

The following are food resources, volunteering opportunities, and community partners to support through donation in the PNW. This is an ongoing list for the community. Please reach out if you have any other resource suggestions, questions, or concerns.

***credits to [KGW8](#), Komo News Staff, [@colortherapy.us](#) and our community members

Oregon

Resources + Food Banks

- [Marion Polk Food Share](#)
 - List of pantry locations in the central Oregon communities.
- [Sunshine Division](#) - 12436 SE Stark St Portland, OR 97233
 - Offers food pantry and food box delivery right at your doorstep. Eligibility requirements listed on their website.
- [LIFT UP: Preston's Portland Free Food Pantry](#) - 1838 SW Jefferson St, Portland, OR 97201
 - Preston's Pantry offers shoppers to visit twice a month with fresh food and groceries. Eligibility requirements listed on their website.
- [OSHU Food Resource Center](#) - Inside the Student Center on Marquam Hill at 722 Campus Drive Portland, OR 97239
 - Free groceries and hygiene products for OSHU students.
- [Neighborhood Impact](#)
 - Various food bank locations between Warm Springs and La Pine
- [Yamhill Community Action Partnership](#)
 - List of pantry, community meal sites, and Harvest2Home locations across central Oregon
- [Oregon Food Bank](#)

- The state's largest hunger-relief organization, operating a network of food pantries and meal sites across the region.
- [SnowCap Community Services](#)
 - A Portland-based organization serves families east of 82nd Avenue in Multnomah County with food, clothing and advocacy services. To access their resources, please fill out their General Application. Can visit food pantries up to twice a month through December 31st, 2025.
- [Portland Adventist Community Services](#) - 11020 NE Halsey St, Portland, OR 97220
 - Faith-based organization operating food pantries and social services programs. Limited to one food pantry visit per month. A visit entails a 3-5 day supply of food.
- [Neighborhood House](#) - 3445 SW Moss St, Portland, OR 97219
 - Eligible shoppers may visit twice a month for a two week supply of food. Food box delivery is also offered for the SW Portland area.
- [Love Our City](#) - 6120 NE 57th Ave, Portland, OR, 97218
 - Food box distribution includes a pre-packed 3-4 day supply of food offered weekly on Tuesdays
- [Urban Gleaners](#)
 - List of shopping style food pantries across the Central and Greater Portland area
- [Tigard Self-Sufficiency Center Free Food Market](#) - 10777 SW Cascade AVETigard OR 97223
 - Free food market happening every 4th Monday of the month.
- [Packed with Pride](#) - 11305 SW Bull Mountain Rd, Tigard, OR 97224
 - Shopping-style food pantry available Tuesdays & Thursdays.
- [St. Vincent de Paul Food Pantry](#)
- [Rise Church Community Crop Table](#) - 10445 SW Canterbury Ln, Tigard, OR 97224
 - Distributes fresh produce Saturday mornings, June through December.
- [Bethlehem House of Bread](#) - 9055 SW Locust St, Tigard, OR 97223

- In-food pantry shopping and/or grab & go style resources. Visit their website for more information on how you can sign up to their week-based system.
- [Tigard Grange](#) - *13770 SW Pacific Hwy, Tigard, OR 97223*
 - Community food project giving out food donations. Visit their Facebook page for more information and availability.
- [Tigard Covenant Church](#) - *11321 SW Naeve St, Tigard, OR 97224*
 - Food pantry on Tuesdays 9am-12pm PST.
- [Trinity Community Church](#) - *10900 SW 121st Ave, Tigard, OR 97223*
 - The food pantry opens every Third Saturday of the month from 10AM-12PM PST.
- [Reed College Community Pantry](#) - *Gray Campus Center (GCC) Lower Level Room 042*
 - The RCP has weekly hours posted through campus email, social media, and flyers. Any Reed community member (with a Reed ID/Reed email) can access the RCP during our open hours. RCP guests are required to complete a waiver and optional demographic survey before shopping, any data collected will only be used for institutional data evaluation and guests personal information will remain private.
- [University of Portland Food Pantry \(StockUP\)](#) - *Wellness Center located in lower level Orrico Hall*
 - Stock UP operates on an appointment basis, so students have the opportunity to work with a Care Team member for additional individualized support as needed. Stock UP will also offer walk-in hours.
- [Portland State University Food Assistance](#)
 - ON-Campus food resources including emergency meal vouchers, food pantry, and free food market.
- [Clackamas Community College Food Pantries](#)
 - Food bank locations and information from all three campuses.

