

Where to Find

# Free and Low-Cost Food

in the Columbia River Gorge



**By:**

The Food Security Coalition

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## About

This guide has information about free and low-cost food for you and your family in the Gorge.

This guide has something for people of all ages, genders, races, housing and immigration status.

### **This guide is organized by county:**

Hood River County .....	pages 1-4
Klickitat County .....	pages 5-10
Sherman County .....	pages 11-14
Skamania County .....	pages 15-17
Wasco County .....	pages 18-22

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You can download the most recent copy of this guide from our website:  
[www.gorgegrown.com/food-assistance](http://www.gorgegrown.com/food-assistance)

We update this guide every three months with new information.

Please call 503-490-6420 or email [info@gorgegrown.com](mailto:info@gorgegrown.com) with any questions, comments, or updates.

## Where to Find Free and Low-Cost Food in Hood River County

### Food Pantries

Food at food pantries is free to all. You can get food even if you get SNAP, WIC, or other benefits. You do not need to show ID or proof of income.

#### **FISH Food Bank: Hood River**

1130 Tucker Rd., Hood River  
Mondays, 3:30 to 5 p.m.  
Wednesdays, 3:30 to 5:30 p.m.  
Fridays, 3:30 to 5 p.m.  
Saturdays, 10 a.m. to 12 p.m.  
541-386-3473

#### **Seventh Day Adventist Food Pantry**

1090 22nd St., Hood River  
Tuesdays, 9:30 to 11:30 a.m.  
541-386-4232

#### **Hood River Valley Adult Center**

2010 Sterling Place, Hood River  
3rd Tuesday, 1-3 p.m.  
541-386-2060

#### **FISH Food Bank: Cascade Locks**

140 SE WaNaPa St., Cascade Locks  
4th Wednesdays, 1:30 to 3:30 p.m.,  
and the following Saturday, 11 a.m.  
to 12 p.m.  
541-386-3473

#### **FISH Food Bank: Odell**

Mid-Valley Elementary  
3686 Davis Dr, Odell  
2nd & 4th Tuesday 3-5 p.m.  
541-386-3473

#### **FISH Food Bank: Parkdale**

4910 Baseline Dr., Parkdale  
Mondays, 4 to 6 p.m.  
541-352-3500

### Hot Meals

These places serve free and low-cost meals.

#### **Hood River Valley Adult Center Meal**

*\$5 suggested donation. Open to all.  
No one turned away.*  
2010 Sterling Pl., Hood River  
Monday through Friday,  
11:15 a.m. to 1 p.m.  
541-386-2060

#### **Meals on Wheels**

If you are a homebound senior over 60 or a homebound person with disabilities of any age, call 541-386-2060 for a home meal delivery.

## Money for Food

These programs can help you buy food.

### **SNAP/EBT (Supplemental Nutrition Assistance Program)**

SNAP is the new name for food stamps. It can be used to buy food at most stores and farmers markets. SNAP users get money put on a plastic card each month. This card is like a debit or credit card.

To apply, contact the Oregon Department of Human Services (DHS):

1610 9th Ct., Hood River

541-386-3199

To learn more:

[www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/pages/index.aspx](http://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/pages/index.aspx)

To apply for benefits: [www.apps.state.or.us/onlineApplication](http://www.apps.state.or.us/onlineApplication)

### **WIC (Women, Infants, & Children)**

WIC is a program to help buy food for women with lower incomes who are pregnant or have a child 5 or younger. Fathers can also apply for WIC for their children.

To apply, contact the Hood River County Health Department:

1109 June St., Hood River

541-387-6882

[www.co.hood-river.or.us/?SEC=88E4CED7-3C8F-4074-9C7A-075198E38804](http://www.co.hood-river.or.us/?SEC=88E4CED7-3C8F-4074-9C7A-075198E38804)

### **Veggie Rx**

Some doctors may be able to prescribe you “Veggie Rx”. With Veggie Rx, you can get boxes of fruits and veggies or coupons to buy fresh fruits and veggies.

Visit [www.gorgegrown.com/veggierx](http://www.gorgegrown.com/veggierx) to learn more.

