until SNAP benefits are reinstated, whichever occurs first. This is available to any parent with a child present who shows their EBT-SNAP card when ordering in-store or in the drive-thru, while supplies last. (No purchase necessary) Guests who are able are encouraged to round up their order totals at checkout to benefit local food banks. We will also be donating 20% of all sales on Nov. 10 from 4 p.m. - 8 p.m. to local food banks including @oregonfoodbank and @clarkcountyfoodbank, so please consider stopping by your nearest Burgerville to support the cause.

Other Support Opportunities (i.e. community meal or hyper local food resources not part of the tradition food bank, food pantry, meal site network):

- For Hood River and Wasco counties, Bridges to Health is accepting referrals to provide assistance in the form of food gift cards. Referrals for those experiencing food insecurity can be made using this form: [B2H Food Assistance Referral Form](#)
- Wines on Second (The Dalles) - Pop up pantry - <https://www.facebook.com/share/p/1CaAhvgJ7G/>
<https://www.facebook.com/share/p/1GnMxKjC2E/>
- The Dalles Library now has a food pantry in their entryway with a sign sharing other places to get food.

OTHER HOUSEHOLD EXPENSES

Electric/Power Bill:

- Pacific Power Customers can apply for Low-Income Discount Program to reduce their power bill; applications take 5 minutes:
<https://www.pacificpower.net/my-account/payments/bill-payment-assistance/oregon-low-income-discount-program.html>
- Pacific Power Customers can apply for the Community Solar Program for additional bill credits (10/15% off their electric bill). If they qualify for the Low-Income Discount Program they will qualify for Community Solar. Application takes 5 minutes to complete, they will need a copy of their electricity bill.
https://enhabit.my.salesforce-sites.com/apex/VisualAntidote_HostedFastForm?h=RUVMC&&
Or call David Saenz with the Community Energy Project for a 1:1 phone intake - 971-458-7105.

Regional Resource Guides:

- <https://www.hoodriverprevents.com/resource-guide>

Statewide Resources:

- Call, email or text the [211info website](#) to connect to food resources, such as food pantries, congregate or community meals or grocery delivery options available in your area. 211info's core operating hours are Monday through Friday, 8 AM to 6 PM.
 - Visit the [211info website](#) or download the app to perform your own search anytime.
 - Dial 211 or 1-866-698-6155. Some phones that use VOIP or Wifi calling may need to use the toll-free long number.
 - TTY: dial 7-1-1 and call 1-866-698-6155
 - Language interpreters are available. Hours may also vary based on program.
 - Text your zip code to 898211 (TXT211) – M-F from 9 AM- 5 PM
 - Email help@211info.org – Response within 24 hours

TRANSPORTATION

Food Access:

- Klickitat County residents that need transportation to Klickitat County food banks or pick up/delivery of food boxes can call Mt. Adams Transportation at 509-493-4662 or 509-773-3060.
- Skamania County Seniors that need transportation to the Stevenson food bank or pick up/delivery of food boxes can call Skamania County Senior Services at 509-427-3990.
- For info on taking Gorge Transit fixed routes to food banks, click here:
www.gorgetransit.com/food-bank-access

Gorge Transit:

- Fare assistance is available for riders in the form of free passes at this site:
 - <https://gorgetransit.com/fare-assistance/>

Ways for neighbors to PROVIDE support and mutual aid right now:

- **Adopt a Food Bank or Food Pantry or Meal Site:**
 - Donate to your local food bank and pantry: food or money are both welcome. If you can work with a group to purchase bulk quantities of food or a pallet of food, please do so. Contact your local food bank or pantry or meal site to coordinate on bulk purchasing and learn from them what is most needed.
 - [Columbia Gorge Food Bank](#) is open for donations (food or funds) Monday-Thursday 9-4 and Friday 9-12.
- **Utility Support:**
 - Contact your local power or utility company to offer to pay someone else's bill. Remember, this is a resource issue and if we can support our neighbors by covering another cost, it may open up resources to purchase food.
 - *Utility companies cannot provide you with names or bill amounts but you can contribute to funds that will help cover someone's bill or go toward a portion of their bill.
- **Adopt a local family**
 - If you know a family who will not have SNAP this month, can you support them directly? Average SNAP benefits per household each month are \$315...and, every bit counts!
 - [Learn more about SNAP here!](#)
- **GIFT CARDS:**
 - This is a complicated process to help balance and distribute funds equitably. More information will be added as processes are defined.
 - Bridges to Health will be using donations to purchase food gift cards for clients/community members in need. If you are aware of community members or partners who would like to support our work, they can visit our website to learn more about how they can help:
<https://www.cghealthcouncil.org/foodassistance>

- Lasagna Love:
 - [Sign up](#) to make a lasagna for a family in need of a hot meal in your area.
 - [Sign up](#) to receive a lasagna from a neighbor.
 - Community Based Fundraisers to support hunger relief:
 - [The Dalles Turkey Trot](#)
 - [Gorge Running Club Turkey Trot](#)
 - Donate an Annual Transit Pass:
 - [Donate to the Gorge Equity Fund](#): a 501c3 set up to distribute Gorge Transit Passes via the Gorge Transit Connect program
 - [Join the Buy One, Give One Program](#): businesses and organizations who buy at least 10 passes will automatically donate matching passes to the Equity Fund.
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Español

