

GETTING HELP WITH GROCERIES IN OAKRIDGE, DEXTER AND LOWELL

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

PEACEHEALTH, DEXTER CLINIC
38843 Dexter Road, Dexter
1st and 3rd Tuesdays

HOT MEALS

CAFÉ 6o
Church of the Nazarene
48187 Hwy 58, Oakridge
Tue & Thur noon
Serving ages 60+

FREE GROCERIES

DEXTER FOOD PANTRY
St. Henry Catholic Church
38925 Dexter Road, Dexter
1st & 3rd Tue 2-6 pm

LOWELL FOOD PANTRY
4 E. Lakeview Street, Lowell
1st & 3rd Tuesdays, 2-5 pm
Bread day, 2nd & 4th Tue 10am-2pm

OAKRIDGE FOOD PANTRY
47674 School Street, Oakridge
Serves Oakridge and Westfir
Tue-Thur 9am-11am, 11:30am-1pm

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



OBTENIENDO AYUDA CON COMIDA EN OAKRIDGE, DEXTER Y LOWELL

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.

FRUTAS Y VERDURAS GRATIS

Llame FOOD for Lane County (Comida para el condado de lane) a (541)-343-2822 para encontrar cual lugar puede servirle. Por favor venir con sus propias bolsas y cajas.

PEACEHEALTH, DEXTER CLINIC
38843 Dexter Road, Dexter
Primer y tercer martes

COMIDA CALIENTE

CAFÉ 60
Church of the Nazarene
48187 Hwy 58, Oakridge
Sirviendo a edades 60+

**DESPENSA DE COMIDA
DEXTER FOOD PANTRY**
St. Henry Catholic Church
38925 Dexter Road, Dexter
Primer y tercer martes 2pm-6pm

LOWELL FOOD PANTRY

4 E. Lakeview Street, Lowell
Primer y tercer martes del mes, 2-5pm. Día de pan, el segundo y cuarto martes del mes 10am - 2pm

OAKRIDGE FOOD PANTRY

47674 School Street, Oakridge
Se sirve a Oakridge y Westfir
Martes-jueves 9am-11am, 11:30am-1pm

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