### **WIC or Senior Farmers Market Vouchers**

This is also called the Farm Direct Nutrition Program (FDNP). This program gives coupons, or vouchers, to low income seniors and WIC families. With these coupons you can buy fresh, locally grown fruits and veggies at farmers markets and farm stands in summer and fall.

*Seniors* can contact the Oregon Health Authority to apply: 1-866-299-3562

*WIC families* can contact their local WIC office to apply: 1-800-723-3638

## Food for Children

School-aged children can get food year-round. They can get it at school and through other programs.

### Free and Reduced School Lunch

Some school-aged children from families with lower incomes can get free school breakfast and lunch. Schools send home forms to apply at the beginning of each school year. You can also apply any time during the year. To do this, contact your child's school to ask for a form to apply.

To learn more, contact your child's school, or visit this website:

[www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals](http://www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals)

### Summer Meals

In the summer months when school is closed, some children can get free meals.

To learn more, text "food" to 877-877, call 2-1-1 to ask about summer meals or visit this website: [www.summerfoodoregon.org](http://www.summerfoodoregon.org)

## Healthy Eating

Visit [www.foodhero.org](http://www.foodhero.org) for ideas on healthy eating and shopping on a budget. This website has healthy, low-cost, and easy to make recipes in English and Spanish.

## Gleaning Groups

These groups collect food from farms, gardens, and grocery stores that would be wasted. Volunteers and food pantries get this food.

### Columbia Gorge Gleaning Project

Brings groups of volunteers out to farms, orchards, and gardens to harvest veggies and fruit that would go to waste. Volunteers can keep up to half of what they harvest. They donate the rest to food pantries. It is free and open to all.

Contact: [gleaning@gorgegrown.com](mailto:gleaning@gorgegrown.com)

503-490-6553

[www.gorgegleaning.com](http://www.gorgegleaning.com) | [www.facebook.com/ColumbiaGorgeGleaning](https://www.facebook.com/ColumbiaGorgeGleaning)

## Farmers Markets

Farmers Markets offer fresh, healthy, local food that supports our community farmers. These markets offer lots of programs to lower the cost of the food.

These programs are:

- **SNAP Match:** Use your SNAP EBT card at the Information Booth and get twice that amount in tokens to buy food, up to \$10. For example, if you swipe your EBT card for \$10, you will get \$20 in tokens to spend at the Market! The Market accepts all EBT cards from any state.
- **POP (Power of Produce):** Children get a free \$2 token to spend on fruits and veggies every time they come to the market.
- Farmers Markets accept **WIC and Senior Farmers Market Vouchers, Veggie Rx,** and **EBT** cards from any state.

### Hood River Farmers Market

5th and Columbia parking lot

Saturdays, 9 a.m to 1 p.m., May to November

541-490-6420

[www.gorgegrown.com/hoodriver](http://www.gorgegrown.com/hoodriver)

### Hood River Farmers Market

May Street Elementary School

1st and 3rd Saturdays

9 a.m to 1 p.m., December - April

541-490-6420

[www.gorgegrown.com/hoodriver](http://www.gorgegrown.com/hoodriver)

### Hood River Heights Mobile Market

Hawks Ridge Assisted Living Center (8th and Pacific St. in the Heights)

Fridays, 12 to 2 p.m., May through November

541-490-6420

[www.gorgegrown.com/mobilemarket](http://www.gorgegrown.com/mobilemarket)

### Mercado del Valle

Atkinson Dr., Downtown Odell

4 to 6 p.m. on June 27, July 11, July 25, August 8, August 22, Sept. 5, and Sept. 19

541-490-6420

[www.gorgegrown.com/mercado](http://www.gorgegrown.com/mercado)

### Cascade Locks Farmers Market

City Plaza, in front of the courthouse (WaNaPa St., Cascade Locks)

Sundays, 10 a.m. to 2 p.m., June through October

503-890-2846

[www.facebook.com/CascadeLocksFarmersMarket](http://www.facebook.com/CascadeLocksFarmersMarket)

## Where to Find Free and Low-Cost Food in **Klickitat County**

### **Food Pantries**

Food at food pantries is free to all. You can get food even if you get SNAP, WIC, or other benefits. You do not need to show ID or proof of income.

