

Food Assistance Guide

We believe no one should go hungry. Columbia Gorge Food Bank provides food through a network of Partner Agencies in Wasco, Hood River and Sherman counties.

- You can get food assistance even if you receive SNAP, WIC or other benefits.
- No ID or Income verification is required. You may be asked for proof of residence within a pantry's service area.
- Food is free.

Types of Assistance

- Food Pantries provide a 3-5 day supply of fresh, healthy food.
- Senior Meal Sites serve healthy meals to those 60+

Hood River County

- 📍 Seventh Day Adventists, 10990 22nd Street, Hood River
541-386-4232 Tuesday 9:30 – 11:30 AM (Food Boxes)
- 📍 FISH, 1130 Tucker Road, Hood River
541-386-3474
Mondays 3:30 -5:00 PM; Wednesday 3:30 -5:30 PM
Friday 3:30 -5:00 PM; Saturday 10:00 AM – Noon (Food Boxes)
- 📍 FISH, Parkdale Community Church, 4910 Baseline Drive, Parkdale
541-352-3500 Monday 4:00-6:00 PM (Food Boxes)
- 📍 FISH, Cascade Locks City Hall, 140 SE WaNaPa, Cascade Locks
4th Wednesday of each month 1:30 – 3:30 PM
Saturday following 4th Wednesday 11:00 AM – Noon (Food Boxes)
- 📍 Hood River Valley Adult Center, 2010 Sterling Place, Hood River
541-386-2060 Monday-Friday 11:15 AM – 1:00 PM (Senior Meals)

Columbia Gorge Food Bank is an Equal Opportunity Employer & Provider.

Sherman County

- ☉ Rufus Food Pantry, 304 West 2nd Street
Second Friday – 10 AM – 1 PM
Fourth Friday - 4 - 6 PM
Emergencies call: Carol Arthur 541-980-1114 or Cheryl Wason 541-980-0793
- ☉ Sherman County Food Pantry, Wasco School Events Center,
903 Barnett Street
Third Saturdays- 9:30 – 11:30 AM

Wasco County

- ☉ Dufur School Pantry, Dufur High School
On Call: Jack Henderson 541-993-1443
- ☉ The Salvation Army Food Pantry, 623 E. 3rd Street,
The Dalles 541-296-6417
Monday, Wednesday & Friday 1-3 PM
- ☉ St. Vincent de Paul Food Pantry, 505 W. 9th St. ,
The Dalles 541-296-9566
Tuesday 1-3 PM & Thursday 3-5 PM
- ☉ Windy River Gleaners, 2937 E 2nd St., The Dalles
541-370-2499, Tuesday 9:00 AM – 1:00 PM
- ☉ Meals on Wheels, 1112 West 9th Street, The Dalles
541-298-8333, Monday-Friday Noon-1:30 PM (Senior Meals)
- ☉ Pioneer Potlatch, Dufur Methodist Church, 320 NE 2nd Street, Dufur
541-298-4354 Wednesday Noon – 1:00 PM (Senior Meals)
- ☉ Pioneer Potlatch, 501 East 2nd Street, Mosier
541-298-4354 Monday & Wednesday Noon – 1:00 PM (Senior Meals)
- ☉ Pioneer Potlatch, Tygh Valley Community Center
541-298-4354 Thursday Noon – 1:00 PM (Senior Meals)

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