



Supplemental Nutrition Assistance Program-Education (SNAP-Ed) in Polk County

Working on Oregon's Healthy Lifestyles

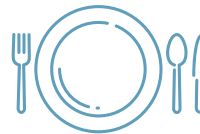
SNAP-Ed brings together federal, state and local resources to deliver programs to those enrolled in and eligible for SNAP. It is an evidence-based program that helps Oregonians lead healthier lives through partnerships with all types of community organizations.

FFY 2017-19 Polk County by the Numbers



21,770

educational contacts were made through healthy Food Hero recipe tastings at food pantries



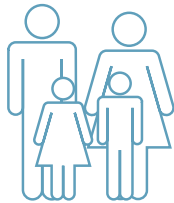
36

different Food Hero healthy recipes were sampled



3

Healthy Pantry Initiatives were conducted in partnership with local food pantries



4,700+

educational contacts were made through community events promoting healthy eating and physical activity

Partnerships

We offer programs in partnership with many organizations, including:

- Marion Polk Food Share
 - Dallas Emergency Food Bank
 - Ella Curran Food Bank
 - Falls City Produce
 - Community of Christ, Good Samaritan Food Pantry
 - Dallas Seventh Day Adventist Pantry
 - Falls City Seventh Day Adventist Pantry
 - Dallas United Methodist Church
 - Iskam MəḥMək-Haws
 - Pauline Memorial AME Zion Church
 - St. Vincent de Paul
 - AWARE Food Pantry
- Confederated Tribes of Grand Ronde
- Department of Human Services (DHS)
- Northwest Human Services
- Falls City School District

Building Healthy Communities at Multiple Levels

In Polk County, partner sites have made strides toward healthier environments by providing monthly recipe tastings using pantry ingredients. A few local pantries partnered with Food Hero to promote healthy options through a healthy pantry assessment; adding healthier signage, compiling a Food Hero recipe cookbook, using donated funds from Marion Polk Food Share to purchase racks for Food Hero Monthlies and implementing a healthy recipe meal kit featuring available ingredients.





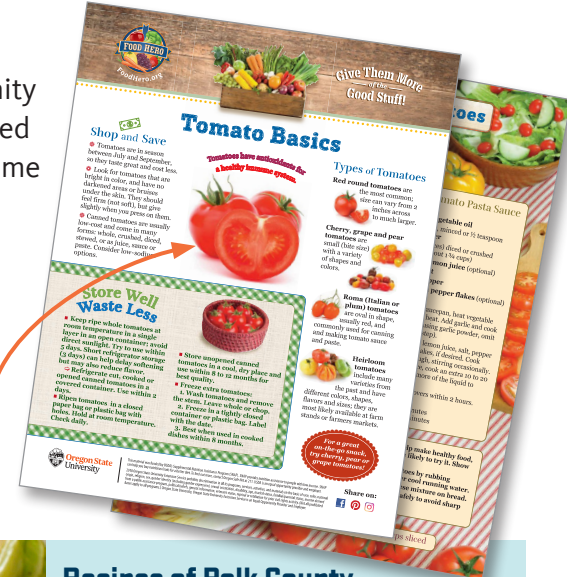
Supplemental Nutrition Assistance Program-Education (SNAP-Ed) in Polk County

Food Hero Social Marketing Campaign

Food Hero is a research-backed social marketing campaign providing community education along with policy, systems and environmental change activities aimed at increasing all forms of fruit and vegetable consumption among limited-income Oregonians.

Food Hero reaches Polk County households in multiple ways, including:

- The campaign website **Foodhero.org**, which provides over 350 low-cost, healthy, tasty recipes and healthy eating and shopping tips.
- The **Food Hero Monthly** publication, which focuses on a different ingredient each month and always includes a recipe.
- **Recipe tastings and printouts** in English and Spanish at events.



"I hated brussels sprouts until I had your roasted brussels sprouts. Now, I love them!"

Food pantry patron referring to the Food Hero Roasted Brussels Sprouts recipe



Recipes of Polk County

- Roasted Brussels Sprouts
- Corn and Tomato Salad
- Grape and Cucumber Salad
- Mix and Match Skillet Meal
- Fried Rice with Pork
- Orange Delight
- Honey Mustard Dressing
- Ranch Dressing
- Popeye Power Smoothie
- Quick Tomato Salsa
- Split Pea Salad
- Pumpkin Fruit Dip
- Corn Critter Salad
- Savory Sweet Potatoes
- Un-beet-able Berry Smoothie

Connect with Us:

We count on our participants and partners to help us assess program needs and build plans to address food security, nutrition, physical activity and community food systems. Your input is critical to our collective success! Please contact us anytime with questions, comments or new ideas.

Carly Kristofik

Carly.Kristofik@oregonstate.edu

Christopher Scadden

Christopher.Scadden@oregonstate.edu

OSU Extension Polk County

289 E Ellendale Ave., Suite 301

Dallas, OR 97338

503-623-8395



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

©2020 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.