

Portland Winter Resources

Housing and Rental Assistance	2
Utility Assistance	3
Family Holiday Events	4
Holiday Food Boxes and Meals	5
Food Boxes and Pantries	6
Southwest Portland	6
Northwest Portland	7
North Portland	7
Northeast Portland	8
Southeast Portland	10

Housing and Rental Assistance

- **PSU Student Legal Services**
Offers free legal services to students and can assist students with a wide range of legal issues, including housing and landlord-tenant law. Student legal services created the Renter's Rights Handbook to help students understand their rights as renters in Oregon. Make an appointment with student legal services here.
- **Central City Concern**
Provides affordable housing, healthcare, and jobs in Portland. Call (503) 525 8483 to schedule a housing appointment.
- **Insights Young Parent Services**
Offers a Housing Assistance to Pregnant and Parenting Youth program that provides short term rental assistance for young parents up to age 22. Located at 4900 NE Glisan Portland, OR 97213, Call: (503) 239 6996
- **Rental Assistance for Single Mothers**
Directory of grants that help single mothers with rent, utility bills, child care, education, medication, housing, medical bills, and mortgage.
- **IRCO Africa House**
Offers culturally and linguistically specific services for the increasingly diverse and rapidly growing number of African immigrants and refugees living in Oregon. Provides services in poverty reduction, housing, utilities, and other support for families. 709 NE 102nd Ave Portland, OR 97220, djimetd@irco.org
- **IRCO Pacific Islander and Asian Family Center**
Provides a culturally and linguistically community center and services focused on the diverse needs of Pacific Islanders and Asians. Provides services in poverty reduction, housing, utilities, and other support for families. 8040 NE Sandy Blvd Portland, OR 97213, piafc-info@irco.org, (503) 235 9396
- **NAYA Family Center**
Provides culturally specific services and affordable housing options. Families can contact a housing advocate here. 5135 NE Columbia Blvd Portland, OR 97218, (503) 288 8177
- **Neighborhood house**
Provides family housing services including transitional housing for families, skill-building services to help parents secure and maintain permanent family

housing, and assistance in navigating internal and external barriers to stable housing. 7780 SW Capitol Hwy Portland, OR 97219, (503) 246 1663

- **Path home**

Offers rental assistance, assists families in finding permanent housing, and provides support to families for up to 12 months in order to help families keep their housing long-term. Also offers a family village shelter that provides shelter for families experiencing homelessness. Path Home Family Village: 6220 SE 92nd Ave Portland, OR 97266, Main Office: (503)915-8306, Shelter: (971)409-1766

- **Transition Projects**

Provides short- and long-term support for participants to rent housing units throughout the metro area to help people secure and retain housing. 665 NW Hoyt Street Portland, OR 97209, (503) 280 4700. For a list of service locations click [here](#).

Utility Assistance

- **El Programa Hispano Catolico**

Offers short term rent assistance as eviction prevention for Multnomah county residents. Call (503) 669 8350 for more information.

- Energy assistance is available for qualified applicants in Multnomah county. Call the energy assistance line at (503) 489 6842. 333 SE 223rd Ave #100, Gresham, OR 97030, Communications@elprograma.org

- **Portland Water Bureau**

Offers a bill discount for every sewer, stormwater, and water bill for families that meet income guidelines and have a single family residential account with PWB also offers financial assistance to help fix a leak in your home, as well as a crisis voucher program for people who are experiencing a temporary crisis and are enrolled in the bill discount program. To learn more about requirements or apply for assistance click [here](#).

- **Oregon Lifeline (Oregon telephone assistance program)**

Federal and state government program that provides a monthly discount on phone or broadband service for qualifying low-income Oregon households. Oregon residents on federally-recognized Tribal lands may also qualify for assistance. Visit the website to learn how to apply for assistance.