- [Oregon State University Basic Needs Center](#)
 - Offers basic needs strategy support and to build community focusing on housing and food.
 - The OSU Food Pantry is an equal opportunity provider - you do not need to be a student to shop.
- [University of Oregon Food Resources](#)
 - Variety of food pantry, hot meals, school lunch programs for students and community.
- [Beaverton Resource Center](#) - *13565 Southwest Walker Road, Beaverton, Oregon 97005, United States*
 - Provides resources including basics needs, ESL classes, Food Pantry, legal services, parenting/childcare, Senior Services, shelter, etc.
- [Salvation Army Oregon](#) - Multiple Locations
 - Provides food resource locators at multiple Oregon locations.
- [Hand Up Project's - The People's Pantry](#) - *4115 N Mississippi Avenue Suite #5, Portland Oregon 47217*
 - Food pantry lottery system designed for fairness. Designed for BIPOC and LGBTQ+ individuals.

4Community Businesses

- [Wild Child Pizzo](#) - *5120 SE 28th Ave, Portland, OR 97202*
 - Starting Nov 4th, they will be partnering with Heretic Coffee to offer free pizza
 - Just say "SNAP lunch"
- [King Boil PDX](#) - *7445 SE 72nd Ave, Portland, OR 97206*
 - Starting Nov 1st until SNAP benefits are restored, will be offering a free mac-n-cheese and a small lemonade per person while supplies last
- [Woodstock Cafe](#) - *4103 SE Woodstock Blvd, Portland, OR 97202*

- The Portland cafe and Dead-and-disability-run nonprofit is offering a free meal
- [Dan & Louis Oyster Bar](#) - *208 SW Ankeny St, Portland, OR 97204*
 - Until SNAP benefits returns, they are offering free chowder to those who have lost their SNAP benefits
 - They also have set up a [venmo](#) for those who wish to donate
- [Growing Gardens/Kolectivo/Magna Kusina/Sunrise](#)
 - People can pick up or dine in for a free lunch at Magna Kusina and pick up dinner for a family of four from Sunrise
- [Bing Mi](#) - *2572 NW Vaughn St E, Portland, OR 97210*
 - Will set up a community food pantry along with packaged food and drinks for people to grab starting Oct. 31st
- [Cafe Olli](#) - *3925 NE Martin Luther King Jr Blvd, Portland, OR 97212*
 - Continuing to serve its free meal option where people can donate by asking their server
- [Laughing Planet Cafe](#) - *any of their locations*
 - Ask for "ADULTS SNAP" or "KIDS SNAP MEAL" to get a free meal at all locations
- [Grasso](#) - *any of their locations*
 - Until SNAP is fully funded, they will be offering free meals to children. Have one person show and the child in the group will get the meal for free. NO PURCHASE REQUIRED
- [Pizzeria Stellingo](#) - *8000 SE 13th Ave, Portland, OR 97202*
 - Starting Nov 1st, will be offering "SNAP Rollo" (pepperoni calzone) for those losing SNAP benefits. Will be a "Pay it Forward" button at checkout for anyone who wishes to donate
- [Miss Delta Southern Food](#) - *3950 N Mississippi Ave, Portland, OR 97227*
 - People can show their EBT card and get a pulled pork po boy or BBQ cheeseburger
- [El Sombrero Tapatio](#) - *10820 NE Sandy Blvd, Portland, OR 97220*

- Starting Nov 1st, people can ask for a “SNAP Meal” and let the staff know if they want chicken or beef
- [The Pharmacy](#) - *2100 NW Glisan St, Portland, OR 97210*
 - Unit SNAP benefits resolve, they will be giving away meals every week
- [Feral Portland](#) - *1640 NE Killingsworth St, Portland, OR 97211*
 - On Saturdays 12-3pm, they will be giving away meals bowl of “stewed beans, rice, veg, and a tasty sauce”
- [Hina Island Grindz](#) - *11530 SW Pacific Hwy, Tigard, OR 97223*
 - Is giving away a free plate meal for the first customer every day
- [Just a Dash Kitchen](#) - *12400 SW 1st St, Beaverton, OR 97005*
 - People can purchase “pay it forward dollars” for people who are experiencing food insecurity to use in the job. Each morning, they will post how many dollars are available for the day for people to use. No paperwork and questions will be asked. People can also bring non-expired dry goods, household items and baby products for the store’s mini pantry and receive a free drink or soft serve
- [GeekEasy Anime Cafe](#) - *310 NW Davis St, Portland, OR 97209*
 - People can “pay it forward” \$5 to give away a free sandwich and drink for someone in need
- [Barbur Brews](#) - *7365 SW Barbur Blvd, Portland*
 - Offering free 12oz cups of oatmeal per day. Ask for “Community Oats” at the window.

