



SUMMER FRESH PRODUCE RESOURCES

Double Up Food Bucks

– participating markets, stores and farms on back →

Open to: Anyone with an Oregon Trail Card - SNAP and/or Cash Benefits

What is it? Double your SNAP or Cash Benefit to spend on fresh produce at farmer’s markets, local grocery stores, farm stands and on CSAs*



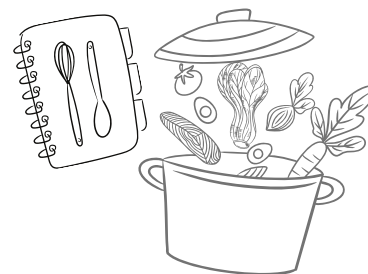
**CSA = Community Supported Agriculture boxes. You pay for a weekly box of produce direct from a local farm and pick it up! Prices are usually much lower than grocery store prices for the same produce. And it's local!*

Fresh Harvest Kit

– participating pantries and sites on back →

Open to: Anyone can pick up a kit at the participating food pantries and sites if they meet the site’s qualifications

What is it? Fresh Harvest Kits are free ready-to-make meal kits containing farm fresh vegetables, pantry staple items (such as pasta, tuna, or beans), a seasoning packet from Savory Spice, and a recipe card in English and Spanish to create a nutritious and delicious meal on a budget.

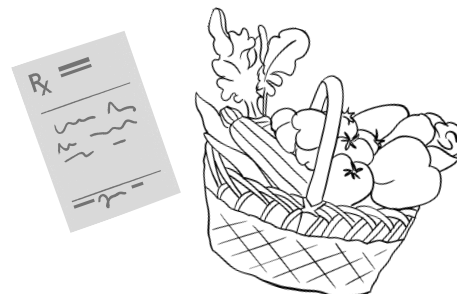


Veggie Rx

– must receive a referral from a healthcare provider

Open to: Must be over 18, experiencing food insecurity, and have a diet-related disease. Must ask your healthcare provider for a referral. See details on hdffa.org

What is it? FREE fresh produce prescription program for those experiencing food insecurity and diagnosed with diet-modifiable disease(s). Participants receive fifteen weeks of fresh locally grown vegetables/fruits and nutrition education.



Summer EBT – increase to SNAP for families

What is it? Each summer, families will get one yearly payment of \$120 for each eligible child to buy groceries while school is out. The benefit is automatically applied starting May 22nd. If you haven’t received your benefit and you think you qualify, you can apply at your local ODHS office.

Double Up Food Bucks

Farmers Markets



Go to the info tent at the market, swipe your Oregon Trail Card, and they will give you tokens worth twice as much to use at the market stands.

Bend Farmers Market: May 6 – Oct 14

Wednesdays 11am– 3pm | Brooks Alley

Madras Farmer’s Market: May 9– September 5

Saturdays 9am– 2pm | Sahalee Park

Sisters Farmer’s Market: June 7 – October

Sundays 10am– 2pm | Fir Street Park

Grocery Stores



Double Up Food Bucks are earned through a receipt-printed coupon or customer loyalty account (phone number), and an automatic discount that can then be redeemed at your next visit at that store for free fruits and vegetables.

Bend: Central Oregon Locavore

1841 NE 3rd St. | (541) 633-7388

Terrebonne: Oliver Lemon’s

8431 11th St. | (541) 548-2603

CSA Boxes



Contact the farm directly to sign up for a CSA share! You’ll pay a monthly fee with your Oregon Trail Card throughout the growing season. Double Up Food Bucks are automatically applied – you don’t have to do anything!

Bend

Boundless Farmstead x Fibonacci Farms

→ boundlessfarmstead.com | 541-390-4825

Sungrounded Farm

→ sungrounded.com/csa | 970-409-8331

Zajac Farms

→ [zajacfarms.com/csa-](http://zajacfarms.com/csa-info)
info@tylerzajac@gmail.com

Rainshadow Organics

→ rainshadoworganics.com | 541-977-6746

Redmond

Sungrounded Farm

→ sungrounded.com/csa | 970-409-8331

Sisters

Rainshadow Organics

→ rainshadoworganics.com | 541-977-6746

Seed to Table

→ seedtotableoregon.org | 541-203-0152

Fresh Harvest Kit

Fresh Harvest Kits are free, ready-to-make meal kits designed to increase access to healthy, home-prepared food. Each kit includes farm-fresh vegetables purchased from a local farm, pantry staples like pasta, tuna, or beans, a seasoning packet, and a bilingual recipe in English & Spanish to create a nutritious and delicious four-serving meal.

• **Crook County**

- **Crook County Library:** Wednesdays 10am (June 3 – September 23)

• **Deschutes County**

- **Kiwanis Food Bank in Sisters:** Thursdays, 9 am (June 18 – October 29)
- **Redmond, La Pine, Sisters** homebound seniors: Contact Central Oregon Council on Aging.

• **Jefferson County**

- **Thursday Market in Warm Springs** on Thursdays, 10:30 am (June – August)
- **Madras** homebound seniors: Contact Central Oregon Council on Aging.