Recursos de Apoyo y Ayuda Mutua del Columbia Gorge

****Este es un documento público y comunitario creado para que las personas del Columbia Gorge puedan identificar los recursos locales durante el cierre del gobierno y los recortes o cambios en los beneficios de SNAP. Por favor, no agregue ni comparta información a menos que haya confirmado que es precisa, ya que actualmente se está difundiendo mucha información errónea en la comunidad. Este es un documento activo, iniciado por miembros de la Coalición de Seguridad Alimentaria del Columbia Gorge, con el fin de centralizar la información. Mantenga sus aportes breves (sin imágenes ni volantes). Se recomiendan los enlaces a información externa.**

CONTEXTO DEL APOYO:

SNAP funciona como una red de seguridad vital para entre el 10 % y el 25 % de los miembros de nuestra comunidad (según el condado). La pérdida de los beneficios de SNAP representa un desafío mayor del que las despensas y los bancos de alimentos pueden afrontar por sí solos. Ayudar a nuestra comunidad durante este tiempo requerirá el esfuerzo de todos, mediante el apoyo tradicional (donaciones a bancos y despensas de alimentos) así como mediante el apoyo no

tradicional de ayuda mutua directa. Este no es un problema de alimentos, es un problema de recursos. Tenemos suficiente comida en la comunidad, pero muchos de nuestros vecinos no tendrán los recursos necesarios para acceder a ella.

El cierre del gobierno federal está afectando el financiamiento del Programa de Asistencia Nutricional Suplementaria (SNAP).

<https://www.oregon.gov/odhs/news/Pages/snap-updates.aspx#>

Esto genera incertidumbre y estrés para 1 de cada 6 (737,781) oregoneses que dependen de la asistencia alimentaria. Según los [datos](#) de marzo del 2025 del Departamento de Servicios Humanos de Oregón, 445,238 hogares utilizan los beneficios de SNAP, incluyendo aproximadamente 215,239 niños y 132,514 adultos mayores de 65 años.

De acuerdo con el *Oregon Hunger Task Force* ([2022](#)), el valor económico anual que SNAP aporta a nuestros condados regionales es de \$4,743,621 (\$395,301/mes) al Condado de Hood River, \$4,670,459 (\$389,204/mes) al Condado de Wasco y \$317,298 (\$26,441/mes) al Condado de Sherman.

Por cada \$1 gastado en beneficios de SNAP, se generan entre \$1.50 y \$1.80 en actividad económica total en la economía local, siendo la cifra más citada durante una economía débil de \$1.54. Este “efecto multiplicador” ocurre cuando los beneficiarios gastan sus beneficios en tiendas locales, lo que a su vez apoya a agricultores, procesadores, distribuidores y otros comercios minoristas, creando empleos y estimulando el crecimiento (Servicio de Investigación Económica).

Recursos para personas que NECESITAN asistencia:

ALIMENTOS

Despensas de alimentos en Oregón:

La información más actualizada está disponible en oregonfoodfinder.org o AsistenciaAlimentariaOregon.org. Algunas despensas están ajustando sus horarios de servicio, y en estos sitios es donde intentamos mantener la información más precisa. Si comparte información sobre despensas, por favor comparta estos enlaces en lugar de detalles específicos de cada despensa.

Nota: El *Columbia Gorge Food Bank (CGFB)* es el banco de alimentos regional que presta servicios en los condados de Sherman, Wasco y Hood River. Como parte de la *Red de Bancos de Alimentos de Oregón*, conectamos recursos estatales con despensas y socios locales. El CGFB no es una despensa, pero apoya los esfuerzos contra el hambre en toda la región. La despensa *Windy River Gleaners* opera en las instalaciones del CGFB los martes de 9 am a 1 pm, y esos son los únicos horarios abiertos al público en esa instalación.

Bancos de Comida en el estado de Washington:

- <https://www.wagap.org/food-banks-nutrition>

Los programas SNAP Match y Double Up Food Bucks (DUFEB) están disponibles incluso si un cliente tiene un saldo de \$0 en su tarjeta EBT.

[SNAP Match](#): otorga fichas adicionales para que los beneficiarios de SNAP puedan comprar artículos elegibles, como frutas, verduras, carne, queso, pan, huevos, etc.

[Double Up Food Bucks \(DUFEB\)](#): ofrece vales adicionales para que los beneficiarios de SNAP compren frutas y verduras frescas, secas o congeladas, hongos o frijoles secos.

Actualmente hay dos Farmers Market abiertos en la región del Gorge:

[Hood River Farmers Market](#):

Abierto todos los sábados, de 9 am a 1 pm, hasta el 22 de noviembre.

