

Food Assistance Resources

Food Pantries – Call ahead, hours subject to change.

St. Vincent de Paul: 541.447.7662

904 NE Court St. Prineville

2 – 4pm, Mon - Wed

Note: Mon. A-L; Tues. J-R; Wed. S-Z

First Baptist Church: 541.447.5238

460 SE Fairview St. Prineville

Open Last 2 Mondays each month, 1 – 2:30pm

Brown Bag Events – Plenty of fresh produce.

St. Vincent de Paul: 541.447.7662

3rd Friday each month. 3:30 – 5:30pm. Bring your own grocery bag.

St. Joseph Church Parish Hall – 150 E. 1st St.

Prineville

Eastside Church: 541.447.3791

2nd Monday each month. 3:00 – 5:30pm.

3174 NE 3rd St. Prineville

Oregon Trail Cards – SNAP Benefits: 541.447.6207

Oregon Department of Human Services (DHS)

457 Ochoco Plaza Dr. Prineville

<http://www.foodstampsoffices.com/office/2315/prineville-dhs-office/>

Women, Infants, & Children Program (WIC)

Crook County Health Department: 541.447.5165

375 NW Beaver St. #100, Prineville

Holiday Partnership – Food Baskets & Trees of Giving

Available in December 541.447.3260

Crook County School District

<http://crookcounty.k12.or.us/departments/nutrition-and-food-services/>

School Lunch and Breakfast

Free & reduced meals; apply online any time during the school year.

After School Supper Program

Free to all kids participating in after school programs at CCHS & CCMS (no transportation provided). More information online.

Summer Meals Program

Free to all kids 1-18; Several sites open during summer. More information online

Food 4 Kids Weekend Backpack Program

Contact School Office

Gardening Resources

Community Gardens – Grow your own veggies. Plots are available now.

Gary Ward Park Community Garden

1143 NW 9th St. Prineville

Crook County Parks & Rec: 541.447.1209

Prineville Community Garden

1771 NW Madras Hwy. Prineville

Prineville Presbyterian Church: 541.447.1017

Master Gardeners –OSU Extension

Crook County Extension Office: 541.447.6228

498 SE Lynn Blvd. Prineville

OSU Small Farms Program – Central Oregon

Educational programs and technical support for small-scale farmers: 541.548.6088

<http://extention.oregonstate.edu/deschutes/small-farms>

Locally Grown Food

CROP Free Farm Tours & Pop-up Farmers' Market –

Selected Saturdays May through October

<https://www.facebook.com/CROP-Crooked-River-Open-Pastures-832155566832172/>

High Desert Food & Farm Alliance: 541.390.3572

<http://hdffa.org/> info@hdffa.org

High Desert Food & Farm Directory

On Farm Gleaning Program; Grow & Give Program

Crook County FFA Land Lab – Seasonal Sweet Corn &

Potatoes: 710 NE Barnes Butte Rd. Prineville

[https://www.facebook.com/Crook-County-FFA-](https://www.facebook.com/Crook-County-FFA-Alumni-166833676669029/)

[Alumni-166833676669029/](https://www.facebook.com/Crook-County-FFA-Alumni-166833676669029/) Contact CC FFA Alumni

Volunteer Opportunities

Food 4 Kids Weekend Backpack Program: 541.416.4150

St. Vincent de Paul Food Pantry: 541.447.7662

Sr. Home Meals Delivery Driver: 541.447.6844

Craig's Compassionate Café: 541.903.0709

Seasonal Excess Garden Produce Drop Off Location

St. Vincent de Paul, 904 NE Court St. Prineville, M,T,W, after 10:00 am

SNAP-ED Volunteer Nutrition Educator – OSU Extension

Crook County Extension Office: 541.447.6228

Holiday Partnership: 541.447.3260

High Desert Food & Farm Alliance: 541.390.3572

Gleaning on local farms; Cooking class instructor

Crook County On The Move

<https://crookcountyonthemove.org/>

Nutrition and Cooking Education

Contact Agencies for Current Class Schedules

Diabetes Prevention and Living Well with Diabetes

Crook County Health Department: 541.447.3260

Nutrition Kitchen – Mosaic Medical & OSU Extension

Learn to plan, shop, save, & cook healthy meals on a budget. Mosaic Medical: 541.383.3005

St. Charles Nutrition & Diabetes: 541.447.6254 x2315

Registered Dietitians & Certified Diabetes Nurse

Educators work 1:1 with clients. Comprehensive

Diabetes Summit – covered by most insurance with physician referral.

