



Feeding Our Neighbors

Our houseless neighbors need support now more than ever. Many non-profits, restaurants, and other food resources are closed, and usual sources of income are cut off. More and more people are leaning on each other for survival. We are calling on all those who can share food to reach out to those who need it.



INITIATE A CONNECTION (while maintaining 6 feet of distance)

- Look around your neighborhood. If you see houseless folks or people living in vehicles, introduce yourself: “How’s it going? My name is ____, and I live nearby. I’m wondering if you need some food.”
- If they say yes, make a plan together for when and where you will drop things off.
- Ask how many people are living with them. Ask if anyone has food restrictions/allergies.
- Feel free to ask if there are other things people need such as charging a cell phone (truly a lifeline), water, hygiene supplies, dry clothing, or cleaning supplies.
- Don’t be afraid to say “I cannot help with X, but I can help with Y or Z.”



PREPARING & DELIVERING FOOD

- Simple, inexpensive, hearty foods are great: peanut butter and jelly sandwiches, chili, beans and rice, quesadillas with beans or meat, lentil soup, spaghetti, hard boiled eggs, veggies, whole fruit, trail mix, granola bars, cereal and milk.
- Once the weather warms up, seek out less perishable foods.
- Wash fruit and veggies from the store before handing them out.
- Practice proper hygiene: wash hands before touching all food, wipe down all surfaces with bleach before cooking, ensure that containers are sanitized. (Avoid preparing or delivering food if you have a fever or feel symptomatic, or if you are in a high-risk category.)
- If you want containers back, let people know where to leave them. Have a plan for cleaning them as soon as possible.



OTHER TIPS

- Stick to your plan. If you need to change it, be in touch with people.
- Invite your neighbors, church members, or coworkers to reach out in their neighborhoods
- Set boundaries; do not share more than you have to give, nor do more than you are comfortable with.
- If people need information or other resources, consider calling 211.
- Feel free to talk with people from 6 feet away. “How’s your day going?” is a great way to start conversation.
- Maintain a spirit of neighborliness, non-judgement, and love; this is about ensuring that people who need food get it.
- If have access to a printer, consider printing handouts to deliver along with food: Multnomah County Covid-19 handout in **English** and **Spanish**
- Information for service providers and shelters from **National Health Care for the Homeless Council**
- Additional **food resources** to share
- **Joint Office of Homeless Services** list of resources (updated for COVID19)
- Email stopthesweepsdx@gmail.com to find out more about organizing efforts or go to wrphome.org

