

December 2007

What's In Your Cupboard?

Food Stamp Program

The Food Stamp Program 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 Food Stamp coupons aren't used any more. You may be able to get Food Stamps if:

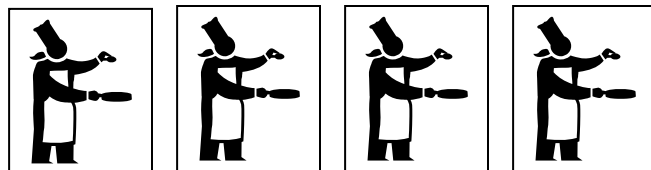
- You work full or part time
- You do not work
- You are on welfare or other programs
- You are elderly or disabled and have a small income
- You don't make enough money to feed your family

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 Food Stamps earlier, within seven days. Be sure to tell the Oregon Department of Human Services (DHS) if you need to get Food Stamps soon or if you have another kind of emergency. For information on the Food Stamp Program, call Oregon SafeNet:

Metro area: 503-988-5858
1-800-SAFENET (723-3638)

Recipe Tips for Healthy Holiday Meals

- Remove turkey skin before serving to lower the fat.
- For desserts, use applesauce in place of half the butter and use 1/3 less sugar than the recipe calls for.
- Instead of using butter or margarine to add moisture to stuffing, use fat-free, low sodium chicken broth.
- Use skim milk, garlic powder and a little Parmesan cheese instead of whole milk and butter for mashed potatoes.



Give Germs the Shake

Raw fruits and vegetables have been linked to several foodborne illness outbreaks in recent years. Rubbing and brushing fresh produce under cold running water can reduce bacteria that may be present. It's more cost effective to clean fresh produce with cold tap water than with other homemade or store-bought cleaning solutions.

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