Cooking Matters – Learn skills to stretch the food budget and cook healthful meals. 7 week series.

High Desert Food & Farm Alliance: 541.390.3572

<http://hdffa.org/portfolio-posts/cooking-matters/meiko@hdffa.org>

Master Food Preservers – OSU Extension

Crook County Extension Office: 541.447.6228

4-H Cooking Club & Youth Advocates for Health (YA4H)

Crook County Extension Office: 541.447.6228

Community Meal Sites

Soroptimist Senior Center Lunches: 541.447.6844

Mon – Fri, 12:00 noon, 60+, \$4 donation requested

180 NE Belknap St. Prineville

Senior Home Meals Delivery Program: 541.447.6844

Mon – Fri, Contact Melody Kendall, Coordinator

Craig's Compassionate Café – Hot Lunches Open to All

Mon, Tues, Wed, Fri; 11:30 – 12:15

50 cents or do a chore

Located at Nazarene Church, 780 E. 1st Street

Other Resources

Lutheran Community Services: 541.323.5330

Redemption House Ministries Emergency Shelters:

541.903.0709

Crook County Library: 541.447.7978

175 NW Meadow Lakes Dr. Prineville

Thrive – Resource Connections, Tuesdays 1 – 5pm

Mountain Star Family Relief Nursery: 541.416.0146

Free Clothing On Thursdays – Prineville Church of Christ

10am to 2pm, 1095 E 3rd St. Prineville: 541.447.5621

Family Access Network: 541.408.4368

COCC Culinary Dept. & Certified Kitchen: 541.447.9233

Growing Your Own Food!

Eating more vegetables and fruit pays big health dividends.

Home-grown is the freshest & most delicious!

This summer, plant a garden.....
in the backyard, the side yard or containers.
It's not too late to get started!

Or choose a Community Garden Plot

There are two garden sites in Crook County.
Both provide great soil, good water & tools to use.

Gary Ward Park Community Garden

Crook County Parks & Recreation
1143 BW 9th Street, Prineville (Behind the
baseball field), Call 541.447.1209

Prineville Community Garden

Prineville Presbyterian Church
1771 NE Madras Highway, Prineville, Call
541.447.1017

Have questions or need a little confidence boost?

Contact the OSU Central Oregon Extension Master
Gardener Program, Call 541.447.6228



OSU Extension "Ask an Expert" can help not only with gardening questions, but food, family, health, agriculture & more. It's free online <https://extension.oregonstate.edu/ask->

Time to Plan(t)!

If you are new to gardening here are some tips.....

-Plan on paper. Make a list of the veggies your family will like. Make a map of your space.

-Choose short season varieties. Seed packets tell you how many days to maturity. Also look for specific sowing & growing instructions on packets.

-Start some seeds indoors in early spring.

Veggies like tomatoes, peppers, eggplant, broccoli, cabbage and cauliflower need to be started indoors. Squash, pumpkins, cucumbers can also be started early. Peas, beans, carrots, beets, kale and chard can be directly sown in the garden.

-Shop local nurseries for plant starts that will thrive in Central Oregon.

-Plan(t) for pollinators – like bees & butterflies.

Think of flowers as the lunch box for pollinators. Just a few suggestions: sunflowers, zinnias, Russian sage, lavender, milkweed, catmint, service berry, currants. Take care when using any chemicals!

-Amend (feed) your soil with compost. Learn how to properly compost your kitchen & garden waste.

-Always be prepared to protect plants from unexpected frosts! Use upside-down buckets when plants are small. Use old sheets, to loosely cover mature plants. Weight the edges with rocks.

Plants Love Friends!

Companion Planting Ideas:

Beans – love cucumbers, but not onions!

Carrots – love salad makings!

Lettuce – loves onions, salad makings!

Onions – shy from peas & beans.

Radishes – play well with others.

Tomatoes – love carrots and onions.



Welcome to the first edition "Food for Folks"

A seasonal resource about food.

Ideas on planting, growing,
harvesting & sharing here at home
in Crook County.

Who to call and where to find
information about
food & community services.

Funded by a grant from the Oregon Food Bank.

