



## ABOUT US

The Okanogan County Community Action Council is committed to assisting individuals and families in their journey toward housing stability.

Anyone seeking housing stability, please contact our office and speak to one of our dedicated Case Managers.

**Leading a revolt on poverty through education, empowerment, and engagement.**

## CALL OUR OFFICE FOR HELP!


All services are subject to approval per program guidelines and funding availability.

### OUR CONTACT:

 509-422-4041

 [www.occac.com](http://www.occac.com)

 [nutrition@occac.com](mailto:nutrition@occac.com)

 424 2nd Ave S. / POB 1067  
Okanogan, WA 98840



# Okanogan County Community Action Council

Food & Nutrition Program

## WE OFFER

- 1** Emergency Food Assistance (TEFA)
- 2** Senior Food Assistance (CSFP)

## WE NEED

- 1** Volunteers
- 2** Donations



## FOOD ASSISTANCE

### IF YOU ARE HUNGRY WE CAN HELP!

#### Emergency Food Assistance (TEFAP)

The Emergency Food Assistance Program (TEFAP) is a federal program that helps supplement the diets of low-income families by providing them with emergency food assistance at no cost.

#### Senior Food Assistance (CSFP)

The commodity Supplemental Food Program (CSFP) is a program that works to improve the health of low-income elderly (60 years and older) by supplementing their diets with nutritious USDA commodity foods. CSFP provides monthly 30 lb food packages to participants enrolled in the program. This is a great way for individuals and households to incorporate a good source of nutrients into their diet.

#### HOW TO APPLY:

Visit a food pantry closest to you, call or visit our main office, email us, or visit our website to complete the online application.

If you have a USDA complaint you would like to file, please visit <https://agr.wa.gov/>

## FOOD PANTRY HOURS & LOCATIONS

### SUBJECT TO CHANGE

Okanogan	424 2nd Ave S Okanogan	Tuesday	9 am - 12 pm
Omak	101 4th Ave Omak	Tuesday	9 am - 12 pm
Tonasket	101-US 97 Tonasket	Thursday	8:30 am - 11 am
Oroville	922 Main St Oroville	Thursday	9:30 am - 11:30 am
Brewster	301 S 4th St Brewster	Thursday	9 am - 10:30 am
CCT Nespelem	37 Lakes Ave Nespelem	Monday - Thursday	Currently closed for renovations
Wauconda /Chesaw	Community Hall 129 Toroda Creek Rd Chesaw	3rd and 4th Monday	1:30 pm - 2 pm
The Cove (Twisp)	206 S Glover St Twisp	Thursday	1 PM - 4 PM
Conconully	219 N Main St Conconully	1st and 3rd Wednesday	9 am - 10 am

## VOLUNTEERS NEEDED!

If you are interested in becoming a volunteer at your local food pantry, you can call our main office or visit our website to complete the application.

Do you have the experience with, and want to host a class at OCCAC on recipes on a budget, nutrition, canning, dehydrating, cooking, culturally specific food / cooking methods, ideas of your own. We would love to hear from you!



SCAN



## DONATIONS WELCOME

### SUPPORT YOUR COMMUNITY!

Housing prices have skyrocketed beyond what many can afford and more people are relying on our non-profit organization for help with eviction prevention, temporary shelter, utilities, food, hygiene supplies, or even just a tent, sleeping bag, or coat to keep warm.

**KINDNESS TOWARDS OTHERS DEMONSTRATES THE HIGHEST LEVEL OF HUMANITY WITHIN US. EVEN THE SMALLEST GIFT HELPS.**

### DONATE TODAY AT [OCCAC.COM/DONATE](http://OCCAC.COM/DONATE)

Food donations accepted Monday - Wednesday from 8 am - 12 pm. Call or visit our office to find out how to make other donations.

#### DONATE

- Fresh Foods
- Frozen Foods
- Fruits
- Vegetables
- Whole Grains
- Lean Proteins
- Canned Foods
- Condiments
- Drinks
- Wild Game