Washington

Resources + Food Banks

- [Seattle Food Resources PDF created by Color Therapy](#)

- A list of resources for free meals provided without any requirements or need to register. Seattle Community Fridge locations are also listed
- [Northwest Harvest](#)
 - Washington state's leading hunger relief organization providing resources for those in need.
- [Emergency Food Network](#)
 - Provides a food pantry map across Pierce County
- [The Little Free Pantries](#)
 - "Little Free Pantries offer a zero-barrier access point to food to help fill the gaps in the food system. They support neighbors who are facing food insecurity while building micro-communities. They empower people to make an immediate change in their neighborhood"
- [Food Lifeline](#)
 - Provides a map to food banks and other resources in WA
- [Pierce County Food Banks](#)
 - Provides a resource to food banks in Pierce County
- [Eloise's Cooking Pot](#) - *3543 E. McKinley Avenue, Tacoma, WA 98404*
 - Food bank serving the East and South Tacoma communities
 - Hours of Operation: Tuesday - Saturday 10:00 - 4:00PM
- [Volunteers of America Western Washington - Everett](#)
 - Organization which provides food banks, food pantries, in the Everett area.
- [Washington 211: Resources for free meals](#)
 - Provides a resource to find food assistance, including free meals in Washington
 - Dial 211
- [Pike Market Food Bank \(Downtown Seattle\)](#)

- Food bank providing free groceries, ready to eat food for those without housing, and home deliveries for qualified residents of Downtown Seattle
- [Bellingham Food Bank](#) - *1824 Ellis Street, Bellingham, WA 98225*
 - “Since 1972, Bellingham Food Bank has provided free food in Whatcom County. We are now pushing 5,000 household visits a week and offer a free grocery program, drive thru, and home delivery. We also help to distribute millions of pounds of food to the Whatcom County Food Bank Network”
- [Ballard Food Bank](#) - *1400 NW Leary Way Seattle, WA 98107*
 - Provides access to nutritious food through our grocery-style food bank, no-cost café, home delivery, and Weekend Food for Kids program. Hosts a Community Resource Hub, where partner organizations offer a range of services like housing, medical care, and veterans’ benefits – all under one roof. Has a financial assistance program to help prevent homelessness through eviction prevention. Clients also have access to utility assistance, identification vouchers, and our mail program.
- [Farm 2 Food Pantry](#)
 - Supports local, small-scale farmers while increasing access to nutrient-dense and nourishing foods for Washingtonians facing food insecurity. Also provides a map of partnering food pantries in WA.
- [North Hill Christian Church](#) - *908 S. 200th St., Des Moines, WA 98198*
 - “Every Friday Noon-2pm anyone can come through to get free food that is donated by Praisealujah Ministries and Union Gospel Mission. Come get food for your family or someone you know who can use it. We also need volunteers to help:
 - *Set up
 - *Help during the event
 - *Help clean up

- [Kitsap County Food Bank](#) - 3537 Anderson Hill Rd. PO Box 748
Silverdale, WA 98383 USA
 - Their Grocery Program provides families and individuals in Bremerton, Silverdale, Poulsbo, and beyond with access to nutritious food. They also offer dedicated Senior Programs, helping older adults across the region with regular food deliveries to maintain their independence. In addition, Community Resources connects local residents to critical services, including assistance with utilities, housing, and other support, ensuring that everyone in our Kitsap County community has the tools they need to thrive. They also offer curbside pick up.
- [University of Washington](#) - Seattle
 - UW Food Pantry provides UW students, staff, and faculty with supplemental, shelf-stable groceries and seasonal fresh produce for no cost. Anyone with a Husky ID is eligible to receive support. Bring your own bag! (Check the UW Food Pantry Instagram account for unanticipated closures that deviate from posted operating hours.)
 - Food Security Grant is available to help students meet short-term, immediate needs. The grant is a \$100 allotment on a Husky Card intended for emergency assistance to purchase food from a UW Housing & Food Services facility. Eligibility is limited to currently enrolled students who have exhausted other funding options, including student loans, and have completed FAFSA or WASFA. Applicants will also talk with a financial aid counselor to see how they can help address long-term food security needs.
 - The Bean Basket is operated by the ASUW Student Food Cooperative, the Bean Basket offers non-perishable bulk foods

at low cost to UW students. Find staples like dried oats, rice, dried fruit and spices.