For more information call:
(800) 848 4442 or (503) 373 7171
TTY: (800) 648 3458 or (503) 378 6962
Fax: (877) 567 1977 or (503) 378 6047
Videophone: (971) 239 5845

Holiday Gifts

- **KGW8 Great Toy Drive List**
These organizations distribute your donations to families in need throughout our communities. If your family needs assistance this year, the organizations with phone numbers listed are accepting calls for help.
- **Portland Fire & Rescue Toy & Joy Makers**
Helps out local families by providing toys around the holidays. Apply by filling out the [online form](#).
- **Working Family's Christmas**
Provides holiday gifts to children of local, working families who struggle to make ends meet. Families can apply for Holiday Assistance at [this link](#).
- **Tualatin Family Gleaners**
Baskets of Joy 2022 program provides toys to families in need. Families can apply to receive a free Basket of Joy by emailing tvgleaners2@gmail.com, (503) 808 0385
- **Fill a Stocking Fill a Heart**
FILL A STOCKING, FILL A HEART fills and distributes handmade Christmas stockings to agencies in Clackamas County and their clients, young and old.

Family Holiday Events

- **Oregon Symphony Student Tickets**
Students can purchase \$10 student tickets to the Oregon Symphony. SNAP card holders can purchase \$5 tickets for eligible concerts. This applies toward discount eligible concerts, call or check online week of desired concerts. Check the Oregon Symphony [events calendar](#) for holiday performances for the whole family! Ticket Office: (503) 228-1353
- **Oregon Ballet Theatre Arts for All**

Offers up to two \$5 tickets to anyone who receives food stamps (SNAP), has the Oregon Trail Card, and is an Oregon resident. Oregon Trail Card holders can purchase up to two \$5 tickets per performance. Seats may be purchased in advance (over the phone) or at the theater, starting 2 hours prior to the performance, but depend on availability. It's best to purchase early because these tickets often sell out! Call: 503.222.5538, Monday – Friday: 9:00AM - 4:30PM

- **Zoo Lights at the Oregon Zoo**

Families who receive assistance from Oregon Trail card, Washington Quest card, Medicaid/CHIP, WIC - eWIC card, or TANF (Temporary Assistance for Needy Families) can purchase discount tickets.

- **Winter Wonderland**

Families can visit the drive-thru Christmas light show at the Portland International Raceway for \$46 per car.

FREE Christmas Ship Parade

- Families can view decorated Christmas boats from various locations along the Willamette and Columbia Rivers. Dates and times vary depending on the schedule.

Holiday Food Boxes and Meals

Union Gospel Mission

Monday, Tuesday, Thursday: 7:00 am - Sack lunch distribution: one per person.

Wednesday & Friday: 6:30 am Breakfast is served

Tuesday-Thursday: 2:00 pm - Light lunch, beverages, referrals. Christian spiritual support/prayer.

4:00 pm - Clothing distribution while supplies last. 8:00 pm - Dinner is served

Saturday: 2:00 pm - Light lunch, beverages, referrals, and Christian spiritual support/prayer.

111 W Burnside St. Portland, OR 97209

(503) 274-4483

Meals Around Town

- This list, provided by Sisters of the Road, breaks down free food resources by day of the week.

Oregon Food Bank Finder

- Locate a food bank near you for free food boxes with groceries, meals, or fresh produce.
- Food Boxes and Pantries

Southwest Portland

Portland State Food Pantry

- Offers free in-person shopping appointments to PSU students. Also provides assistance to students applying for SNAP benefits.

Located in the basement of Smith Memorial Student Union.
1825 SW Broadway, Portland, OR 97201
pantry@pdx.edu

Portland State Free Food Market

- Free Food Market provides free groceries to PSU students and community members on the 2nd Monday of each month.
- Food distribution takes place at the South Park Blocks on campus (near Shattuck Hall) from 9:30 am - 11:00 am. Bring your own bag!

Portland State Food Access Fund

- Provides a one-time, \$150 lump sum award intended to help those students who have faced adversity during the COVID-19 pandemic, such as job loss or reduced work hours, loss of scholarships or financial aid, grieving a loved one, or anything that has made it more difficult to access healthy and culturally appropriate food.

Portland State Emergency Food Vouchers

- Provides food vouchers to currently enrolled PSU students in need of a meal. Vouchers can be used at Victor's Dining Center in the Ondine Residence Hall. Students can reach out to a Meal Voucher Distribution Volunteer to apply.

Lift Urban Portland

- Provides a shopping-style food pantry for anyone living in these zip codes: 97201, 97204, 97205, 97209, 97210, and 97239.
1838 SW Jefferson Street
Portland, OR 97201
Tuesdays, Thursdays, and Fridays,
3:00 pm to 6:00 pm
(503) 221 1224

St. Luke Lutheran Church

- St. Luke distributes boxes of food, meat, produce, and household products to our neighbors in need in a drive through distribution process.

