

Food Resources in Your Community

Coos County

This booklet can help you learn about resources in your community that provide food or help you make your food last through the month.

It provides information on access to such programs and services as:

OregonHelps Website
Supplemental Nutrition Assistance Program (SNAP)
WIC
Child Nutrition Programs
Emergency Foods
Gardening
Gleaning
Farmer's Markets



OSU College of Health and Human Sciences
Extension Family and Community Health

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Farmer’s Markets

THE BASICS

Farmer’s Markets are places where farmers can sell their fruit, vegetables, and other products to you directly (instead of through a grocery store). When you buy fruit and vegetables from a Farmer’s Market, you might pay more or less than you would at a grocery store. Buying from a Farmer’s Market helps support local farmers, and most of the food is grown nearby.

Some Farmer’s Markets accept SNAP benefits. If you receive WIC Farmer’s Market coupons (see page 6) or Senior Farmer’s Market coupons, you can use them at many Farmer’s Markets throughout the state.

Some Farmer’s Markets **mark down their produce** at the end of the day, or **donate leftovers** to food pantries.

Where to Begin

To find out if there is a Farmer’s Market in your neighborhood, contact the **Oregon Farmer’s Market Association**:

- 503-525-1035
- <http://oregonfarmersmarkets.org>



Gleaning

THE BASICS

Gleaning is gathering unused food from local fields, orchards, stores and markets. Some farmers and store owners allow people to glean food from their businesses. People have gleaned for hundreds of years.

Gleaning works best when a group of people organize together to glean food for themselves and to share with the food bank or senior center. Gleaning is a good way to get more food for your families and to help others who need food, too.

Where to Begin

To find out if there is a gleaning group near you:

- Call **Oregon Food Bank** at 1-800-777-7427 and ask for a list of gleaning programs in your area.
- Call **Coastal Harvest** at 1-541-347-2855



Introduction

Whether you are working, in school, or caring for a family, it is important to have good nutrition and enough food to be healthy and productive. This booklet can help you learn about resources in your community that provide food or help you make your food last through the month.

Some of the resources listed in this book might not be available to you, depending on the programs' requirements. Also, there are other food resources in your community that are not listed in this booklet. If you have questions about these or other food resources, please call:

South Coast Food Share: 541-888-7024



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OregonHelps!

THE BASICS

OregonHelps is a website that can help you find out if you and your family can get help from 28 different services, including food, medical care, housing, and others.

OregonHelps is free and confidential. When you visit the website, you do not have to use your name. OregonHelps does not share your information with anyone.

Where to Begin

<http://www.oregonhelps.org/>

Note: Your library might have computers that you can use for free.



Gardening

THE BASICS

Growing your own vegetables and fruit is one way to have more food for your family. You can grow food in a pot or bucket, or in part of your yard. If you have no space at home, there are also garden spaces in some neighborhoods where you can have a garden for free or for a fee.

There are classes that can teach you how to grow food for your family, and some that even provide soil and plants. Children can help plant and tend a small garden, too. You can use SNAP benefits at stores that accept the Oregon Trail Card to buy seeds and plant starts that grow food..

Where to Begin

- **Coos County Master Gardeners:**
541-572-5263 or 1-800-730-4978



Emergency Foods

THE BASICS

Some agencies provide hot meals or food boxes in an emergency. Many emergency food sites are part of the Oregon Food Bank system.

Food pantries are often only open on certain days during certain hours. Some require ID or have other requirements.

Where to Begin

To find out where to get hot meals, emergency food, and supplemental food programs in your neighborhood:

- **South Coast Food Share:** 541-888-7024
- **Oregon Food Bank:** 1-800-777-7427



SNAP

THE BASICS

The Supplemental Nutrition Assistance Program (SNAP) in Oregon can help you buy food. If you are eligible, you'll get an Oregon Trail Card to use at the grocery store. Paper SNAP coupons aren't used any more.

You may be able to get Supplemental Nutrition Assistance if:

- You work full or part time
- You do not work
- You are on welfare or other programs
- You are elderly or disabled and have a small income
- You don't make enough money to feed your family

If you qualify for the program, you'll get benefits within 30 days of turning in the first part of the application. In some cases, you can get assistance earlier, within seven days. Be sure to tell the Oregon Department of Human Services (DHS) if you need to get assistance soon or if you have another kind of emergency.

Where to Begin

For information on the Supplemental Nutrition Assistance Program, call Oregon SafeNet:

- **Coos County:** 541-888-2667
- **1-800-SAFENET** (723-3638)



WIC

THE BASICS

WIC stands for “The Special Supplemental Nutrition Program for Women, Infants and Children.” WIC provides vouchers for foods for pregnant and breastfeeding women, infants, and children under age five. Foster parents, fathers, grandparents or others with custody of children under age five may also qualify. The vouchers can be used to get foods like milk, cheese, cereal, juice, beans, and peanut butter.

WIC also provides nutrition counseling and breastfeeding support. Some WIC agencies provide Farmer’s Market coupons that you can use for fruits and vegetables at Farmer’s Markets.

Where to Begin

For information about how to receive WIC services:

- 541-756-2020 ext. 521
- Or call **1-800-SAFENET** (723-3638)



Child Nutrition

THE BASICS

The USDA Department of Agriculture (USDA) funds programs that provide free or low cost meals to children, including:

National School Breakfast and Lunch Program.

Eligible students can get free or reduced priced lunches and, some schools, breakfasts. Eligibility is based on family income.

Summer Food Service Program. Community sites offer free meals to any child through the age of 18 during the summer months when school is not in session. Meals are usually served at locations such as parks, schools, community centers, churches and other places where children gather in the summer.

Where to Begin

- **School Meals:** Applications are usually sent home in the fall. To get a copy of the application or a monthly menu, contact your child's school.
- **Summer Meals:** Call **1-800-SAFENET** (723-3638) from June through August to find the location of the site closest to you. The program is not available in all areas.