- [University of Washington](#) - Bothell
 - The Husky Food Pantry may be accessed by any UW Bothell student who is facing food insecurity. During open hours, students can shop for grocery staple items, as well as seasonal products, hygiene and toiletry items (all items are non-perishable). Students may stop by the pantry during open hours, or can request access at other times by emailing hawrc@uw.edu.
- [University of Washington](#) - Tacoma
 - The Pantry at UW Tacoma is a vital resource for our campus community dedicated to ensuring every student has access to free supplemental, nutritious, and culturally relevant food assistance, along with essential hygiene products and supplies. The Pantry strives to address the unique needs of our students while reducing the stress and barriers associated with food insecurity. The Pantry is a food program that is designed to meet the short-term, immediate food needs of all UW Tacoma students.
- [Seattle University](#)
 - Students may request bags containing 1 – 2 days of food each week through [our online form](#). The Wellness Café and Food Pantry also partners with SU Edible Campus to provide fresh seasonal produce and with Redhawk Dining turn excess food production into frozen meals.
 - Come visit Wellness Café and Food Pantry in its new location Pavilion (PAVL) 150. The [Food Security Initiative](#) also offers SNAP counseling and short-term Emergency Dining Dollars.
- [Western Washington University](#)

- WHOLE is located in the Viking Union room 435 and provides food and hygiene items to Western students at no cost. We recognize that over half of students attending public institutions in WA are facing basic needs insecurities ([WSAC](#)).
- Fairhaven College Pantry (located on the 3rd floor of Fairhaven College)
- CEED Food Pantry (located in Miller Hall 150H)
- Journalism Pantry (located in Communications Facility 257)
- Sociology Food Pantry (located in Artzen Hall 510)
- Parks Hall Pantry (located in Parks Hall 045)
- [Gonzaga University](#)
 - The Campus Pantry addresses food and basic needs insecurity among Gonzaga students. We recognize that students who are under basic needs stress often aren't able to concentrate on academics. By providing free access to food and hygiene products, we help alleviate that stress so students can focus on their education and personal growth. Students can visit as often as needed and take whatever they need. There are no limits.
- [University of Puget Sound Campus Food Pantry](#) - 3215 N 13th Street (house next door to the CSS house)
 - The pantry includes gluten-free items, frozen meals, noodles, rice, canned fruit, and various other snacks and nutrition options. The pantry also stocks a number of toiletries and hygienic products. Every day, 8AM - 10PM (accessible via LoggerCard swipe)
- [Washington State University](#) - Pullman
 - The Cougar Food Pantry provides free food and basic need items to Pullman students experiencing food insecurity. The

pantry stocks non-perishable pantry staples that let students create nutritious, filling meals and snacks.

- Located at CUB Ground Floor
- [Washington State University](#) - Vancouver
 - The Cougar Food Pantry provides free food to students experiencing food insecurity, helping you gather ingredients to make nutritious, filling meals and snacks.
 - Drop in during open hours and check in with your CougarCard to shop. Bring reusable bags if you can. Students may visit once per week to shop.
- [University District Food Bank](#) - 5017 Roosevelt Way NE, Seattle, WA 98105
 - Food Bank located in Roosevelt offering fresh fruits and vegetables, dairy, eggs or frozen meat, canned and dried goods, toiletries, baby formula, diapers and pet foods.
- [Open Sack Lunch](#) - 210 Alaskan Way, Seattle WA 98104
 - The OMS is a secure, anonymous, no barrier, non-denominational and all-inclusive environment. There are no requirements or restrictions for access to a nutritionally dense, nutritious meal. OSL provides vegetarian options and serves diabetic friendly, pork free, shellfish free, tree nut, peanut, and gluten free meals.
 - Compass opens at 9am - Grab and Go available
 - Lunch: 11:30am - 12:30pm
 - Dinner: 3:30pm - 4:30pm
 - Saturday
 - Lunch: 1:30pm - 3:00pm
- [Seattle Indian Center](#) - 624 South Dearborn Street Seattle, WA 98134
 - Food Bank: While our primary focus is serving AI/ AN, we are proud to serve other people of color as well as anyone in need

including those of every gender, religion, age, socio-economic status, race and ethnicity. Tuesday & Thursday, 1pm - 3pm