4595 SW California Street

Portland, OR 97219

(503) 246 2325

Hours of distribution are 2:00–3:00 pm on the last Saturday of each month.

Urban Gleaner Food for All

- Offers delicious fresh food to those who need it and partners with local providers and schools to distribute free food. Visit their website for a list of food distribution sites offering food every day of the week.

Northwest Portland

Lift Urban Portland

- Offers a Free Food Market open to everybody regardless of where you live.

1200 NW 23rd Avenue

Portland, OR 97210

Located in the parking lot of the Legacy Good Samaritan Clinic.

(503) 221 1224

The Free Food Market takes place on the 4th Wednesday of every month 11:00 am to 12:00 pm

William Temple House

- Shopping-style pantry with free fresh produce, meat and dairy, bread, spices, grab-and-go meals, staple ingredients, and essential items like soap, toilet paper, toothpaste, clothing, and more available upon request.

2023 NW Hoyt Street Portland, Oregon 97209

Tuesdays, Wednesdays, and Thursdays 11:00 am–2:00 pm

503-715-0320

North Portland

Saint Andrew's Episcopal Church

- Provides a free food pantry with contactless curbside service.

7704 North Hereford Ave., Portland, OR 97203

(503) 863 7450

Fridays and Saturdays from 12:00 pm until 2:00 pm.

Sunshine Division

- If you or someone you know is homebound, medically fragile and/or unable to leave their home, you can click “Request a Food Box” to sign up for a food box delivery. We deliver to Portland and Gresham addresses within a 10-mile radius of 687 N Thompson St or 12436 SE Stark St. [Request a Food Box](#)
687 N. Thompson St. Portland, OR 97227
(503) 823 2102

12436 SE Stark St. Portland, OR 97233

(971) 255 0834

9:30 am - 11:00 am and 12:30 pm - 3:30 pm.

Northeast Portland

Crossroads Food Bank

- Open for in-store shopping every Thursdays from 9:00am to 12:00pm and Saturdays from 10:00am to 12:00pm at Crossroads Church, at 2505 NE 102nd Ave. Masks will be required indoors.

Ecumenical Ministries of Oregon Northeast Emergency Food Program

- Provides free food boxes with fresh fruits and vegetables, dairy, bread, and meat.
10:30 a.m. to 1:30 p.m., Thursdays and Saturdays

Luther Memorial Lutheran Church, 4800 NE 72nd Ave., Portland, OR 97218

(accessible by Trimet bus lines 71 and 72)

phone: (503) 284-5470, email: nefp@emoregon.org

Highland Christian Center Food Pantry

- Food Pantry Hours of Operation: Friday 10am – 12pm
Community Breakfast: Sunday 9am – 10am
7600 NE Glisan St, Portland, OR 97213

Mainspring Portland Food Pantry

A mobile food pantry operation with specific times of the month:

1st Tuesday of the month: Dawson Park (Westside Gazebo near N Vancouver Ave) 1 N Stanton St : 10:00am-12:00pm

2nd Wednesday of the month: East Portland Community Center parking lot 740 SE 106th Ave : 9:00am-11:00am

3rd Tuesday of the month: Victory Outreach parking lot 16022 SE Stark St :
10:00am-12:00pm

4th Tuesday of the month: A walk up/roll up farmers market style free food pantry open to the public here onsite at Mainspring. Only on the 4th Tuesdays of the month from 9 am to 12 pm, until supplies last. (This will replace our old food pantry site at Kenton Church) Be prepared to see a line.

*Pre-made overnight food bags upon request at our main location 3500 NE 82nd Ave

Monday through Thursdays 9:00am-1:00pm

*Bring your own bags/boxes

Portland Adventist Community Services

- PACS Food Pantry opens at 9:00 am and the door closes at 11:00 am Monday through Friday. The evening option is every 1st Thursday of the Month | 5:00 pm - 7:00 pm. Please bring proof of Oregon address.
11020 NE Halsey St, Portland, OR 97220

Mobile food pantry serving 8 different locations, see website for times and locations:

Cumberland II, Lents SDA Church, Rockwood Building, Hood View SDA Church, Sunrise Center, Crosswalk Portland at Anthem Church, Estacada SDA Church (The Yellow House), and Tabernacle SDA Church.

