



State Resources for Seniors in Oregon

Many seniors face high costs for their medical care and prescription drug coverage, and finding the funds to pay for these health care expenses can be stressful. We created this guide covering all of the available health insurance and prescription drug coverage programs in your state so you can take care of your health without worrying about the cost. Included in the guide are the benefits details, eligibility requirements, and application processes for available health insurance and prescription drug coverage programs for seniors in your state.

Food Assistance Programs for Seniors

Food insecurity and lack of nutritious meals should never be something seniors face, but many older adults may experience both. Access to hot meals delivered to their homes or grocery items at food pantries or the local grocery store can make all the difference in healthy, happy aging. Nonprofits and government entities across Oregon offer food assistance programs for seniors to help ensure they remain safe and fed.

Meals on Wheels

The Meals on Wheels program has branches throughout the nation, including Oregon, where volunteers deliver hot and fresh meals to seniors in their homes. These meal deliveries have three benefits. They provide much-needed nutrition, social interaction and wellness checks.

	Area Served	Address	Phone Number
Food & Friends Meals on Wheels & Senior Meals Program	Jackson and Josephine counties	1150 Northeast 9th Street Grants Pass, OR 97526	(541) 955-8839
Meals on Wheels People	Multnomah and Washington counties	7710 Southwest 31st Avenue Portland, OR 97219	(503) 736-6325
Meals on Wheels in Lake Oswego	Lake Oswego	505 G Avenue Lake Oswego, OR 97034	(503) 635-3758
City of Newport Meals on Wheels	Newport, Siletz, Toledo and Waldport	203 North Main Street Toledo OR 97391	(800) 282-6194
Klamath and Lake Counties Council on Aging Meals on Wheels	Klamath Falls and Lakeview	404 Main Street Suite 6 Klamath Falls Or 97601	(541) 205-5400
Meals on Wheels at the Milwaukie Center	North Clackamas County	150 Beavercreek Road Oregon City, OR 97045	(503) 794-8035
Senior Meals on Wheels	Douglas County	1036 SE Douglas Avenue Room CH221 Roseburg, OR 97470	(54) 440-3677
Meals on Wheels Lane County	Lane County	1015 Willamette Street Eugene, OR 97401	(541) 607-5065 (541) 682-3353
Community Connection of Northeast Oregon Meals on Wheels	Baker, Grant, Union and Wallowa counties	2802 Adams Avenue La Grande, OR 97850	(541) 963-3186

Food Pantries

Nonprofit organizations, churches and other community groups often provide food pantry support to seniors and other low-income households. The goal is to ensure all Oregonians have fresh and nonperishable foods to prepare meals at home. Many food pantries also offer pet foods and personal care items.

	Area Served	Address	Phone Number
The Salvation Army Tualatin Valley Service Center	Washington County	351 Southeast Oak Street Hillsboro, OR 97123	(503) 640-4311
Neighborhood House Food Pantry	Portland	3445 Southwest Moss Street Portland, OR 97219	(503) 246-1663 Ext. 5119
Sunshine Division Food and Clothing Pantry	Portland	687 North Thompson Street Portland, OR 97227	(503) 823-2102
West Linn Food Pantry	West Linn and Lake Oswego	1683 Willamette Falls Drive West Linn, OR 97068	(503) 915-9446
Holy Trinity Food Closet Ministry	Beaverton	13715 Southwest Walker Road Beaverton, OR 97005-1017	(503) 643-9528
St. Vincent de Paul Food Pantry	Corvallis	501 Northwest 25th Street Corvallis, OR 97330	(541) 286-4183

Government Assistance Programs

A final option for accessing necessary food is government assistance programs. Seniors must meet eligibility requirements for these programs. Each program has varying rules and all require participants to be under current income and asset limits.

	Area Served	Address	Phone Number
Supplemental Nutrition Assistance Program (SNAP)	Statewide	500 Summer Street NE, E-15 Salem, OR 97301	(503) 945-5600
Oregon Health Authority Senior Farm Direct Nutrition Program (SFDNP)	Statewide	500 Summer Street NE, E-15 Salem, OR 97301	(866) 299-3562