

Extra garden produce can feed hungry

Fresh produce is one of the most-needed and hardest-to-provide items for the one in eight Oregonians who last year needed emergency food through the Oregon Food Bank.

This year, the Master Gardener Association, whose members volunteer their expertise through the Oregon State University (OSU) Extension Service, has teamed with the Oregon Food Bank to launch the first statewide "Grow an Extra Row" program.

Home gardeners who have a little extra fresh produce in their gardens can contact their local county extension agent for the name of the nearest emergency food distributor, food kitchen or other outlet for feeding the hungry.

In Oregon, Jackson and Josephine counties have had a similar program for a number of years, with great success. Now organizers would like to transplant that success to other areas.

The Food Bank is the hub of a network of agencies in Oregon that dis-

tribute the food to those who need it. Last year the non-profit, community-based organization collected and distributed emergency foodstuff to 385,000 Oregonians and served 2.7 million meals.

This year, the OSU Extension offices will help gardeners who would like to provide produce for food boxes and soup kitchens with the number and location of the nearest emergency food outlet or soup kitchen. Donations will be much appreciated. Fresh produce is a rarity in the emergency food system.

And don't worry if you have too many zucchinis or tomatoes and figure the agency will be inundated with such items. Even too much zucchini is a treat, Stork said. "Fresh is always better than canned."

For more information please contact your local Oregon Master Gardeners Association or the Oregon Food Bank at 1-800-777-7427 or (503) 282-0555.



Clip and Save



Grand Ronde Recycling Depot

- A plastic beverage container tossed by the side of the road has a longer life span than the person who threw it there.
- Americans recycle less than 10 percent of their trash.
- RECYCLING IS EASY — let's do our part to protect the earth.

A community drop-off recycling depot is located behind the Public Works building at 25500 Grand Ronde Road. You can recycle used newspaper, magazines, corrugated cardboard, glass, tin cans, aluminum cans, plastic bottles, and milk jugs — **AND NOW PLASTIC BOTTLES REGARDLESS OF COLOR!** Signs at the depot clearly label the various bins. All contributions to the depot are voluntary. No deposit will be paid and no fee will be charged.

The hours of operation for the depot are 8:00 a.m. to 6:00 p.m. The area will be patrolled by tribal security to ensure that this community service is not being abused. If garbage dumping occurs on site, the depot will have to be closed. City Recycling of McMinnville will collect the materials and sanitize the containers weekly. You may already be familiar with City Recycling's drop-off program. If not, the guide below explains the requirements.

NEWSPAPER: Slick ads may be recycled with the paper. Please do not mix with cardboard, paper bags or magazines.

MAGAZINES: Must be slick, shiny, coated paper only. Catalogs are O.K. Don't mix with newspaper.

CORRUGATED CARDBOARD: No wire or plastic. Waxed cardboard cannot be recycled. (No cereal boxes, milk cartons or shoe boxes.) Recycle brown paper bags with cardboard.

GLASS BOTTLES & JARS: Food and beverage bottles and jars only. Caps must be removed. Labels can be left on. Sort by color (clear, green, brown) into separate bins. **No broken glass,** window glass, light bulbs, pyrex, ceramics or dishes.

TIN CANS: Remove labels, top and bottom. Rinse clean and flatten. Household cans only. No appliances or scrap metal.

PLASTIC BOTTLES & MILK JUGS: No more recycling numbers to worry about. Simply "check the neck." Most plastic bottles, regardless of color, with either necks or screw-on tops can now be recycled at the Grand Ronde Depot. If your plastic bottle has a neck smaller than its body — discard lid, rinse and flatten. Remove all caps, lids, spray pumps, and metal parts. You do not need to remove labels.

YES

(plastic that **CAN** be recycled)

KITCHEN

Soap and detergent bottles
Spray cleaner bottles
Coffee and mayonnaise
Peanut butter bottles
Cooking oil bottles
Ketchup and BBQ sauce
Water and juice bottles

LAUNDRY

Bleach bottles
Liquid detergent bottles
Fabric softener bottles

BATHROOM

Shampoo and conditioner bottles
Mouthwash bottles
Hand and face cream bottles
Drain cleaner bottles
MISCELLANEOUS
Other bottles with necks or screw-on tops regardless of color.

NO

(plastic that **CANNOT** be recycled)

KITCHEN

Yogurt and cottage cheese
Margarine and butter tubs
Foam cups
Foam meat trays and egg cartons
Microwave food trays
Bags and stretch wrap
Clear, brittle containers

Bubble wrap

BATHROOM

Toothpaste tubes

GARAGE

Motor oil bottles

Pesticide bottles

MISCELLANEOUS

Toys and buckets
Foam packing materials
Other containers without necks or screw-on tops.

IF IN DOUBT, THROW IT OUT. NO lids, caps, spray pumps. NO bags or wrap. NO ice cream pails. NO jars and tubs. NO food storage/freezer containers. NO bottles larger than 5 gallons. NO flower pots and garden plastic. NO motor oil bottles. NO toys. NO medical waste. NO hazardous water (pesticides, herbicides, solvents, paints or adhesives). Please, do not put these items in the recycling bins, even a small amount of contaminants can ruin an entire shipment of recyclable plastic.

3rd annual Community HEALTH & SAFETY FAIR

Friday, September 18 ... 1 to 4:30 p.m.

Grand Ronde Elementary School

Family services provided ... Learning techniques and self awareness

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| ... Free Immunizations for kids | ... Disability challenges |
| ... 3 & 4 yr. old screenings
(vision, hearing, language) | ... Blind demonstrations |
| ... Fingerprint IDs for kids | ... Car seat demonstrations |
| ... Life Flight | ... Teenage pregnancy prevention |
| ... Fire Truck | ... Baby care info for new moms |
| ... Medic Unit | ... WIC eligibility |
| ... Sheriff Museum | ... Blood pressure checks |
| ... K-9 unit (police dog) | ... Insurance information |
| ... Dental screening | |
| ... DARE | |
| ... Tobacco awareness | |
| ... Street safety | |



Special video and presentation from 6 to 7:30 p.m.:
"Affects of violence on the family"

FREE child care. FREE dinner served from 4:45 to 5:50 p.m. Raffle prizes.
Co-sponsored by the Tribal Community Resources program.

Open to all community members.

We encourage all parents, guardians, grandparents, and community members to participate and assist children. All Grand Ronde students will be attending.