



Food Assistance in Multnomah County

SNAP (Supplemental Nutrition Assistance Program): A federal nutrition assistance program for low-income individuals and families to buy groceries. Visit [Multnomah County's SNAP website](#) for more information and to get help applying. Learn more about [federal government shutdown and SNAP benefits here](#).

WIC (Women, Infants, and Children): WIC provides healthy food, nutrition education, and breastfeeding support to families with young children. Visit multco.us/wic for more information.

Double Up Food Bucks: While SNAP benefits are paused, you may still use remaining SNAP benefits on your card to qualify for Double Up Food Bucks at eligible locations. Find participating farmers markets, grocery stores, CSA's and farm stands at doubleuporegon.org/dufb-markets.

Free School Meals: All school districts in Multnomah County are offering breakfast and lunch at no charge to all students during the 2025-26 school year! No application is required. For more information, check in with your school office.

Summer Meals for Youth: Children ages 1-18 years old can enjoy a free meal with friends and stock up on free groceries during summer break at several locations across the state. Visit SummerFoodOregon.org to find a site near you.

Summer EBT: Summer EBT helps families buy food for their school-aged children each summer. If you qualify, you will get \$120 for each eligible child to spend on groceries. Visit sebt.oregon.gov to learn more and apply.

Meals on Wheels: Meals on Wheels operates dining centers in addition to home delivery service, and invites all older adults 60+ to come and enjoy fresh, healthy lunches Monday through Thursday. For more information, visit mowp.org to register for [meal delivery](#) or to find [dining centers](#) near you.



Community Partner Food Assistance Programs

Oregon Food Bank: Use the Oregon Food Bank's [Food Finder Map](#) to find over 100 food pantries, free food markets, or hot meal programs near you.

Urban Gleaners: Find 20+ [free markets](#) with food provided by Urban Gleaners.

Feed'em Freedom: The Black Community Food Center offers a food pantry, sustainable agriculture, and food justice education at [Feedemfreedom.org](https://feedemfreedom.org).

PDX Free Fridge: Access free food in fridges and pantries across Portland. Take what you need, leave what you don't, give what you can. [PDX Free Fridge map](#).

Milk Crate Kitchen: Family meals prepared and delivered at no cost twice a month. [Request a meal from Milk Crate Kitchen](#).

Equitable Giving Circle: Hosts a "Weekly Free Market for Black & Brown Folks", along with other health and wellness community events. [Find the details here](#).

Blanchet House: Founders Cafe offers three free meals a day, Monday through Saturday, at 310 NW Glisan St. [Learn more about Blanchet House](#).

Sunshine Division: Free food box delivery and pantry by appointment, for those in Portland. Visit sunshinedivision.org/get-help for more information.

211: Connect with someone at 211 Info to learn more about food assistance and find options for food pantries, fresh food, and/or hot meals near you:

- Call 2-1-1
- Text your zip code to 898211
- Visit 211info.org/get-help/food

Oregon DHS: Learn about [Oregon's food programs](#), including help with groceries and resources for people 60+ or living with a disability.

Clackamas Service Center: Offers several options for grocery pick-up, delivery, and hot meals at a variety of locations. [Learn more about grocery program options here](#).



10 Portland Shops and Restaurants That Have Pledged To Feed People

[New shops and restaurants may be added to this Oregon Live article](#)

1. [AG Burrito Shops](#) (locations around the Portland area) in partnership with Oregon State Representative Ricki Ruiz, will offer [burritos to people who are losing benefits](#).
2. [DB Dessert Company](#) (2624 N.E. Alberta St.) is [offering free, fresh loaves of bread](#) to anyone losing benefits, starting on Saturday. They will continue offering the bread as long as they are able.
3. [El Sombrero Tapatio](#) (10820 N.E. Sandy Blvd), a Mexican restaurant in Parkrose, is [offering free meals](#) to those losing benefits. Ask for the “SNAP meal” and let them know if you prefer chicken or beef and they will make you a meal, no questions asked.
4. **Mama Chow’s Kitchen** (3757 S.E. Hawthorne Blvd), a food truck serving Chinese food, [pledged on Instagram](#) to feed senior citizens and children who lose benefits starting Thursday. Just say “Pans” when you reach the counter.
5. [The Pharmacy PDX](#) (2100 N.W. Glisan St.), a bar in Nob Hill, is giving away meals every week until benefits come back. [According to Instagram](#), anyone who wants to reserve a meal – chicken enchiladas this week – should email ThePharmacyPDX@gmail.com before 8 a.m. on Saturday with the number of people who will be eating. Meals will be picked up on Sunday.
6. [GeekEasy Anime Cafe](#) (310 N.W. Davis St.), an anime cafe in Northwest Portland, is offering free meals to anyone who needs them during the government shutdown. Anyone who comes up to the counter and asks for an “Otaku Special” will get a free ham and cheese or mixed greens wrap as well as a coffee or iced tea.

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7. **Nan's Taqueria** (15640 S.E. Happy Valley Town Center Drive in Happy Valley) is making meals for anyone who asks. Those in need of help can email nanstaqueria@gmail.com.
 8. **Heretic Coffee** (5120 S.E. 28th Ave., Portland) is a volunteer-run, nonprofit coffee shop that trains people to become baristas and coffee roasters. Starting November 1, the shop will offer [free breakfast to those in need](#).
 9. **Creekside BBQ** (910 N.E. Tenney Rd., Suite 119 in Vancouver), a Texas-style barbecue, is offering "anyone in the community who needs it a hot meal," [according to a Facebook post](#). "Just stop in and ask for the shutdown special," the post said. "No questions asked, and definitely no judgment."
 10. **Grassa** (multiple locations), a counter-service Italian restaurant with locations in downtown and Northwest Portland and at the Portland International Airport, will offer a free kid's meal to kids whose families are set to lose their SNAP benefits at the end of the month. Show a SNAP card at any Grassa location for a free kids' pasta dish.