

July 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)**

### Summer Food Safety



More people get food-borne illness during summer. Why? Bacteria like the heat, and people leave food out more often. Here are some tips for keeping food safe:

Keep hot foods hot and cold foods cold. Use ice packs and a cooler if you have them. If you don't, use a strong cardboard box with a lid to pack your food. You can fill plastic containers with water and freeze them solid. Put these in the box next to foods, especially meats, salads and dairy foods, to keep them cold. Put your food box in a shady place, out of the heat.

### Kid-Friendly Treats

- \*Roll banana chunks in yogurt and crushed cereal; freeze.
- \*Mix lemon yogurt with a little orange juice and milk; shake or stir and drink like a milkshake.
- \*Spread peanut butter and grated carrots on a tortilla; roll up and slice.

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