

# FOOD for Lane County Programs and Services

FOOD for Lane County's hunger relief efforts are focused on providing food assistance and increasing self-sufficiency for our neighbors living on limited resources. Our mission of alleviating hunger by creating access to food is accomplished with tremendous support from our community and through a variety of innovative programs. We continually work to develop programs and services that respond to the unique needs of special populations, and we work to ensure that these services are delivered with respect and compassion.

The entire food banking system is built on partnerships and

collaboration. While FOOD for Lane County administers many of its own programs, we rely on our network of approved partner agencies to distribute the majority of the food we collect. All FFLC Partner Agencies are their own, independent, non-profit or religious organization. Most are staffed by volunteers and are great places to work and volunteer in direct service.

### Food Boxes & Meals

FOOD for Lane County provides food to 30 emergency food pantries. Most of the over 8 million pounds of food we distribute annually is distributed in food boxes by emergency

food pantries. These pantries provide a variety of fresh and shelf-stable groceries to low-income families and individuals. Getting a food box A food box is a three- to five-day supply of nutritionally balanced groceries. Individuals and households can get up to 16 food boxes a year.

- See if you meet the USDA's eligibility requirements.
- If you have a permanent residence, you will be asked for proof of address, such as a utility bill with your name on it.
- If you do not have proof of address or you are without a permanent residence, you can still get food.
- You do not need to supply

identification, a Social Security number or proof of income to get food. • You can still get a monthly food box even if you are receiving other benefits, such as food stamps or WIC.

**Find your local pantry** Emergency food pantries are open different days and times. You will be assigned to the pantry in your area on the map. To find your pantry, call 541-343-2822



## Helping children get the nutrition they need

by Katie  
Courtesy of Food For Lane County

During the school year, Jennifer works in the kitchen at Harrison Elementary in Cottage Grove.

This summer she also worked for FOOD for Lane County as a Summer Food Program site supervisor, serving free lunches to children and teens.

When Jennifer was younger she needed our Summer Food lunches.

"My mom was a single parent and worked two jobs. She worked really hard, but it was still a struggle to put food on the table. During the summer I was responsible for taking care of my brother. We used the FOOD for Lane County free lunch program every day that we could.

We relied on that program. I don't know what we would have done without it."

Our Summer Food Program is one way we are helping children get the nutrition they need during the summer when they are at higher risk of hunger. Too many children live in low-income working families struggling to make ends meet. More than one in four (25.3%) Lane County children live in food insecure households, and more than half (53.4%) of all Lane County children qualify for free lunches during the school year. Jennifer sees childhood hunger at school and is helping to make a difference.

"I know a lot of kids only get one meal a day. That's a scary thing to think about. With this program I can reach a lot more people, and that makes me very happy. I enjoy being involved in something that's worthwhile.

It makes me feel really good about life.

Jennifer loves being a mom. It's the most important job she has. "I hope my kids can be successful and happy in their life. I hope they don't have to struggle like I did. I will go without a meal before my kids go without. I'll make sure they have something to eat because that's what you do as a mom. That's what you do as a parent."



## Turkey Tacos

Recipe by:  
Chef John Haddock  
Serving Size  
Serves 8, 2 tacos per serving

### Ingredients

- 1 medium carrot, small sweet potato, or small zucchini
- ¼ medium head lettuce
- 2 large tomatoes
- 7 ounces low-fat cheddar cheese
- 1 (15½-ounce) can low-sodium pinto beans
- Non-stick cooking spray
- 1 pound lean ground turkey
- 1 (15½-ounce) can chopped or crushed tomatoes, no salt added
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black

pepper  
16 taco shells

### Materials

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Sharp knife
- Vegetable peeler

### Instructions

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse

5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.



### Chef's Notes

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.
- Use any type of cooked beans you like.
- Make soft tacos using corn or whole wheat tortillas. Or, serve over brown rice or Confetti Pepper Cornbread.
- For more heat, add minced hot peppers to sauce in step 6.

## Nutrition Education

Courtesy of Food for Lane County

FOOD for Lane County's Nutrition Education Program provides nutrition education, basic cooking skills and tips on how to stretch limited food budgets to income-eligible audiences throughout Lane County. We currently have two education programs: Cooking Matters and Cooking Matters at the Store.

### Cooking Matters

Cooking Matters is a cooking-based nutrition education program.

- Learn how to prepare healthy, tasty meals on a limited budget
- Practice fundamental lessons including knife skills, reading ingredient labels and cutting up a whole chicken.
- Learn how to make a healthy meal for a family of four on a \$10 budget

At the end of each lesson, participants take home ingredients to practice preparing the recipe taught that day. Classes are taught by volunteers and administered by FOOD for Lane County in partnership with Oregon Food Bank and with the support of Share Our Strength.

### Cooking Matters at the Store

Cooking Matters at the Store meets adults at the grocery store for a learning experience that teaches participants how to make positive changes to their food shopping habits.

Topics include:

- Reading and understanding nutrition fact labels and unit pricing
- Choosing healthy food from every section of the grocery store
- Other ways to stretch a food budget without minimizing quality

If you are interested in scheduling classes or volunteering for the Nutrition Education Program, contact FFLC Nutrition Education Program Coordinator Dana Baxter or call (541) 343-2822 Ext. 356.

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