- **¡Obtenga hasta \$40 gratis para comprar comestibles a los agricultores locales!**
- **Los clientes que tengan al menos \$1** pueden pagar \$1 en EBT y recibir \$20 en SNAP Match y \$20 en DUFB (\$40 en total).
- **Los clientes con saldo \$0** en su tarjeta aún pueden recibir \$20 en SNAP Match y \$20 en DUFB (\$40 en total).
- Ubicación: centro de Hood River, 501 Columbia Street, frente a Full Sail Brewing y el Cinema. Estacionamiento gratuito disponible para los clientes del mercado.
- El mercado también entrega fichas gratis a los niños para comprar frutas o verduras (*Power of Produce – POP*).

Desayunos y almuerzos gratuitos a través de los distritos escolares locales:

- Los estudiantes del Distrito Escolar del Condado de Hood River son elegibles para recibir desayuno y almuerzo GRATUITOS. Los estudiantes inscritos en el programa ExCEL también son elegibles para recibir cena GRATUITA. El distrito está considerando ampliar el programa de cenas gratuitas.

<https://www.hoodriver.k12.or.us/departments/nutrition-services>

Sitios de comidas:

- Programas de comidas para personas mayores y con discapacidades de Oregón:

https://www.adrcoforegon.org/consumersite/explore/in_your_community/community_meal_programs.php

- [Hood River Valley Adult Center](#)
- White Salmon Pioneer Center, 501 NE Washington Street: almuerzo para personas mayores los lunes y miércoles a las 12:00 p.m.

<https://www.klickitatcounty.gov/347/Nutrition-Program>

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Tiendas de comestibles (¿Tiene alguna oferta especial o programa de “pagar por adelantado” disponible para quienes se vean afectados por la suspensión de los pagos de SNAP?)

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Apoyo de restaurantes (¿Tiene alguna oferta especial o programa de “pagar por adelantado” disponible para quienes se vean afectados por la suspensión de los pagos de SNAP?)

- Debido a la interrupción de los beneficios de SNAP, los niños que dependen de este programa pueden recibir una hamburguesa con queso o una canasta de hamburguesas gratis en la mayoría de los restaurantes Burgerville (excepto en el aeropuerto PDX) de 7:00 a. m. a 11:00 p. m., del 3 al 9 de noviembre, o hasta que se restablezcan los beneficios de SNAP, lo que ocurra primero. Esta promoción está disponible para cualquier padre o madre con un niño presente que muestre su tarjeta EBT-SNAP al ordenar en el restaurante o en el autoservicio, hasta agotar existencias. (No es necesario realizar ninguna compra). Se anima a los clientes que puedan redondear el total de su pedido al pagar para apoyar a los bancos de alimentos locales. Además, donaremos el 20 % de todas las ventas el 10 de noviembre de 4:00 p. m. a 8:00 p. m. a bancos de alimentos locales, como @oregonfoodbank y @clarkcountyfoodbank. Visite su Burgerville más cercano para apoyar esta causa.

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Otras oportunidades de apoyo (por ejemplo, comidas comunitarias o recursos alimentarios locales que no forman parte de la red tradicional de bancos de alimentos, despensas o comedores comunitarios):

OTROS GASTOS DEL HOGAR:

Factura de electricidad/energía:

Los clientes de Pacific Power pueden solicitar el Programa de Descuento para Personas de Bajos Ingresos para reducir su factura de electricidad. La solicitud toma unos 5 minutos:

<https://www.pacificpower.net/my-account/payments/bill-payment-assistance/oregon-low-income-discount-program.html>

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Guías Regionales de Recursos:

- <https://www.hoodriverprevents.com/resource-guide>

Maneras en que los vecinos pueden BRINDAR apoyo y ayuda mutua ahora mismo:

- Adopte un banco de alimentos, despensa o comedor comunitario:
- Done a su banco o despensa local: tanto los alimentos como el dinero son bienvenidos.
- Si puede colaborar con un grupo para comprar alimentos al por mayor o por contenedor, hágalo.
- Comuníquese con su banco de alimentos o despensa local para coordinar compras al por mayor y averiguar qué productos se necesitan más.
- El [Columbia Gorge Food Bank](#) acepta donaciones (alimentos o fondos) de lunes a jueves de 9 a.m. a 4 p.m. y viernes de 9 a.m. a 12 p.m.

Apoyo en servicios públicos:

- Comuníquese con su compañía de energía o servicios para ofrecer pagar la factura de otra persona. Recuerde que este es un problema de recursos, y si podemos ayudar a nuestros vecinos cubriendo otro gasto, eso puede liberar recursos para comprar alimentos.
- **Las compañías de servicios públicos no pueden proporcionar nombres ni montos de facturas, pero usted puede contribuir a fondos que ayuden a cubrir o reducir el costo de las facturas.*

Adopte una familia local:

- Si conoce a una familia que no recibirá SNAP este mes, ¿puede apoyarla directamente? El beneficio promedio mensual de SNAP por hogar es de \$315, y cada aporte cuenta.
- [Obtenga más información sobre SNAP aquí.](#)

Tarjetas de regalo:

Este es un proceso complejo que busca equilibrar y distribuir los fondos de manera equitativa. Se agregará más información a medida que se definan los procedimientos.

Recaudaciones comunitarias para apoyar la lucha contra el hambre:

- [The Dalles Turkey Trot](#)
- [Gorge Running Club Turkey Trot](#)