#### **Bingen Food Pantry**

115 W Steuben St., Bingen  
Tuesdays and Thursdays, 9 a.m. to 12 p.m.,  
and 1 p.m. to 3:30 p.m.  
509-493-2662

#### **Goldendale Food Pantry**

112 East Main St., Goldendale  
Mondays, 9 a.m. to 12 p.m. and  
1 p.m. to 3:30 p.m.  
509-493-2662

#### **Klickitat Food Pantry**

92 Main St., Klickitat  
Wednesdays, 9 a.m. to 12 p.m.  
509-493-2662

## Hot Meals

These places serve free and low-cost meals.

### **Goldendale Community Meal**

*Free and open to all*

Goldendale United Methodist Church  
(109 E Broadway St.)

Tuesdays, Wednesdays, and Thursdays,  
5:15 p.m. to 6:15 p.m.  
509-773-3757

### **Goldendale Senior Center Meal**

*\$3.50 suggested donation for seniors,  
\$6.50 fee if you are under age 60*  
115 E Main St., Goldendale  
Tuesdays and Thursdays at 12 p.m.  
509-773-3757

### **White Salmon Pioneer Center Meal**

*\$3.50 suggested donation for seniors,  
\$6.50 fee if you are under age 60*  
501 NE Washington St, White Salmon  
Mondays and Wednesdays at 12 p.m.  
509-493-3068

### **Lyle Lions Community Center Meal**

*\$3.50 suggested donation for seniors,  
\$6.50 fee if you are under age 60*  
503 Hwy 14, Lyle  
Tuesdays at 12 p.m.  
509-493-3068

### **Bickleton Market Street Café Meal**

*\$3.50 suggested donation for seniors,  
\$6.50 fee if you are under age 60*  
304 E Market St., Bickleton  
2nd and 4th Tuesdays at 11:30 a.m.  
509-773-3757

### **Trout Lake School Meal**

*\$3.50 suggested donation for seniors,  
\$6.50 fee if you are under age 60*  
2310 Hwy 141, Trout Lake  
2nd Thursdays at 5:30 p.m.  
509-493-3068

### **Klickitat Community Center Meal**

*\$3.50 suggested donation for seniors,  
\$6.50 fee if you are under age 60*  
92 Main St., Klickitat  
3rd Thursdays at 12 p.m.  
509-773-3757

### **Meals on Wheels**

If you are a homebound senior over 60 or a homebound person with disabilities of any age, call 509-493-3068 to ask about a home meal delivery.



## Money for Food

These programs can help you buy food.

### **SNAP/EBT (Supplemental Nutrition Assistance Program)**

SNAP is the new name for food stamps. It can be used to buy food at most stores and farmers markets in any state. SNAP users get money put on a plastic card each month. This card is like a debit or credit card.

To apply, contact the White Salmon Branch Community Service Office:  
221 N Main Ave, White Salmon  
877-501-2233

To learn more: [www.dshs.wa.gov/node/30070](http://www.dshs.wa.gov/node/30070)

### **WIC (Women, Infants, & Children)**

WIC is a program to help buy food for women with lower incomes who are pregnant or have a child 5 or younger. Fathers can also apply for WIC for their children.

To apply, contact the Klickitat County Health Department:

White Salmon office: 501 NE Washington St., White Salmon  
509-493-1558

Goldendale office: 228 W Main St., Goldendale  
509-773-4565

### **WIC and Senior Farmers Market Coupons**

This is also called the Farm Direct Nutrition Program (FDNP). This program gives coupons, or vouchers, to low income seniors and WIC families. With these coupons you can buy fresh, locally grown fruits and veggies at farmers markets and farm stands in summer and fall.

*Seniors* can call Klickitat Senior Service to apply: 509-773-3757 or 509-493-3068  
*WIC families* can call the Klickitat County Health Department to apply:  
509-493-1558 or 509-773-4565

## Food for Children

School-aged children can get food at school and through other programs.

### Free and Reduced School Lunch

Some school-aged children from families with lower incomes can get free school breakfast and lunch. Schools send home forms to apply at the beginning of each school year. You can also apply any time during the year. To do this, contact your child's school to ask for a form to apply.

