



## Oregon WIC Food Insecurity Training

Oregon Food Bank works to eliminate hunger and its root causes... *because no one should be hungry*. We believe that hunger starves the human spirit, communities thrive when people are nourished, and everyone deserves healthy and fresh food.

Oregon Food Bank helps feed 1 in 5 households through a food distribution network of 21 regional food banks located throughout the state and in Clark County, WA. We directly operate the regional food banks in Portland, Beaverton, Tillamook, Ontario and The Dalles.

We meet our mission to end hunger and its root causes through a network of approximately 970 community-based organizations across the state. Known as Partner Agencies, these organizations distribute food from a network of 21 regional food banks located throughout the state and in Clark County, WA.

Our Partner Agencies support food access in their communities through a variety of programs, including:

- Food pantries
- Congregate meal sites
- School pantries
- Mobile distribution

Partner Agencies also offer more than just food – many provide clothing, community gardens, education and skill-building programs, assistance with SNAP and WIC, and much more.

Representing social service providers, schools, faith-based groups and others, our Partner Agencies form a diverse, dynamic and passionate network.

### WHAT WE BELIEVE

OFB is guided by the following beliefs:

- We believe no one should be hungry.
- We believe that, together, we can solve hunger.
- We believe hunger starves the human spirit.
- We believe communities thrive when people are nourished.
- We believe everyone deserves healthy, fresh food.
- We believe food solves hunger today and community solves hunger tomorrow.
- We believe that a strong regional food bank network and effective partner agencies are essential to ending hunger.
- We believe in the abundance of resources.
- We believe that people seek food assistance when they need it and give back when they can.

### Regional Food Bank Map



In an average month, an estimated **270,000** people in Oregon and Clark County, WA receive food from a pantry.

#### Contacts:

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Food Finder:

[www.oregonfoodbank.org/find-help](http://www.oregonfoodbank.org/find-help)

Oregon Food Bank also leads statewide efforts to increase resources for families and eliminate the root causes of hunger through public policy, local food systems work, nutrition and garden education, health care screening and innovative programming.

### Community Food Distribution Programs

Through a mix of supplemental food, traditional food pantries, and congregate meal sites, our Harvest Share, Community Basket, School Pantry and Mobile Pantry programs help ensure that people have access to the type of food assistance they need, when and where they need it. These food distribution programs also provide social contact and promote community cohesiveness – all critical components in building individual and neighborhood resiliency.

**Dig In!** Invites community members to help fight hunger by working together to grow wholesome, organic food for distribution to hunger relief agencies in the greater Portland metro area. Our **Community Farm** provides opportunities to learn and practice organic farming methods under the instruction of an experienced farmer-educator. Community members grow food collaboratively, learn new skills, and take home a share of the harvest.

**Nutrition Education** uses Share Our Strength's **Cooking Matters™** six-week curriculum to teach clients to cook healthy meals on a limited budget. Taught in a hands-on kitchen, the course challenges participants to reconsider food preferences, habits, nutrition, food safety, practical shopping and meal planning. **Cooking Matters at the Store** is a one-time tour at a market, teaching participants to read labels, compare prices and choose healthier food options.

EVERYONE DESERVES  
FRESH, HEALTHY FOOD.

Approximately 34% of  
those eating food  
received from a local  
pantry are children.

**Seed to Supper** is a mobile garden education program that provides novice gardeners with the tools they need to successfully grow a portion of their own food on a limited budget. *Siembra la Cena*, is the Spanish version of the curriculum.

**FEAST (Food, Education, Agriculture, Solutions Together)** provides a menu of organizing methods to help communities mobilize to improve their local food economies. FEAST events provide a forum for facilitated dialogues where community members identify priorities to build a healthier, more equitable and resilient local food system.

**Screen and Intervene** engages clinic support staff, administrators and health care providers, to screen all patients for food insecurity and provide patients with resources to free food and nutrition education opportunities.

**Fresh Alliance** partners with local grocers and retailers to pick up donations of nutritious, perishable food. The products are nearing the date they can no longer be sold, but there is still time before they need to be used. The food is inspected by volunteers before distribution to our partner agencies.