One H.O.P.E Food Pantry

- ONE H.O.P.E. Food Pantry is open for drive-through and pick up on Saturday from 11am-1 pm. We give out food boxes each week as well as serve a hot meal on the 2nd and 4th Saturday. One H.O.P.E. Food Pantry is a ministry of One H.O.P.E. Fellowship and is located in our Fireside Room at 5425 NE 27th Ave.

5425 NE 27th Ave Portland, OR 97211
(503) 281 9472

The People's Pantry

- The People's Pantry is an emergency food program operated by Hand Up Project. The pantry offers a "shopping style" atmosphere catering to the LGBTQ community as well as communities of color that experience higher rates of food insecurity.
2nd & 4th Mondays @ The Q Center
12 to 4pm, The Q Center
4115 N. Mississippi

Portland, OR 9721
(503) 281 5802

Southeast Portland

Clackamas Service Center

- Offers free grocery delivery and pick up to-go boxes Tuesdays - Thursdays from 1:00 pm - 2:30 pm.

To-go meals are provided:

Tuesdays, Wednesdays, and Thursdays 1:00 pm - 2:30 pm

For delivery, please go to their website to fill out a form.

8800 SE 80th Ave Portland, OR 97206
(503) 771 7914

Francis Center

Food boxes are available to east county residents Monday thru Thursday from 10am -2pm. Visits are limited to once per month. If you are houseless we will serve you once per week.

Food Hours: Monday-Thursday: 10am-2pm

Clothing Hours: Monday-Thursday 10am-1pm

6535 SE 82nd Ave Portland, OR 97266
PO Box 66336 Portland, OR 97290

franciscenterpdx@gmail.com
(503) 775-6784

Saint Marks Lutheran Church Food Pantry

The Food Pantry is Open Every Friday from 2:00pm-5:00pm.

(Closed December 23rd, and December 30th.)

Enter the church through the parking lot covered walkway.

St. Mark's Lutheran Church is located at 5415 SE Powell Blvd., between 54th and 55th, on the #9 bus line, and 2 blocks from the #71 bus line. Parking is available behind the church building.

(503) 777 1443

SnowCap Community Charities

- The food pantry is open for community members who live east of 82nd (proof of address required) to pick up pre-packed food boxes with fresh and frozen food up to two times a month. The clothing closet is also open by appointment only. Make an appointment with the clothing closet [here](#).

Mondays 10:00 am - 2:00 pm & 6:00 pm - 8:00 pm

Tuesdays 10:00 am - 2:00 pm

Wednesdays 10:00 am - 2:00 pm & 6:00 pm - 8:00 pm

Thursdays 10:00 am - 2:00 pm

Fridays 10:00 am - 2:00 pm

17805 SE Stark St. Portland, OR 97233

(503) 674 8785

info@snowcap.org

Our House of Portland - Esther's Pantry

- Esther's pantry serves community members living with HIV and offers a shopping style food pantry with nutritious food and personal care items.

Mondays 1:00 pm - 4:00 pm

Tuesdays 2:00 pm - 5:00 pm

Wednesdays 1:00 pm - 3:00 pm

Thursdays 2:00 pm - 5:00 pm

10202 SE 32nd Ave, Suites 601 & 502

Milwaukie, OR 97222

Phone 503-349-4699

esthers@ourhouseofportland.org

David Douglas School District Food Pantries

- Families can pick up free prepackaged bags of groceries at various locations within the David Douglas School District. At least one location is open every weekday.

Visit the website for a calendar of food pantry times and locations.

Sunshine Division

Food Pantry offers free food box pick-ups and delivery.

Food & Clothing Assistance Message Line

503-823-2102

help@sunshinedivision.org

Donation Barrel Delivery & Pick Up
503-823-2197
MARCELINA AGUILAR (HABLO ESPAÑOL)
(971) 255 0834

Picking up locations
@12436 SE Stark Street
Portland, OR 97233

@687 N Thompson Street
Portland, OR 97233

Food For Families

Provides free food in a compassionate and dignified environment at Centennial High School. Visit the website for a food distribution schedule.

Centennial High School
3505 SE 182nd Ave., Gresham, OR 97030
(971) 220 6679