

June Outreach Morsel 2008

Dear WIC Coordinators:

Summer Food Programs are here! Please help spread the word by distributing the *Summer Food Ideas* flyers.

This week you will notice *Summer Food Ideas* flyers in your mail box. These flyers promote the Summer Food Program, Food Stamps and (of course) WIC! Please share the information on this flyer with your staff so they can help spread the word of summer food resources.

Some highlights on the Summer Food Program:

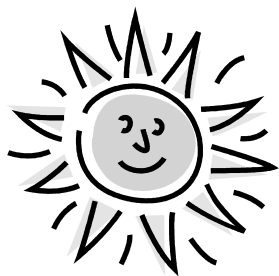
- Free lunches are provided for children ages 1 through 18 (and sometimes breakfasts and snacks)
- Meal sites are hosted in parks, schools, community centers, churches, pools, etc.
- There are over 400 sites throughout Oregon with a searchable database of sites at www.summerfoodoregon.org

Please offer these flyers at appointments, check-in, or at a WIC class. These can also be left in the waiting area or can be shared at any summer WIC event. The flyer is attached should you need to make extra copies. Please let Nhu or I know if you have any thoughts or questions on this outreach. Happy almost summer!

There are genuinely sufficient resources in the world to ensure that no one, nowhere, at no time, should go hungry.

-- Ed Asner

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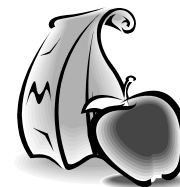


Summer Food Ideas

School meals help keep kids fed and healthy during the school year. Here are some ways to help during the Summer:

Free Snacks & Meals

- The Summer Food Program provides free snacks and meals during summer months.
- Sites are open to **all** children from age 1 to 18 years, regardless of income.
- Meals are served in many places like parks, apartment buildings and schools.
- Many sites have free, fun activities for children who come for lunch.
- To find a site near you visit www.summerfoodOregon.org.

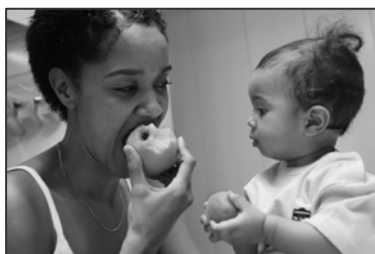


Food Stamps

- If your children get free or reduced price lunches at school, you are probably eligible for food stamps. You may also be eligible for WIC, telephone assistance, and the Oregon Health Plan. People without children may also be eligible.
- Food stamps put grocery money in your pocket and help support the local economy.
- You can use your food stamp card to buy healthy, local foods at more than 20 farmer's markets. To find one near you visit www.oregonfarmersmarkets.com.
- You can also use your food stamp card at stores to buy seeds and starts to grow your own fruits and vegetables.

Women, Infants & Children (WIC)

WIC provides nutrition services and food vouchers for:



- Women who are pregnant
- Women who are breastfeeding
- Infants & children under 5 years
- Fathers, grandparents, foster parents and other guardians may also apply for children
- WIC also provides checks to buy fruits and vegetables at

farmer markets. For more information visit <http://egov.oregon.gov/DHS/ph/wic/>

You can use the web to find out if you can get help from these and other programs. Visit www.oregonhelps.org for a free and confidential pre-screening tool.

For information about food stamps, summer meal sites, WIC, telephone assistance or the OR Health Plan, call Oregon SafeNet, a health and human services hotline:

1-800-SAFENET (723-3638)