

# GETTING HELP WITH GROCERIES FOR COLLEGE STUDENTS

Here are places you can go to get free food. To find an emergency food pantry that serves you or for more information, please call (541) 343-2822.

## FREE PRODUCE

Call FOOD for Lane County at (541) 343-2822 to find out which location best serves you. Please bring your own bags or boxes.

UNIVERSITY OF OREGON  
EMU Amphitheater  
Second Tuesday of every month from  
3:00–5:00 p.m.

## HOT MEALS

### HEARTH & TABLE

Central Lutheran Church  
1857 Potter St., Eugene  
Thur 6pm-8pm Sept-Jun  
In support of UO and other students  
facing food insecurity

### THE DINING ROOM

270 W. 8th Ave., Eugene  
Mon-Thur noon-3pm  
Under 18 must be accompanied by an  
adult.

## FOOD PANTRY

### ECM STUDENT PANTRY

1329 E. 19th Avenue, Eugene  
Wed & Thur 4pm-6pm  
Open to UO, LCC and Gutenberg  
College students

### LCC RAINY DAY PANTRY

4000 East 30th Ave., Building 1 Room  
206, Lane Community College  
Mon-Fri 9am-5pm  
Open to low-income LCC students

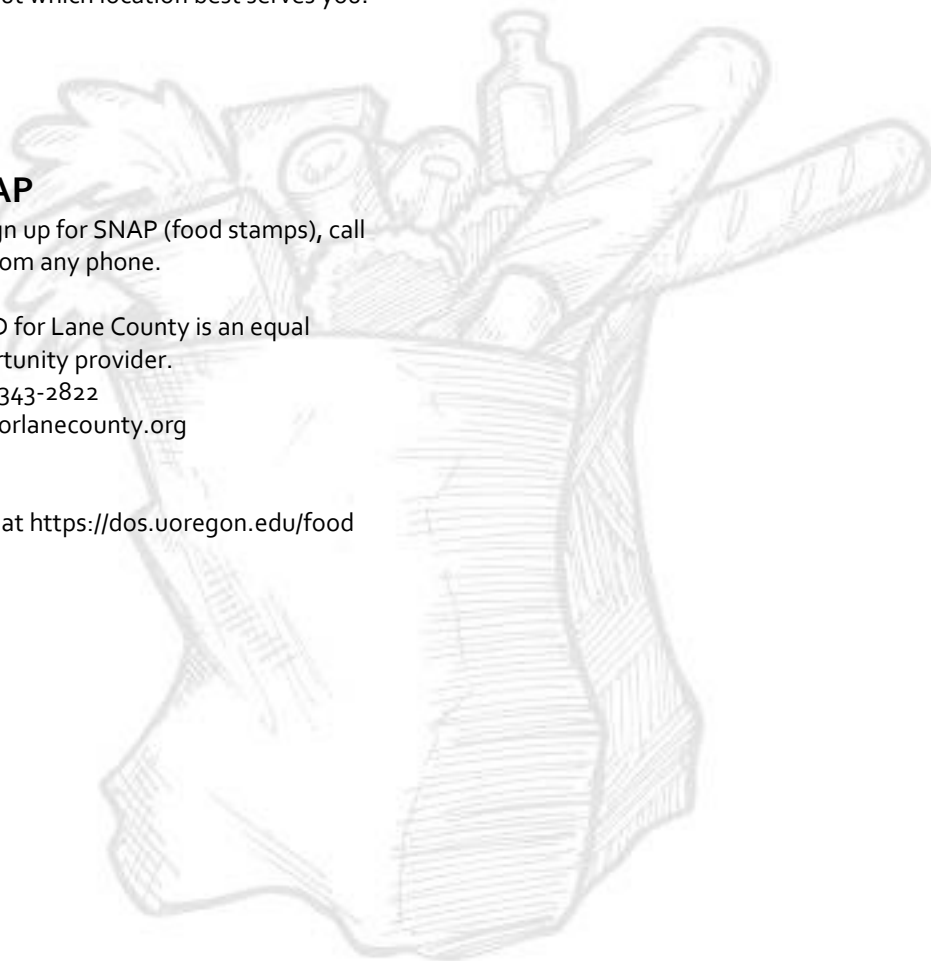
There also may be a food pantry that serves your neighborhood. Call FOOD for Lane County at (541) 343-2822 to find out which location best serves you.

## SNAP

To sign up for SNAP (food stamps), call 211 from any phone.

FOOD for Lane County is an equal opportunity provider.  
(541) 343-2822  
[foodforlanecounty.org](http://foodforlanecounty.org)

More at <https://dos.uoregon.edu/food>



# AYUDA CON ALIMENTOS PARA ESTUDIANTES UNIVERSITARIOS

Aquí hay una lista de los lugares donde puede obtener comida gratis. A encontrar cual dispensa servirle usted o para más información llame FOOD for Lane County a (541) 343-2822. Por favor venir con sus propias bolsas y cajas.

## FRUTAS Y VERDURAS GRATIS

### UNIVERSIDAD DE OREGON

EMU Amphitheater  
Segundo martes del mes, 3:00-5:00 p.m.

## COMIDAS CALIENTES

### HEARTH & TABLE

Central Lutheran Church  
1857 Potter St.  
Cada jueves de Setiembre hasta Junio, de 6:00-8:00pm.  
Accesible a los estudiantes de UO y de la comunidad que no tenga estabilidad de comidas

### THE DINING ROOM

270 W. 8th Ave., downtown Eugene  
Lunes a Jueves de 12:00-2:45pm  
Para gente sin hogar o sitio para cocinar

## COMIDAS GRATIS

### ECM STUDENT PANTRY

1329 E. 19th Ave.  
Miércoles y Jueves de 4:00-6:00p.m.  
Accesible a los estudiantes de UO, LCC, y Gutenberg College

### LCC RAINY DAY PANTRY

4000 East 30th Ave., Building 1  
Room 206. Accesible a estudiantes de LCC de bajo ingreso  
También podrá ver una dispensa de comida que pertenezca a su vecindario. Llame a FOOD for Lane County al (541) 343-2822 para averiguar cual sitio le sirva mejor. Por favor traiga su propia bolsa o caja para transportar la comida.

## SNAP

Para inscribirse para estampillas de comida (SNAP) llama 211.

FOOD for Lane County es un proveedor de igualdad de oportunidades. (541) 343-2822  
[foodforlanecounty.org](http://foodforlanecounty.org)

<https://dos.uoregon.edu/food>