To learn more, contact your child's school, or visit this website:

[www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals](http://www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals)

### Summer Meals

In the summer months when school is closed, some children can get free meals.

To learn more, call 1-866-3-HUNGRY and ask about summer meals or visit this website: [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)

### Backpack Program

Children can get food on Fridays to take home for the weekend. Contact your child's school to learn more.

## Gleaning Groups

These groups collect food from farms, gardens, and grocery stores that would be wasted. Volunteers and food pantries get this food.

### White Salmon Gleaners

Collects and distributes food, clothing, and pet food weekly on Tuesdays.  
Membership fee is \$10/month  
509-493-1240

### Columbia Gorge Gleaning Project

Brings groups of volunteers out to farms, orchards, and gardens to harvest veggies and fruit that would go to waste. Volunteers can keep up to half of what they harvest. They donate the rest to food pantries. It is free and open to all.

Contact: [gleaning@gorgegrown.com](mailto:gleaning@gorgegrown.com)  
503-490-6553

[www.gorgegleaning.com](http://www.gorgegleaning.com) | [www.facebook.com/ColumbiaGorgeGleaning](https://www.facebook.com/ColumbiaGorgeGleaning)

### Windy River Gleaners

Collects extra food from grocery stores, local farms, orchards, and gardens to share with the community. It is free and open to everyone. No one will be turned away.

Contact: [silverbirdore@yahoo.com](mailto:silverbirdore@yahoo.com)  
541-296-9676 | 541-908-1725  
2937 E 2nd St., The Dalles (across from Big Jim's)  
[www.facebook.com/windyrivergleaners](https://www.facebook.com/windyrivergleaners)

### Goldendale Gleaners

Contact: [rody@gorge.net](mailto:rody@gorge.net)  
509-773-3638

## Farmers Markets

Farmers Markets offer fresh, healthy, local food that supports our community farmers. These markets offer lots of programs to lower the cost of the food.

These programs are:

- **SNAP Match:** Use your SNAP EBT card at the Information Booth and get twice that amount in tokens to buy food, up to \$10. For example, if you swipe your EBT card for \$10, you will get \$20 in tokens to spend at the Market! The Market accepts all EBT cards from any state.
- **POP (Power of Produce):** Children get a free \$2 token to spend on fruits and veggies every time they come to the market.
- Farmers Markets accept **WIC and Senior Farmers Market Coupons, Veggie Rx, and EBT** cards from any state.

### Goldendale Farmers Market

Ekone Park (N Wilbur Ave & SR 142)

Saturdays, 9 a.m. to 2 p.m.

May 12 through September 29

[www.goldendalechamber.org/goldendale-farmers-market](http://www.goldendalechamber.org/goldendale-farmers-market)

### Klickitat Summer Market

Depot Park, Downtown Klickitat

2nd Saturdays of the month

9:30 a.m. to 12:00 p.m.

June through September

### Lyle Mobile Farmers Market

Lyle Activity Center (Hwy 14 and 3rd St.)

Fridays, 4 to 6 p.m.

May through November

[www.gorgegrown.com/mobilemarket](http://www.gorgegrown.com/mobilemarket)

### White Salmon Farmers Market

Rhinegarten Park

(Washington St. and Main Ave.)

Thursdays, 4 to 7 p.m.

Mid-June through first week in October

[www.facebook.com/whitesalmonfarmersmarket](http://www.facebook.com/whitesalmonfarmersmarket)

## Healthy Eating

Visit [www.foodhero.org](http://www.foodhero.org) for ideas on healthy eating and shopping on a budget. This website has healthy, low-cost, and easy to make recipes in English and Spanish.

## Where to Find Free and Low-Cost Food in Sherman County

### Food Pantries

Food at food pantries is free to all. You can get food even if you get SNAP, WIC, or other benefits. You do not need to show ID or proof of income.

#### Sherman County Food Pantry

903 Barnett St., Wasco  
3rd Saturdays, 9:30 to 11:30 a.m.

#### Rufus Food Pantry

304 W 2nd St., Rufus  
2nd Fridays, 10 a.m. to 1 p.m., and  
4th Fridays, 4 to 6 p.m.  
For food emergencies only, call:  
541-980-1114 or 541-980-0793

### Hot Meals

These places serve free and low-cost meals.

