

Food Assistance Resources

First Baptist Church Food Pantry: 541.447.7717

460 SE Fairview St., Prineville

In September 2018: Thursdays 12:00 – 2:30 pm

After September, call for the current schedule.

Eastside Church Brown Bag: 541.447.3791

3174 NE 3rd St., Prineville

2nd Monday each month 3:00 – 5:30 pm

For the most current information about Food Pantries in Crook County check the website:
neighborimpact.org/services/food/

Oregon Trail Cards – SNAP Benefits: 541.447.6207

Oregon Department of Human Services (DHS)

457 Ochoco Plaza Dr., Prineville

foodstampsoffices.com/office/2315/prineville-dhs-office/

Holiday Partnership – Food Baskets & Trees of Giving

Available in December 541.447.3260

Crook County School District

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, and Crook County Kids Club (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.

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 St., Prineville

Gardening Resources

Community Gardens – Grow your own veggies.

Plots are available to be reserved each spring.

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

Clare.sullivan@oregonstate.edu

Locally Grown Food

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

Selected Saturdays May through October

facebook.com/CROP-Crooked-River-Open-Pastures-832155566832172/

High Desert Food & Farm Alliance: 541.390.3572

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

facebook.com/Crook-County-FFA-Alumni-166833676669029/

Contact CC FFA Alumni

Volunteer Opportunities

Food 4 Kids Weekend Backpack Program: 541.416.4150

Sr. Home Meals Delivery Driver: 541.447.6844

Craig's Compassionate Café: 541.903.0709

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

crookcountyonthemove.org/

First Baptist Church Food Pantry: 541.447.7717

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. 6-week series.

High Desert Food & Farm Alliance: 541.390.3572

hdffa.org/cooking-matters meiko@hdffa.org

Women, Infants & Children Program (WIC)

Crook County Health Department: 541.447.5165

375 NW Beaver St. #100, Prineville

Use WIC & Senior 2018 Farm Direct Nutrition Checks for fresh produce by Nov. 30, 2018.

Find locations to use them at myoregonfarm.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

Other Resources

Lutheran Community Services: 541.323.5330

Redemption House Ministries Emergency Shelters:

541.903.0709

Neighbor Impact, Prineville Office: 422 NW Beaver St., Prineville

Crook County Library: 541.447.7978

175 NW Meadow Lakes Dr., Prineville

Thrive – Resource Connections, Tuesdays 1 – 5 pm

Mountain Star Family Relief Nursery: 541.416.0146

Free Clothing On Thursdays – Prineville Church of Christ

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

541.447.5621

Family Access Network: 541.408.4368

COCC Culinary Dept. & Certified Kitchen: 541.447.9233

Share Your Bounty!

Where to drop off your extra garden produce in Prineville. Help prevent food waste!

Thursday – Drop off at 11:30 am

1st Baptist Church 460 SE Fairview St.
Veggie Share located in parking lot on Garner St. side.

Monday thru Wednesday 9 am – 12 pm

Craig's Compassionate Café 780 E First St.
Located at Nazarene Church.

Monday thru Friday 8 am – 2 pm

Soroptimist Senior Center 180 NE Belknap St.

Monday 8 am – 10 am

Lutheran Community Services 1103 NE Elm St.

Tips for Sharing Your Bounty....

- * Share produce at its peak freshness – food you would serve your own family
- * Clean off as much mud & dirt as possible
- * Keep each type in a separate & clean container
- * Choose produce with no mold, insect damage or spoilage
- * Wash your hands before harvesting and handling any food!
- * Always wash produce before eating!

Have an idea for a great new food product?



Contact Patti Norris (pnorris@cooc.edu) for information on how to turn your food product idea into your own business.

What is a Local Food System? *It's the field or garden to your fork & every step along the way.*

It's farmers & backyard gardeners; farm stands & farmers' markets; grocery stores & trucks or trains to haul the food. It's the home cook & the restaurateur & the baker & the brewer. It's the food product crafted by a local entrepreneur. It's you, the consumer. And it is the landfill or the compost bin for food waste.

Whenever possible – eat locally!

The best way to build a healthy local food economy....grow your own, buy fresh seasonal produce at on-farm stands or farmers' markets, choose locally raised meat, shop our local grocers & dine-out in Prineville.

For information on local food producers

Crop Farm Tours & Pop-Up Farmers' Market:

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

Crook County Chamber of Commerce:

info@prinevillechamber.com 541.447.6304

For additional copies of "Food For Folks" call

541.362.1210. Download the pdf at

<https://crookcountyonthemove.org/>



Food for Folks Bountiful Local Harvest Issue September 2018

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.

