

COMMUNITY RESOURCES



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