#### Senior & Community Center Meal

*\$4 suggested donation for ages 60+, \$7 suggested donation for those under 60.*

*Open to all. No one turned away.*

300 Dewey St., Moro

Monday-Friday at 11:30 a.m.

[jan@shermancounty.net](mailto:jan@shermancounty.net)

## Money for Food

These programs can help you buy food.

### **SNAP/EBT (Supplemental Nutrition Assistance Program)**

SNAP is the new name for food stamps. It can be used to buy food at most stores and farmers markets in any state. SNAP users get money put on a plastic card each month. This card is like a debit or credit card.

To apply, contact the Oregon Department of Human Services (DHS):  
700 Union Street, Suite 128, The Dalles  
541-296-4661

To apply for benefits online: [www.apps.state.or.us/onlineApplication](http://www.apps.state.or.us/onlineApplication)

### **WIC (Women, Infants, & Children)**

WIC is a program to help buy food for women with lower incomes who are pregnant or have a child 5 or younger. Fathers can also apply for WIC for their children.

To apply, contact the North Central Public Health District:  
419 E 7th St., The Dalles  
541-506-2610

[www.ncphd.org/programs/women-infants-children-wic](http://www.ncphd.org/programs/women-infants-children-wic)

### **WIC or Senior Farmers Market Vouchers**

This is also called the Farm Direct Nutrition Program (FDNP). This program gives coupons, or vouchers, to low income seniors and WIC families. With these coupons you can buy fresh, locally grown fruits and veggies at farmers markets and farm stands in summer and fall.

*Seniors* can contact the Oregon Health Authority to apply: 1-866-299-3562  
*WIC families* can contact their local WIC office to apply: 1-800-723-3638

### **Frontier Veggie Rx**

Some doctors may be able to prescribe you “Frontier Veggie Rx.” With Frontier Veggie Rx, you can get coupons to buy fresh fruits and veggies.

Visit [www.gobhi.org/programs/veggierx](http://www.gobhi.org/programs/veggierx) or call 541-298-2101 to learn more.

## Food for Children

School-aged children can get food year-round. They can get it at school and through other programs.

### Free and Reduced School Lunch

Some school-aged children from families with lower incomes can get free school breakfast and lunch. Schools send home forms to apply at the beginning of each school year. You can also apply any time during the year. To do this, contact your child's school to ask for a form to apply.

To learn more, contact your child's school, or visit this website:

[www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals](http://www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals)

### Summer Meals

In the summer months when school is closed, some children can get free meals.

To learn more, text "food" to 877-877, call 2-1-1 to ask about summer meals or visit this website: [www.summerfoodoregon.org](http://www.summerfoodoregon.org)

### Backpack Program

Children can get food on Fridays to take home for the weekend. Contact your child's school to learn more.

## Healthy Eating

Visit [www.foodhero.org](http://www.foodhero.org) for ideas on healthy eating and shopping on a budget. This website has healthy, low-cost, and easy to make recipes in English and Spanish.

## Gleaning Groups

These groups collect food from farms, gardens, and grocery stores that would be wasted. Volunteers and food pantries get this food.

### Columbia Gorge Gleaning Project

Brings groups of volunteers out to farms, orchards, and gardens to harvest veggies and fruit that would go to waste. Volunteers can keep up to half of what they harvest. They donate the rest to food pantries. It is free and open to all.

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503-490-6553

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541-296-9676 and 541-908-1725

2937 E 2nd St., The Dalles (across from Big Jim's)

[www.facebook.com/windyrivergleaners](https://www.facebook.com/windyrivergleaners)

## Farmers Markets

Farmers Markets offer fresh, healthy, local food that supports our community farmers. These markets offer lots of programs to lower the cost of the food.

### Sherman County Farmers Market

Downtown Moro, Hwy 97

1st Saturdays, 10 a.m. to 4 p.m., from May to October

- **SNAP Match:** Use your SNAP EBT card at the Information Booth and get twice that amount in tokens to buy food, up to \$10. For example, if you swipe your EBT card for \$10, you will get \$20 in tokens to spend at the Market! The Market accepts all EBT cards from any state.
- Farmers Markets accept **WIC and Senior Farmers Market Vouchers, Frontier Veggie Rx, and EBT** cards from any state.



