



Food and unemployment resources

If you've lost your job or are struggling to pay the bills due to COVID-19, you're not alone. Many of your neighbors are facing the same challenges. It's okay to ask for help.

CITY OF
GRESHAM

Food

SnowCap Community Charities

Food pantry serving individuals and families in Gresham and East Multnomah County.

Who qualifies: Multnomah County residents living east of 82nd. No income restrictions.

You will need to: If you are housed, provide proof of address dated within the last 30 days, such as a utility bill (electronic version on phone is fine). No other documents needed.

To get help:

1. Come to SnowCap. Minimum to no contact is needed. One person at a time per family, please. Location and hours at [Snowcap.org/services](https://www.snowcap.org/services).

2. Get a food box delivered to your home. Operation Gresham Connected is helping with deliveries; leave a message at 503-618-2111, request online at [snowcap.org](https://www.snowcap.org) or email info@snowcap.org.

Questions: 503-674-8785 or info@snowcap.org

Birch Community Services

Food, clothing and household items as well as financial self-sufficiency classes and one-on-one counseling for enrolled participants.

Who qualifies: Working families who are not receiving SNAP or TANF, but struggling to make ends meet.

You will need to: Apply online; meet with the financial counselor. A monthly service fee and volunteer hours are required.

To get help: Apply online at [birchcommunityservices.org](https://www.birchcommunityservices.org) or call 503-251-5431.

Meals on Wheels

Daily home-based meal deliveries.

Who qualifies: Seniors.

You will need to: Contribute \$7.39 towards the cost of each meal and be home for the meal delivery.

To get help: Visit [mowp.org](https://www.mowp.org) to sign up or call 503-736-6325.

Women, Infants and Children (WIC)

Food, nutrition resources and more to support parents and their young children.

Who qualifies: You could qualify for food assistance if you've lost income, and if you're pregnant, a new mom, or if you have a baby or young children under 5 years old. Open to dads, guardians and foster parents who can apply on behalf of their children.

You will need to: Apply via phone. You will need ID, proof of income and proof you are an Oregon resident.

To get help: Call 503-988-3503 or email wic.outreach@multco.us.

School breakfast and lunch distribution sites

Free breakfast and lunch for students.

Who qualifies: All students 18 and under.

You will need to: Visit the site to pick up or call to arrange delivery.



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To get help: Visit multco.us/novel-coronavirus-covid-19/community-resources for links to the locations and contact information for all school districts serving Gresham.

SNAP (food stamps)

Benefits you can use to purchase food at grocery stores and farmers' markets.

Who qualifies: Those at 185% or less of federal poverty level. Example: A family of four making \$3,970 or less a month.

You will need: Proof of income for the last 30 days or a financial aid letter if you are a student.

To get help: Learn more and sign up online at multco.us/food-assistance/snap-food-stamps-multnomah-county, call 503-320-6658 or email SNAP@multco.us

211

Other food pantries are open in Gresham but might require that you apply through the Oregon Food Bank or enroll in a program. 211 can help you navigate through the resources that work best for you and your family.

To get help: Call 2-1-1, email help@211info.org or text your zip code to 898211. Information is also online at www.211info.org/food.

Unemployment

Filing for unemployment benefits

The State of Oregon's COVID-19 online unemployment resources can help you determine if you are eligible to file a claim, benefits for self-employed and independent contractors, and information on how to get help finding work.

If you have temporarily been laid off but your employer expects to reopen in the future, you may still be able to get unemployment benefits if you are able to work, are in contact with your employer and are able to work when your employer reopens.

To get help: Visit govstatus.egov.com/ORUnemployment_COVID19.

Questions: Call 1-877-345-3484 or email OED_COVID19_Info@oregon.gov.

Gresham Area Hires

This Facebook group, run by the Gresham Area Chamber of Commerce, connects local employers who are hiring with job seekers.

Facebook.com/groups/greshamhires

Other support

Multnomah County's Community Resources COVID-19 pages has information about:

- Utility assistance
 - Rent assistance
 - Health insurance
 - Culturally-specific resources for immigrants, communities of color and the LGBTQ community
- multco.us/novel-coronavirus-covid-19/community-resources

Visit GreshamOregon.gov/COVID19 for information about utility assistance and other steps the City is taking to address the pandemic.