

FREE MEALS IN PORTLAND, OREGON

Oregon Food Bank

Portland (503) 282-0555

Washington County (503) 292-4094

Meals & Food Boxes

<p>Blanchet House 340 NW Glisan (503) 226-3911</p> <ul style="list-style-type: none"> • M-Sat Breakfast 6:30am • M-Sat Lunch 11:30am • M-Sat Dinner 5pm • Must wear shoes and shirt • Wheelchair access • Free 	<p>City Team Ministries 526 SE Grand (503) 231-9334</p> <ul style="list-style-type: none"> • M-Sat Dinner 5:45pm • Get in line at 5:00pm • Will serve anyone who wants a meal 	<p>First Baptist Church 909 SW 11th (503) 228-7465</p> <ul style="list-style-type: none"> • All Ages: Hot Lunch • M and Thurs 2-4pm • Meal boxes with voucher from agencies, M or Th, 2-4 • Street Youth 21 and under: <ul style="list-style-type: none"> ○ Bible Study and Dinner ○ Tuesdays 6-8pm
<p>Portland Rescue Mission 111 W Burnside (503) 227-2028 (503) 647-7466</p> <ul style="list-style-type: none"> • Everyone: serves 2 meals/day • 7 days/week • Breakfast 7am • Dinner 6pm • Line forms one hour prior; • Can wash up & watch TV for 30 minutes prior to meal 	<p>St. Francis Dining Hall 330 SE 11th & Pine St. (503) 234-2028</p> <ul style="list-style-type: none"> • Low income, homeless • (all ages): M-F 5pm and Sunday 3:30pm • Free; Find an open seat; announcements, prayer, & volunteers serve at the table 	<p>Sisters of the Road Café 133 NW 6th Ave (503) 222-5694</p> <ul style="list-style-type: none"> • All ages, men, women, children, low income, homeless: M-F 10am-3pm • \$1.25 meals, \$.25 drinks • Pay in cash, food stamp card, or work for 15 minutes equals one meal & drink
<p>Union Gospel Mission 3 NW Third Ave (503) 274-4483</p> <ul style="list-style-type: none"> • Congregate meal site • M-F 2pm • M-F 7:10pm message & meal 	<p>St. Vincent de Paul 5120 SE Milwaukee Ave. (503) 235-8431</p> <ul style="list-style-type: none"> • Food Box Program • M-F 10am-12pm or 1pm-4pm • Bring ID 	<p>Potluck in the Park O'Bryant Square between Washington and Stark on SW 9th (one block off Broadway) (503) 255-7611</p> <ul style="list-style-type: none"> • Sundays—rain or shine • 3pm Hot Meal
<p>Ecumenical Ministries of Oregon-NE Emergency Food Program Luther Memorial Lutheran Church 4800 NE 72nd Ave (503) 284-5470 (Bring picture ID)</p> <ul style="list-style-type: none"> • 1pm-4pm Tu, Th, or Sat • 3-5 day supply (depending on size of family) of nutritious groceries up to 3 times in a 6-month period • Produce/bread as available daily 	<p>Church of St. Michael The Archangel 424 SW Mill Street (503) 228-0842</p> <ul style="list-style-type: none"> • Sack Lunch Program • M-F 10am-11am • Open to anyone • M, W, F 1pm-2:30pm • Monthly Food Boxes for residents of Jefferson Street to Sellwood Bridge and Waterfront to 12th Ave 	<p>Neighborhood House Inc. Inside Multnomah Arts Center 7688 SW Capitol Hwy (503) 246-1663</p> <ul style="list-style-type: none"> • Senior Food Box Program • M, W 9:30am-11:30am • For people 60 years and older • Low income guidelines: Household income less than \$1670 for 1 person and less than \$2242 for 2 people