NOT ENOUGH FOOD FOR YOUR FAMILY? NEED HELP COOKING OR SHOPPING FOR HEALTHY FOOD ON A BUDGET? THESE RESOURCES MAY BE ABLE TO HELP.

• SUPPLEMENTAL NUTRITIONAL ASSISTANCE PROGRAM (SNAP)
  You may qualify, go to 211info.org or call 211*
  You can also check eligibility here fns.usda.gov/snap/eligibility

• WOMEN, INFANTS, AND CHILDREN (WIC)
  You may qualify if you are pregnant or have a child under the age of 5.
  Call 1-800-723-3638

• FARMERS MARKETS
  Many farmers markets accept SNAP & WIC vouchers. Learn if there's a participating market in your county: oregonfarmersmarkets.org/market-finder

• FIND FOOD
  Find pantries, brown bags, and meal sites at neighborimpact.org/services/food

• SUMMER MEAL FOR KIDS
  summerfoodoregon.org

• LEARN HOW TO COOK HEALTHY FOOD, GET ACCESS TO VEGETABLES, AND SHOP ON A BUDGET
  Cooking Matters: hdffa.org/cookingmatters
  Seed to Supper: hdffa.org/seed-supper-2
  VeggieRx: hdffa.org/veggieRx
  Call HDFFA at 541-390-3572

• NUTRITION INFORMATION & LOW COST HEALTHY RECIPES
  foodhero.org