## Where to Find Free and Low-Cost Food in Skamania County

### Food Pantries

Food at food pantries is free to all. You can get food even if you get SNAP, WIC, or other benefits. You do not need to show ID or proof of income.

#### Stevenson Food Pantry

683 Rock Creek Dr., Stevenson

Tuesdays and Thursdays, 9 a.m. to 12 p.m. and 1 to 3:30 p.m.

509-493-2662

### Hot Meals

These places serve free and low-cost meals.

#### Rock Creek Center Meal

*\$3 suggested donation for seniors,*

*\$5 fee if you are under age 60*

710 SW Rock Creek Dr, Stevenson

Mondays, Wednesdays, and Fridays  
at 12 p.m.

509-427-3990

#### Meals on Wheels

*\$3 suggested donation*

If you are a homebound senior over 60  
or a homebound person with  
disabilities of any age, call  
509-427-3994 to ask about a home  
meal delivery.

### Gleaning Groups

These groups collect food from farms, gardens, and grocery stores that would be wasted. Volunteers and food pantries get this food.

#### Columbia Gorge Gleaning Project

Brings groups of volunteers out to farms, orchards, and gardens to harvest veggies and fruit that would go to waste. Volunteers can keep up to half of what they harvest. They donate the rest to food pantries. It is free and open to all.

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## Money for Food

These programs can help you buy food.

### **SNAP/EBT (Supplemental Nutrition Assistance Program)**

SNAP is the new name for food stamps. It can be used to buy food at most stores and farmers markets in any state. SNAP users get money put on a plastic card each month. This card is like a debit or credit card.

To apply, contact the Stevenson Branch Community Service Office:

266 SW 2nd St., Stevenson

877-501-2233

[www.dshs.wa.gov/location/dshs-cso-030](http://www.dshs.wa.gov/location/dshs-cso-030)

### **WIC (Women, Infants, & Children)**

WIC is available to low-to-moderate income women who are either pregnant or have a child age 5 or under to help buy groceries. Fathers can also apply for WIC for their children.

To apply, contact the Skamania County Health Department:

710 SW Rock Creek Dr., Stevenson

509-427-3850

### **WIC or Senior Farmers Market Vouchers**

This is also called the Farmers Market Nutrition Program (FMNP). This program gives coupons, or vouchers, to low income seniors and WIC families. With these coupons you can buy fresh, locally grown fruits and veggies at farmers markets and farm stands in summer and fall.

*Seniors* can call 1-800-422-3263 to apply.

*WIC families* can call 1-800-841-1410 to apply.

## Healthy Eating

Visit [www.foodhero.org](http://www.foodhero.org) for ideas on healthy eating and shopping on a budget. This website has healthy, low-cost, and easy to make recipes in English and Spanish.

## Food for Children

School-aged children can get food at school and through other programs.

### Free and Reduced School Lunch

Some school-aged children from families with lower incomes can get free school breakfast and lunch. Schools send home forms to apply at the beginning of each school year. You can also apply any time during the year. To do this, contact your child's school to ask for a form to apply.

To learn more, contact your child's school, or visit this website:

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### Summer Meals

In the summer months when school is closed, some children can get free meals.

To learn more, call 1-866-3-HUNGRY and ask about summer meals or visit this website: [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)

### Backpack Program

Children can get food on Fridays to take home for the weekend. Contact your child's school to learn more.

## Farmers Markets

Farmers Markets offer fresh, healthy, local food that supports our community farmers. They offer lots of programs to lower the cost of the food.

