

April 2007

What's In Your Cupboard?

Farmer's Markets

Farmer's Markets are places where farmers can sell their fruit, vegetables, and other products to you directly (instead of through a grocery store).

Some Farmer's Markets accept Food Stamps. If you receive WIC Farmer's Market coupons 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.

To find out if there is a Farmer's Market in your neighborhood, contact the **Oregon Farmer's Market Association**: 503-233-8425
<http://oregonfarmersmarkets.org>



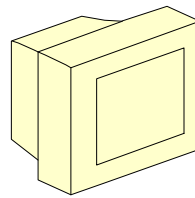
We Wish You Well!

Food Safety Tips

Leaving leftovers out at room temperature is dangerous. Bacteria grow quickly at room temperature. Always refrigerate leftovers in 2-3 hours or less.

Resource Spotlight

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.



Where to Begin:

<http://www.oregonhelps.org/>
Note: Your library might have computers that you can use for free.

Family Meals

Family meals nourish the body as well as the spirit. Families that eat together eat better. Studies have shown that children that eat with their families have a more nutritious diet, and might suffer less depression, use drugs less often, and get better grades.



For information on how to get food for your family, call Oregon Food Bank: 1-800-777-7427