

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

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

Hollywood Senior Center – 503-288-8304

Helping Hands for Seniors – 503-746-4740

Aging and Disability – 503-988-3660

AARP Social Connections –

<https://www.connect2affect.org>

Store to Door -503-200-3333 or

<https://storetoooroforegon.org/>

Meals on Wheels People – 503-736-6325 or

<https://mowp.org/>