### Stevenson Farmers Market

Courthouse Lawn (167 Hwy 14, Stevenson)

Saturdays, 10 a.m.-1 p.m., from mid-June to the first week in October

[www.stevensonfarmersmarket.com](http://www.stevensonfarmersmarket.com)

- **SNAP Match:** Use your SNAP EBT card and get twice that amount in tokens to buy food, up to \$10. For example, if you swipe your EBT card for \$10, you will get \$20 in tokens to spend at the Market!
- **WIC and Senior Farmers Market Vouchers Match:** the Stevenson Farmers Market will double the value of these vouchers for you!
- **POP (Power of Produce):** Children get a free \$2 token to spend on fruits and veggies every time they come to the market.
- Farmers Markets accept **WIC and Senior Farmers Market Vouchers**, **Veggie Rx**, and **EBT** cards from any state.

## Where to Find Free and Low-Cost Food in Wasco County

### Food Pantries

Food at food pantries is free to all. You can get food even if you get SNAP, WIC, or other benefits. You do not need to show ID or proof of income.

**CGCC Chinook Campus Pantry**  
400 E Scenic Dr., The Dalles,  
Wednesday & Thursday 2-5 pm  
509-942-9924

**Dufur School Food Pantry**  
802 NE 5th Street, Dufur  
Thursdays, 4 to 6 p.m.  
541-993-1443

**The Salvation Army Food Pantry**  
623 E 3rd St., The Dalles  
Mondays, Wednesdays and Fridays,  
1 to 3 p.m.  
541-296-6417

**St. Vincent de Paul Food Pantry**  
505 W 9th St., The Dalles  
Tuesdays 1 to 3 p.m., and  
Thursdays 3 to 5 p.m.  
541-296-9566

**Wahtonka Community School Food Pantry**  
3601 W 10th St., The Dalles  
2nd and 4th Thursdays, 3 to 6 p.m.  
541-370-2333

**Windy River Gleaners**  
2937 E 2nd St., The Dalles  
Tuesdays, 9 a.m. to 1 p.m.  
541-270-2499

**Celilo Village Food Drop**  
*For Celilo Village residents, tribal members  
and fishers*  
541-370-2333

## Hot Meals

These places serve free and low-cost meals.

### **Mid-Columbia Senior Center Community Meal**

*\$4 suggested donation. No one turned away.*  
1112 W 9th St., The Dalles  
Monday through Friday, 12 to 1:30 p.m.  
541-298-8333

### **Dufur Pioneer Potlatch**

*\$5 suggested donation. No one turned away.*  
Dufur Methodist Church  
(320 NE 2nd St., Dufur)  
Wednesdays, 12 to 1 p.m.  
541-298-4354

### **Bread & Blessings**

*Free to all*  
St. Vincent de Paul  
(315 W 3rd St., The Dalles)  
Monday through Friday, 9 to 11 a.m.  
541-298-3477 or 541-296-7778

### **Meals on Wheels**

If you are a homebound senior over 60 or a homebound person with disabilities of any age, call 541-298-8333 for a home delivery.

### **Mosier Pioneer Potlatch**

*\$5 suggested donation. No one turned away.*  
501 E 2nd St., Mosier  
Mondays and Wednesdays, 12 to 1 p.m.  
541-298-4354

### **Tygh Valley Community Center Pioneer Potlatch**

*\$5 suggested donation. No one turned away.*  
57594 Tygh Valley Rd., Tygh Valley  
Thursdays, 1 to 2 p.m.  
541-298-4354

### **The Dalles Community Meal**

*Free to all*  
St. Vincent de Paul  
(315 W 3rd St., The Dalles)  
Fridays, Saturdays and Sundays, 4:30 p.m.  
541-298-3477 or 541-296-7778

## Money for Food

These programs can help you buy food.

### **SNAP/EBT (Supplemental Nutrition Assistance Program)**

SNAP is the new name for food stamps. It can be used to buy food at most stores and farmers markets in any state. SNAP users get money put on a plastic card each month. This card is like a debit or credit card.

To apply, contact the Oregon Department of Human Services (DHS):  
700 Union Street, Suite 128, The Dalles  
541-296-4661

To apply for benefits online: [www.apps.state.or.us/onlineApplication](http://www.apps.state.or.us/onlineApplication)

### **WIC (Women, Infants, & Children)**

WIC is a program to help buy food for women with lower incomes who are pregnant or have a child 5 or younger. Fathers can also apply for WIC for their children.

