

Senior Lunches:

Served at noon. Suggested donation \$5. Age 60+. Make a reservation by calling: 360-762-3111

Kalama – (Mondays)

United Methodist Church
111 North 2nd St., Kalama

Kelso – (Tuesdays)

Grounds for Opportunity Café
413 S Pacific Ave., Kelso

Ryderwood – (Tuesdays)

Community Center
303 Morse St., Ryderwood

Castle Rock – (Wednesdays)

Senior Center
222 2nd Ave. SW, Castle Rock

Cathlamet - (Thursday)

Hope Center
320 3rd St

Rosburg - (Thursday)

Rosburg Community Hall
28 Rosburg Community Hall Road

Woodland – (Fridays)

St. Philip Catholic Church
430 Bozarth St., Woodland

Meals on Wheels—

(for sign-up for seniors in Cowlitz and Wahkiakum Counties) :
call:(360) 762-3111 **or**
email: deniser@lowercolumbiagap.org

Hygiene/Toiletries:

Family Essentials: (once a month)
(at Longview First Christian Church) 2000 E Kessler Blvd., Longview
(360) 577-4367, email: billzarro@msn.com
Hygiene and household essentials including diapers (as available). Pet food. Blankets.
Tuesdays and Thursdays 4pm-6pm

Soul Showers:

The Promise Church
1170 17th Ave., Longview
360-453-7374
Meals, pet food, clothing, hygiene, (and laundry and showers starting in 2024).
3rd Saturday each month 11:30am-2:30pm

Lower Columbia CAP:

360-425-3430
Monday – Thursday 8am-5:30pm
twice per year, when available.

*** Please contact 360-577-3014, Ext. 5 for brochure updates or new information.

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USDA's Supplemental Nutrition
Assistance Program – SNAP
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WSU EXTENSION
Cowlitz County

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office .



QUICK FOOD RESOURCE GUIDE

2024 Cowlitz County Food Pantry/Hot Foods Resource List

Food/Hot Meals:

Salvation Army:

1639 10th Avenue, Longview
360-423-3990

Monday-Friday: 11:45am-12:45pm

Radical Love:

St. Steven's Episcopal Church
1428 22nd Avenue, Longview

Wednesdays: Open for coffee at 12:00pm. Food at 4:00pm.

Saturdays: Open for coffee at 10:00am. Food at 12:00pm.

206 Church Street, Kelso

Saturdays: Food from 1:00pm-1:30pm.

Food/Hot Meals (continued):

PB&J at the Park:

Victoria Freeman Park
9th Ave. and Delaware, Longview
360-423-325

Sponsored by Emanuel Lutheran Church

Saturdays: 10:00am-11:00am

Soul Showers:

The Promise Church
1170 17th Ave., Longview
360-453-7374

3rd Saturday each month:

11:30am-2:30pm

God's Abundant Plate:

St Paul Lutheran Church
312 1st Ave. SW, Castle Rock
3rd Saturday each month: 5pm-6pm

*Go to church website to make reservations ahead of time.

*Lunch offerings in the summer
12:00pm-12:30pm – check church website for details.

Food for Change:

Family Health Center
784 14th Ave, Longview
Sundays: 1:00pm-2:30pm (flexible)

Belly Brigade:

Methodist Church (Laurie Hall)
208 Church St., Kelso
Sundays: 4:00pm
Foursquare Church
416 20th Ave., Longview
Sundays: 4:00pm

Food/Pantries:

FISH: (Locations Vary-4 times a month with 3 day in-between)

360-636-1100

Mon-Fri: 9am-12pm food assistance

Salvation Army:

1639 10th Ave., Longview
360-423-3990 (6x's a year with 30 days in between) Mon, Wed, & Thurs: 2pm-4pm

Kalama Helping Hands:

At The Lions Club
191 Cloverdale Rd., Kalama
360-673-2814

Tuesdays: 9:30am-1:00pm

The Refuge:

1209 N. Minor Road Kelso
360-916-1278
Thursdays: 10:00am - 12:30pm

Castle Rock Lions Food Bank:

Eagles Hall
224 Huntington Ave. S., Castle Rock
Thursdays: 1:00pm to 2:00pm

The Kings Vineyard Fellowship:

3212 Lewis River Rd., Woodland
360-225-8407 (also clothing)
Mondays: 11am-2pm (in gym behind church)

South Kelso Neighborhood Association:

(once a week)
351 Three Rivers Mall, Kelso
360-747-7240
Tuesdays: 3:00pm-5:00pm,
Fridays: 12:00pm-3:00pm,
Saturdays: 12:00pm-3:00pm.

Lexington New Song Worship:

161 Aaron Dr., Longview
360-425-0635
Commodities: 2nd Tuesday each month:
2:00pm-4:00pm

CAP Help Warehouse:

1526 Commerce Ave., Longview
360-425-3430 x252
Commodities: 3rd Tuesday of each month
8:00am-1:00pm

St. Vincent De Paul: (twice a month)

1222 Baltimore, Longview
360-577-0662
Mon, Wed, Fri: 8:30am-11:30am food bank;
1st & 3rd Tuesday 5pm-6pm food bank;
(3rd Tuesdays 5pm-6pm Commodities).

Highlands Baptist Church:

317 20th Ave., Longview
360-425-1960
*(Also have: clothing, household items, furniture - as available).
Last Thursday of the month: 12pm-2pm

Woodland Action Center:

736 Davison Ave., Woodland
360-225-9998
Saturdays: 11:00am-5:00pm (2nd Sat. Commodities)

Youth (12-24 Years Old):

Janus Youth: Reach on FB, Twitter, Instagram, Snapchat: *Janus Youth Programs of Cowlitz County.*
360-353-5545