

Food Assistance Resources

Food Pantries – Call ahead, hours subject to change.

St. Vincent de Paul: 541.447.7662
904 NE Court St. Prineville
2:00 – 4:00 pm, Mon - Wed
Note: Mon. A-L; Tues. J-R; Wed. S-Z

First Baptist Church: 541.447.7717
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 Offices

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://extension.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-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,
Mondays, 9:00am – 3:00pm

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 Counts – 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

Easy Tomato, Mozzarella & Couscous Salad

Ingredients: 3 cups cherry tomatoes halved; ¼ cup cubed mozzarella cheese; 4 green onions, minced; 1 ½ tablespoons cider vinegar; ½ teaspoon salt; ¼ teaspoon black pepper; 1 teaspoon granulated garlic; 3 tablespoons vegetable oil; 1 ¼ cups water; 1 cup uncooked couscous; ½ cup chopped fresh basil, parsley, or cilantro.

Instructions: Combine first 8 ingredients in a large bowl; cover and marinate in refrigerator for 30 minutes. To prepare couscous, bring water to a boil in a medium saucepan. Slowly stir in dry couscous. Remove from heat, cover and let stand for 5 minutes. Fluff with a fork then cool. Add couscous and basil to tomato-cheese mixture. Toss gently. Serve immediately or refrigerate for later use.

Thrifty Tip: Check the bulk food section for couscous and save money!

Gluten-Free? Replace couscous with cooked quinoa or brown rice.



Cooking Counts: Learn skills to stretch the food budget & cook healthful meals. 7 week series. High Desert Food & Farm Alliance. Contact: meiko@hdffa.org

Free Gift for each Family! Family Community Garden Event Tuesday, August 14 4 – 7 pm Gary Ward Park Community Garden & Picnic Shelter 1143 NW 9th Street, Prineville



Learn when & how to harvest.

Learn new cooking techniques.



Taste easy, healthy, delicious recipes.



Free drawing for basket of kitchen gear! Free activities for all ages!

Games & Garden Scavenger Hunt with Prizes
Tour the Community Garden, Talk with a Master Gardener, Learn about Food Resources.

For additional copies of Food For Folks call 541.362.1210.
Download the pdf at <https://crookcountyonthemove.org/>



“Food for Folks” Summer Harvest Issue

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.