To apply, contact the North Central Public Health District:  
419 E 7th St., The Dalles  
541-506-2610

[www.ncphd.org/programs/women-infants-children-wic](http://www.ncphd.org/programs/women-infants-children-wic)

### **WIC or Senior Farmers Market Vouchers**

This is also called the Farm Direct Nutrition Program (FDNP). This program gives coupons, or vouchers, to low income seniors and WIC families. With these coupons you can buy fresh, locally grown fruits and veggies at farmers markets and farm stands in summer and fall.

*Seniors* can contact the Oregon Health Authority to apply: 1-866-299-3562  
*WIC families* can contact their local WIC office to apply: 1-800-723-3638

### **Veggie Rx**

Some doctors may be able to prescribe you “Veggie Rx”. With Veggie Rx, you can get boxes of fruits and veggies or coupons to buy fresh fruits and veggies.

Visit [www.gorgegrown.com/veggierx](http://www.gorgegrown.com/veggierx) to learn more.

## Food for Children

School-aged children can get food year-round. They can get it at school and through other programs.

### Free and Reduced School Lunch

Some school-aged children from families with lower incomes can get free school breakfast and lunch. Schools send home forms to apply at the beginning of each school year. You can also apply any time during the year. To do this, contact your child's school to ask for a form to apply.

To learn more, contact your child's school, or visit this website:

[www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals](http://www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals)

### Summer Meals

In the summer months when school is closed, some children can get free meals.

To learn more, text "food" to 877-877, call 2-1-1 to ask about summer meals or visit this website: [www.summerfoodoregon.org](http://www.summerfoodoregon.org)

### Backpack Program

Children can get food on Fridays to take home for the weekend. Contact your child's school to learn more.

## Healthy Eating

Visit [www.foodhero.org](http://www.foodhero.org) for ideas on healthy eating and shopping on a budget. This website has healthy, low-cost, and easy to make recipes in English and Spanish.

## Farmers Markets

Farmers Markets offer fresh, healthy, local food that supports our community farmers. These markets offer lots of programs to lower the cost of the food.

### The Dalles Farmers Market

The Dalles City Park, on 5th and Union  
Saturdays, 9 a.m. to 1 p.m.  
From June to the second Saturday in Oct.  
[www.thedallesfarmersmarket.com](http://www.thedallesfarmersmarket.com)

### Mobile Farmers Market

Mid-Columbia Senior Center  
(1112 W 9th St., The Dalles)  
Wednesdays, 4 to 6 p.m.  
[www.gorgegrown.com/mobilemarket](http://www.gorgegrown.com/mobilemarket)

- **\$10 SNAP Match:** Use your SNAP EBT card at the Information Booth and get twice that amount in tokens to buy food, up to \$10. For example, if you swipe your EBT card for \$10, you will get \$20 in tokens to spend at the Market! Markets accept all EBT cards from any state.
- **POP (Power of Produce):** Children get a free \$2 token to spend on fruits and veggies every time they come to the market.
- Farmers Markets accept **WIC and Senior Farmers Market Vouchers, Veggie Rx, and EBT** cards from any state.

## Gleaning Groups

These groups collect food from farms, gardens, and grocery stores that would be wasted. Volunteers and food pantries get this food.

### Columbia Gorge Gleaning Project

Brings groups of volunteers out to farms, orchards, and gardens to harvest veggies and fruit that would go to waste. Volunteers can keep up to half of what they harvest. They donate the rest to food pantries. It is free and open to all.

Contact: [gleaning@gorgegrown.com](mailto:gleaning@gorgegrown.com)  
503-490-6553

[www.gorgegleaning.com](http://www.gorgegleaning.com) | [www.facebook.com/ColumbiaGorgeGleaning](https://www.facebook.com/ColumbiaGorgeGleaning)

### Windy River Gleaners

Collects extra food from grocery stores, local farms, orchards, and gardens to share with the community. It is free and open to everyone. No one will be turned away.

Contact: [silverbirdore@yahoo.com](mailto:silverbirdore@yahoo.com)  
541-296-9676 | 541-908-1725  
2937 E 2nd St., The Dalles (across from Big Jim's)  
[www.facebook.com/windyrivergleaners](https://www.facebook.com/windyrivergleaners)