- Community Hot Meals:
 - Breakfast: Monday - Friday, 9am - 10am
 - Lunch: Monday - Friday, 12pm - 1:15pm
- Tillie's Safehouse
 - provides emergency short-term housing for clients who have experienced domestic violence.
- [El Centro de la Raza](#) - 2524 16th Ave S, Seattle, WA 98144
 - Organization grounded in the Latino community of Washington State, it is the mission of El Centro de la Raza (The Center for People of All Races) to build the Beloved Community through unifying all racial and economic sectors; to organize, empower, and defend the basic human rights of our most vulnerable and marginalized populations; and to bring critical consciousness, justice, dignity, and equity to all the peoples of the world.
 - List of mostly free community resources and assistance programs. Availability of resources is constantly changing, so please visit the sites listed for the most current information.
- [List of Food Banks, Community Kitchens, Housing Resources, and Health Resources near University of Washington](#)

Community Businesses

- [ChuMinh Tofu](#) - 720 8th Ave S
 - Hot, vegan meals and survival supplies are distributed each Sunday from 11-12:30
- [CoCoo Legato](#) - 8420 Greenwood Ave N suite C, Seattle, WA 98103
 - "Starting November 1st, if you are losing your SNAP benefits, we got you. NO proof needed. No questions asked. Just talk to our

staff and tell them you want to order off the SNAP menu. They'll know what to do. Until SNAP benefits return, any pastry, black coffee, or food item off our menu is on us. If you'd like to help contribute and assist in offsetting the costs of this, please let our team know you'd like to donate to the Neighborhood Gift Card.

- [Lenox](#) - 2510 1st Ave. Seattle, WA 98121
 - "Free takeout meals to those impacted by the SNAP cuts- text or email us (email: info@lenoxwa.com and phone: (206) 375-4557) between 12-3 PM to place your order. We can provide meals for up to 30 people a day. Pickups are 4:30-7:30 PM. We're keeping things simple, so no modifications to the daily meal. If you're able to help cover food costs, our Venmo is @lenoxcommunitysupport. Every bit helps us keep this going and feed as many people as we can."
- [Toasted Seattle](#) - 4756 15th Ave NE, Seattle, WA 98105
 - Starting November 1st — if you're losing your SNAP benefits or unsure how to feed your family, breakfast is on us. no proof needed. no questions asked. At TOASTED, we're calling it the "neighbors tab." We'll cover the first 100 meals to kick it off. After that, every \$5 donation helps cover a neighbor's meal, and we'll take care of the rest to keep it going. As the sons of immigrant parents who relied on SNAP when we first came to the u.s., we know how much a single meal can mean during tough times.
- [Taco City Taqueria](#) - 5212 Rainier Ave S, Seattle, WA 98118
 - "We want to support our community and show love to local families! Kids (12 & under) eat FREE all November with a purchase of an adult entree. Choose from Kids Quesadilla or Kids Burrito. Simply present your SNAP card + ID at the register — we'll take care of the rest."
- [Seattle Food Not Bombs](#) - Occidental Park

- Hot meals provided to all at 5pm in Occidental Square in Pioneer
- [Radnor's Tacoma](#) - 5415 S Tacoma Way, Tacoma, WA 98409
 - Starting November 1st — If you're losing your SNAP benefits, come to Radnor's to feed your family. No proof needed. No questions asked. We'll hook you up with a Smash Burger, Fries or an Apple, and Water or Juice (for each person in your family). We'll cover the first 100 meals to kick it off, then we're looking for the community's support to keep this going. Every \$5 donation helps cover one of your neighbor's meals. Donate using the link in our bio OR in person at Radnor's 🙏
- [Howdy Bagel](#) - 5421 S Tacoma Way, Tacoma, WA 98409
 - "Starting November 1st, if you are losing your SNAP benefits and are unsure how to feed your family, then your bagel is on us. No proof needed. No questions asked. Just say, "Can I put this on my neighbor's tab?"

Donate/Volunteer

- [Washington 211](#)
- [FARMore Washington](#)
- [November Harvests at Food Bank Farm](#)
- [United Way Volunteer Programs](#)
- [Food Lifeline Donation Government Shutdown Response](#)
- [Emergency Food Network](#)
 - [Registering or hosting food drive with EFN](#)
- [Food Bank in Snohomish](#)
- [Auburn Food Bank](#)
- [West Seattle Food Bank](#)
- [Pike Place Senior Center & Food Bank](#)
- [Making a Difference Foundation](#)

- [Washington Education Association - Advocacy Steps for SNAP Cuts Impacting Children](#)
- [Central Kitsap Food Bank](#)
- [Kosher Food Bank](#)
- [Covington Storehouse](#)
- [Maple Valley Food Bank](#)
- [Plateau Outreach Ministries](#)
- [Seattle Restaurant Week's Give a Meal Program](#)
 - Donations go to nonprofit Good Food Kitchens and other community programs when diners eat at participating restaurants during Seattle Restaurant Week.