VETERANS AND FAMILY SUPPORT OREGON VFW AUXILIARY NEWSLETTER
NOVEMBER 2026

Brothers and Sisters,

The fall and winter months are when many of our Auxiliaries are reaching out and volunteering with Thanksgiving and Christmas Food Drives. Food insecurity affects veterans, military families, and their pets year-round. Rising household expenses and uncertainty about public and private benefits can make it difficult for families to keep food on the table. As VFW Auxiliary members, we have a powerful opportunity to connect our veterans and their families with resources, offer compassionate support, and remind them they do not have to face these challenges alone.

Food Resources

Oregon SNAP/EBT Benefits

SNAP provides eligible households with monthly food benefits through the Oregon Trail Card.

- Apply or check eligibility: Oregon SNAP
- EBT card assistance: **888-997-4447**
- Find local food assistance: Dial **211** or visit 211info.org.

Oregon Food Bank

Connect veterans and families with local food pantries and food distribution sites.

- Website: Oregon Food Bank Food Finder
- Assistance locating food: **211**

FIDO Pet Food Bank — Oregon City

Pets are family, too! FIDO helps people access pet food resources. Veteran-Specific Programs

- **Address:** 14186 Fir Street, Suite 203, Oregon City, OR 97045
- **Phone:** 503-655-3663
- **Website:** fidoanimeals.org
- **Regular assistance:** The third Saturday of the month, 9 a.m.–2 p.m.
- **Wednesday assistance:** 9 a.m.–noon by appointment.

Call ahead to confirm current hours, eligibility, application requirements, and availability. If a veteran is struggling to feed a pet, please share this resource before that family feels forced to make a heartbreaking decision.

VFW–Humana Hunger Relief

The VFW and Humana have partnered to address food insecurity and other challenges facing veterans and their families. Auxiliaries can organize food drives, partner with local food pantries, collect needed supplies, and connect veterans with community resources.

The VFW Foundation offers a matching grant of up to **$1,500** for qualifying food-security and homeless-relief efforts. Current grant requirements, minimum contributions, and application procedures should be reviewed at the VFW Uniting for Veterans page.

Additional Veteran Resources

Oregon VFW Service Office — Assistance with VA disability claims and benefits.

- Phone: **503-412-4757**
- Email: **vfw.vbaport@va.gov**
- Address: VA Regional Office, 100 SW Main Street, Suite 200, Portland, OR 97204
- Website: VFW Department of Oregon

Oregon Department of Veterans' Affairs: Oregon.gov/ODVA — Benefits assistance and local county Veteran Service Officers.

Veterans Crisis Line: Dial **988, then press 1**, text **838255**, or visit VeteransCrisisLine.net. Free, confidential support is available 24/7.

Your Auxiliary Has Superpowers!

Every Auxiliary has something special to offer—community connections, fundraising skills, social media outreach, transportation assistance, food pantry partnerships, or simply a caring phone call.

November challenge: Put your Auxiliary's "Superpowers" to work!
Develop an idea that helps veterans and their families access food, pet food, housing assistance, veteran benefits support, or other essential services.

Submit your Auxiliary's idea for a chance to receive a prize at Midwinter! Ideas may be new proposals or projects already underway

Include these four items:

1. **Your idea:** What do you propose or already do?
2. **Community need:** What problem are you addressing?
3. **Proposed activity:** What will your Auxiliary do?
4. **Expected or actual impact:** How will veterans and families benefit?

Together, We Can Make a Difference!

Our mission goes beyond collecting donations. It means connecting veterans and military families with help, keeping pets with the families who love them, and making sure no one feels forgotten. Thank you for all you are for our Veterans and their families.