

Community Resources:

Mutual aid funds: can address a variety of needs such as emergency rental assistance, medical bills, cash bail, or food. Mutual aid funds are a pool of donations by and for community members in which the money goes directly to those in immediate need.

- **Free fridges & pantries:** Another example of mutual aid, many communities are building and stocking free pantries and refrigerators. The idea is to leave food and other resources if you can and take what you need. Many schools, charities, churches, and shelters also have food pantries and food assistance programs.
- **Farmer's markets:** Many farmers markets now accept SNAP cards, which means you can get local and farm-fresh food for free or reduced prices.
- **Second-hand stores:** If you need clothing, shoes, or household items, second hand and thrift stores are usually the most budget-friendly way to shop. Some stores will also allow you to sell old clothes or give you in-store credit or discounts for donating items.
- **Community Credit Unions:** Credit unions are nonprofits that can help save you money when you bank with them by offering little-to-no fees and higher interest on savings.
- **Community Development Financial Institutions (CDFI):** Community-based financial institutions that promote economic development by providing services to low-income communities and other groups traditionally under-served by banking institutions. For a list of CDFIs in Oregon, visit: <https://www.cdfi.org/wp-content/uploads/2015/02/Oregon.pdf>
- **The Buy Nothing Project:** a money-less economy in which neighbors can post anything they'd like to give away, lend, or share, and ask for anything they'd like to receive or borrow. Join a Buy Nothing Group on Facebook or download the Buy Nothing app. For more information, visit <https://buynothingproject.org/join/>
- **Useful websites to identify resources:** <http://www.wisebread.com/resources> & <https://www.211info.org/search-resources>

If you are a resident of Oregon:

- Find reduced-cost or free community resources in the Portland Metro Area at <https://rosecityresource.streetroots.org/#/>
- Find free food in your community by typing in your Zip Code at www.oregonfoodbank.org
- If in Portland, find free fridges near you at <https://linktr.ee/pdxfreefridge>
- Find emergency rental assistance programs at <https://www.oregon.gov/ohcs/housing-assistance/Documents/05-13-2021-OERAP-program-admin-contact.pdf>