

## **Food Resources**

**Oregon Food Bank – All ages.** Free food resources near you: 503-282-0555 or

<https://www.oregonfoodbank.org/find-help/find-food/>

**SNAP Benefits** – 503-945-5600 or

<https://oregonhunger.org/apply-for-snap/>

**Lift Urban Portland Food Pantries/Markets**– 503-221-1224 or <https://lifturbanportland.org/>

**Free Lunch + Play:** Collaboration between Portland Parks & school districts to provide lunch & safe activities for kids **ages 1-18**, during the summer.

<https://www.portlandoregon.gov/parks/69873>

**Summer Meals:** Additional options for breakfast and lunch meals for kids **ages 1-18**.

<https://www.summerfoodoregon.org/map/>

**Meals 4 Kids:** <https://www.mowp.org/what-we-do/meals-for-kids/>

## **Housing Resources**

**211** - Dial 2-1-1 or visit <https://211.org>

**Multnomah County & City of Portland Eviction Moratorium-**

<https://www.portland.gov/phb/rental->

[services/multnomah-county-city-portland-covid-19-  
eviction-moratorium-faq](#)

**Special hours for high-risk individuals at grocery stores in the Portland Metro area (as of June 30, 2020):**

**Costco:** 9-10 a.m. Mondays to Fridays

**Fred Meyer:** 6-8 a.m. Tuesdays & Thursdays

**QFC:** 7-8 a.m. Mondays & Wednesdays

**New Seasons:** Daily until 9 a.m. (Store opening time varies per store).

**Safeway:** 7-9 a.m. Tuesdays & Thursdays

**Target:** 7-8 a.m. Tuesdays & Wednesdays

**Trader Joe's:** 8-9 a.m. Daily

**Walgreens:** 8-9 a.m. Tuesdays

**Walmart:** 6-7 a.m. Tuesdays

**Whole Foods:** 7-8 a.m. Wednesdays & Fridays

**WinCo Foods: 5:00-7:30 a.m. Tuesdays & Thursdays**

*Effective 6/25/2020: Face coverings, shields or masks are required inside Multnomah, Clackamas and Washington Co. grocery stores.*

### **Mental Health Resources**

**National Helpline – 1-800-662-4357**

**David Romprey Oregon Warmline – 1-800-698-2392** <http://>

[communitycounselingsolutions.org/warmline/](http://communitycounselingsolutions.org/warmline/)

Peer-run counseling solutions

**Senior Loneliness Line – 503-200-1633**

**Suicide Lifeline – 1-800-273-8255**

**Veterans Helpline–1-888-457-4838**

**Youthline – 1-877-968-8491 or text **teet2teen** to 839863**

**Substance Abuse Helpline – 1-800-923-4357**

**Resources for Older Adults and Individuals at Higher Risk**

***How to stay positive while staying at home***

**<https://multco.us/novel-coronavirus-covid-19/news/how-older-adults-can-stay-positive-while-staying-home>**

**Adult Protective Services Abuse Reporting – 503-988-4450**

**AARP Social Connections** – [https://  
www.connect2affect.org](https://www.connect2affect.org)

**Trimet LIFT Grocery Pick-Up Service** -  
<https://trimet.org/lift/delivery>

**Store to Door** -503-200-3333 or  
<https://storeto dooroforegon.org/>

**Meals on Wheels People** – 503-736-6325 or  
<https://mowp.org/>