

# You've got to eat!

A list of free resources to get you going for time being.

Courtesy of Limeade Stand, services of S.A.A. Morrigan Community Knowledge Ventures

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Free newsletter <http://eepurl.com/bDf5CH>

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For social services and charities please consult <http://www.rosecityresource.org> or <http://211info.org>

## Free food sources

- Food Not Bombs – free vegan dinner – Sundays 6:30 p.m. at Khunamokwst Park, NE 52<sup>nd</sup> Avenue at NE Alberta Court in Cully neighborhood. (Very good.)
- Food Not Bombs – free vegan dinner – Mondays and Fridays 6:30 p.m. at Colonel Summers Park, SE Taylor Street at SE 17<sup>th</sup> Avenue. Usually lots of free produce and other food items are given away also.
- Garfield House food porch, 4011 NE Garfield Avenue (near NE Martin Luther King Jr. Blvd and Shaver Street). They collect unsold food from various places every week and put it up on the porch. Different things each day.
- Free Hot Soup groups – FHS was started by former Occupy movement activists. Usually present in downtown Portland at or near SW 6<sup>th</sup> Avenue & SW Morrison Street between 6:30 and 8 p.m. Mobile unit also exists to reach other areas throughout the region.
- (**Not free** but very cheap) Sisters Of The Road (133 NW 6<sup>th</sup> Avenue) has never raised prices since its birth in 1979. This non-profit restaurant has improved the quality of food in recent years thanks to special arrangements with several local businesses. While \$1.50 buys a lunch I suggest that you bring about \$2.50 to \$3 to order extras as sometimes their plates could be meager. Check their Twitter @sisterspdx as they often announce what's for lunch on a given day. Tuesdays-Saturdays 10 a.m.-2:30 p.m. only. Not recommended towards end of each month due to overcrowding and long wait. Virtually no wait during the first week of each month.

## Free clothes, household items, and office supplies

- Portland Free Store is a monthly event at Saints Peter and Paul Episcopal Church on SE 82<sup>nd</sup> Avenue at SE Pine Street where you would find what you might expect at any typical thrift store for free. PFS also

provides free lunch. It takes place usually on a Saturday from 1 to 3 p.m. (the day of the month varies – check <https://www.facebook.com/groups/365603686842843/>)

- (**Not free** but cheap) SCRAP Store, 1736 SW Alder St (near Providence Park just off W. Burnside St and SW 18<sup>th</sup> Ave), is a great place to shop for art supplies, office supplies, and craft materials for **almost** free. Open daily from 11 a.m. till 7 p.m. (6 p.m. on Sundays). <http://scrappdx.org/>

## Free Wi-Fi, telephone, etc.

Here I list free Wi-Fi Internet access points and places you can sit down and work on stuff without having to spend money.

- Personal Telco Project (<http://www.personaltelco.net>): free non-secure Wi-Fi access. See website for map.
- Stephouse Wireless (<http://www.stephouse.net>) has some free Wi-Fi access points in downtown and the Pearl District. Slow and unreliable, however. The company does not disclose exact locations of the access points.
- Portland Public Schools (<http://www.pps.k12.or.us>) has recently opened public Wi-Fi access at their school campuses. It is filtered. Wi-Fi signals usually reach sidewalks just outside the school. Wi-Fi is turned off from 11 p.m. till 5:30 a.m.
- Malls. Clackamas Town Center and Lloyd Center have Wi-Fi. Also Nordstrom and Barnes & Noble do have public Wi-Fi access.
- Director Park in downtown Portland.
- Portland State University campus wide (“PSU-Guest”). Requires email address. Branford P. Smith Library is a good quiet place to sit down and work on your projects.
- Almost all public libraries. Some libraries in Washington County may require a valid WCCLS library card in order to log into Wi-Fi network.
- Concordia University Library, NE Rosa Parks Way at NE 29<sup>th</sup> Avenue. Port-restricted and speed-limited connection. Lots of comfortable seating areas and desks, with nearby power outlets. Open till 1 a.m. Sundays-Thursdays and till 10 p.m. on Fridays/Saturdays.
- Taborspace (5441 SE Belmont St.) - the common area is big and has plenty of seating with good Wi-Fi connection. There is a small coffee bar next door (overpriced, not recommended).
- The Living Room by Adsideo (8050 SE 13<sup>th</sup> Ave.)
- Free local and long-distance calls with Futel (<http://futel.net>) public phone on SE Clinton St at SE 13<sup>th</sup> Ave near the MAX Orange Line station. A good resource to have in case you're short on/out of your mobile phone air time. A house across the street runs a free public Wi-Fi (“CLINTON-ST-WIFI”) as well.