

HEALTH

Eat Healthy with Local Produce

‘Double Up Food Bucks’ serve low-income



Buying fresh local produce is a way to eat healthy. Now a new program gives cash incentives to low-income Oregonians who receive food stamps to buy locally grown fruits and vegetables at farmers markets.

The Farmers Market Fund, an independent non-profit and companion organization to the Portland Farmers Market, has always been dedicated to providing increased access to healthy local grown food for low-income, elderly and underserved populations.

But now even more can be

achieved thanks to a \$500,000 award from the Food and Drug Administration’s Food and Insecurity and Nutrition Incentive Program and an Oregon food stamps incentive program called “Double Up Food Bucks.”

The program will provide cash incentives to low-income Oregonians who receive food stamps for purchasing locally grown fruits

and vegetables at farmers markets and through community supported agriculture.

The food stamps incentive will apply at 46 farmers markets, including the King Farmers Market in northeast Portland and other markets in rural and urban communities.

For information, visit farmers-marketfund.org.



A genetically engineered potato poking through the soil of a planting pot inside J.R. Simplot’s lab in southwestern Idaho.

USDA Tackles GMO Labeling

(AP) - The Agriculture Department has developed a new government certification and labeling for foods that are free of genetically modified ingredients.

USDA’s move comes as some consumer groups push for mandatory labeling of the genetically modified organisms, or GMOs.

The certification is the first of its kind, would be voluntary - and companies would have to pay for it. If approved, the foods would be able to carry a “USDA Process Verified” label along with a claim that they are free of GMOs.

Agriculture Secretary Tom Vilsack outlined the new certification in a May 1 letter to USDA employees.

Companies can already put their own GMO-free labels on foods, but there are no government labels that only certify a food as GMO-free. Many companies use a private label developed by a nonprofit called the Non-GMO Project. The USDA organic label also certifies that foods are free of genetically modified ingredients, but many non-GMO foods aren’t organic.

SMOKING DOESN'T JUST HARM HUMANS

— THAT CIGARETTE BUTT COULD BE A SEAL'S NEXT MEAL —

Cigarette butts are the most littered item in Oregon. They contain over 4,000 chemicals and leach poisons that are known to be toxic to children and wildlife. To make matters worse, cigarette butts are not biodegradable. Let's keep our environment clean and safe for us, and them.

SMOKEFREE
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Smokefree Oregon is an Oregon Health Authority initiative.