



ORANGE COUNTY, INDIANA

FOOD GUIDE

PANTRIES | FARMS | MARKETS



Find a food pantry near you in Orange County, IN!

ORLEANS

Orleans Food Pantry

422 S. 3rd St, Orleans | E: orleansfoodpantry@gmail.com
3rd Thursday of each month, (10am to 12pm, 3pm to 6pm)

PAOLI

Paoli Community Food Pantry

728 W Main St, Paoli | P: (812) 723-3758
Open Monday, Wednesday and Friday (10am - 12pm)

SPRINGS VALLEY

Springs Valley Food Pantry

8258 W College St, French Lick | P: (812) 936-4583
Ever Wednesday (9am to 11am), except the last Wednesday
of the month is (5pm to 6:30pm)

HOOSIER HILLS FOOD DISTRIBUTION

Orleans Christian Church Distribution

319 S Maple St, Orleans | P: (812) 334-8374
2nd Thursday of each month, (1pm to 3pm)



Whether you can donate or need some help with food, find a Blessing Box near you!

ORLEANS

Kirby Hardware Blessing Box

206 E Jefferson St., Orleans
Available 24 hours

Orleans United Methodist Blessing Box

171 S 2nd St., Orleans
Available 24 hours

Orleans Elementary School Blessing Box

637 E Washington St., Orleans
Available 24 hours

Orleans High School Blessing Box

200 W Wilson St., Orleans
Available 24 hours

PAOLI

Eastview Baptist Church Blessing Box

969 IN-56, Paoli
Available 24 hours

First United Pentecostal Church Blessing Box

237 S Gospel St., Paoli
Available 24 hours

Team OC Youth Mentoring Blessing Box

264 NW Court St., Paoli
Available 24 hours

SPRINGS VALLEY

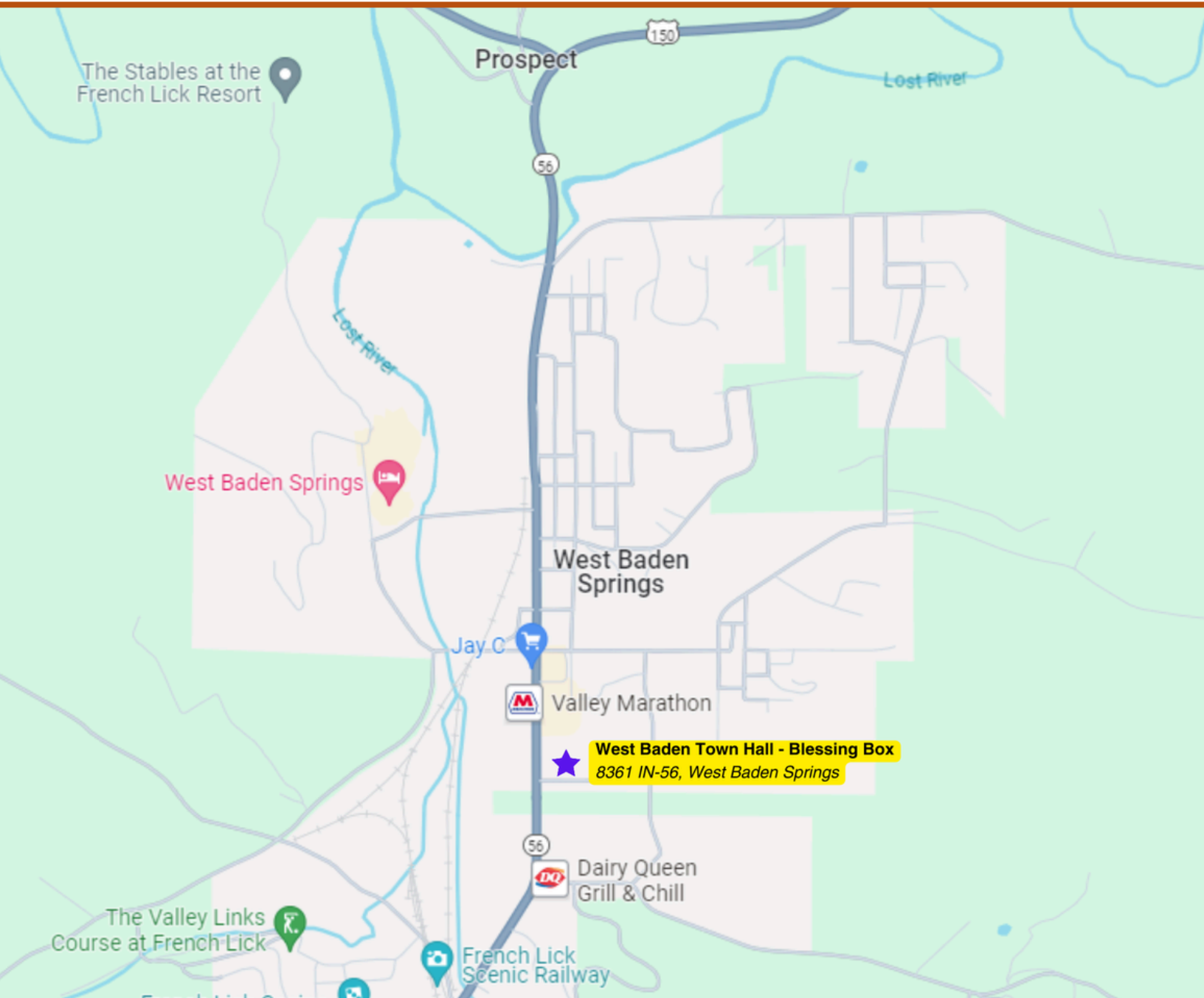
Restoration Church Blessing Box

8258 W College St., French Lick
Available 24 hours

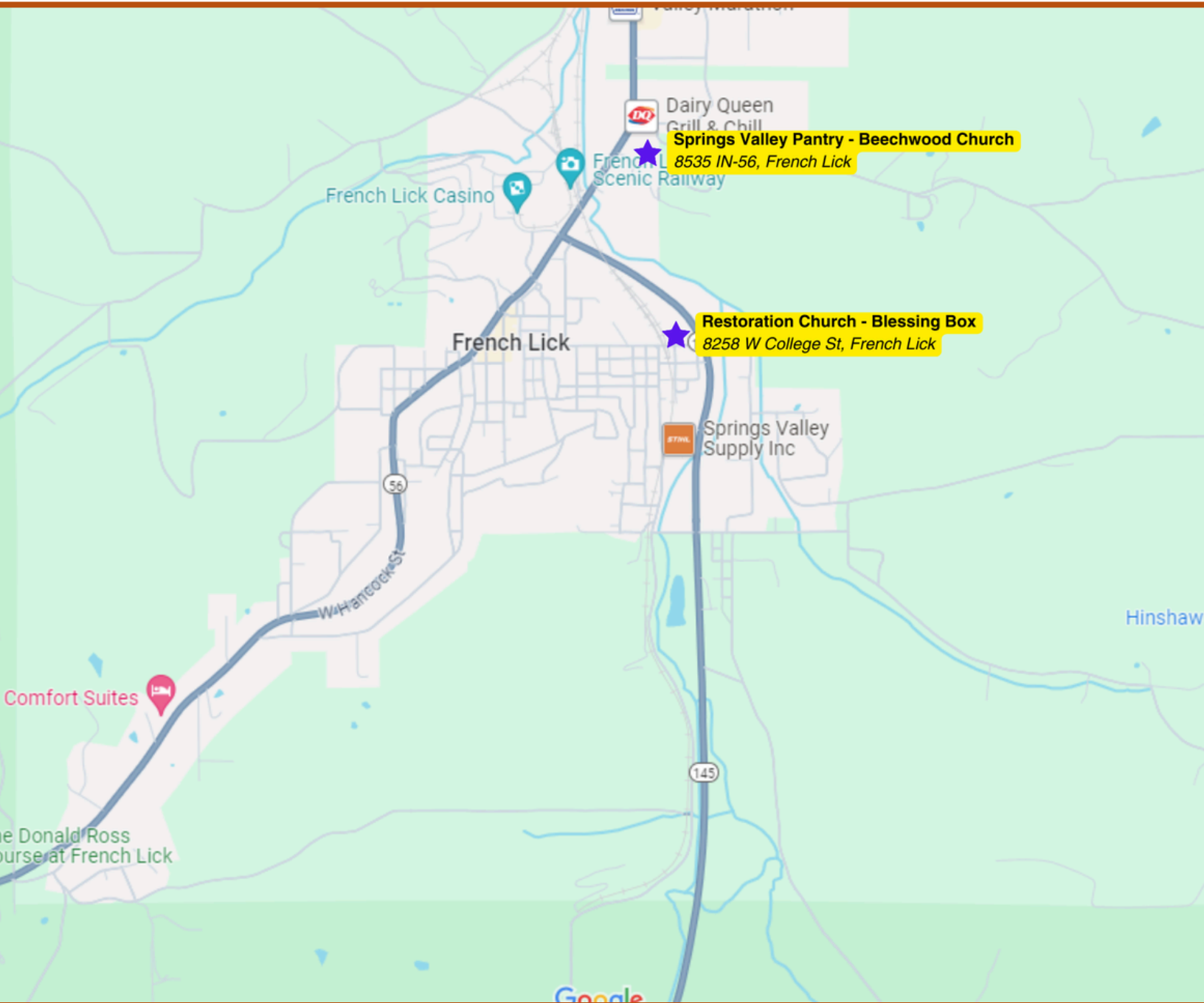
West Baden French Lick Town Hall Blessing Box

8361 IN-56, West Baden Springs
Available 24 hours

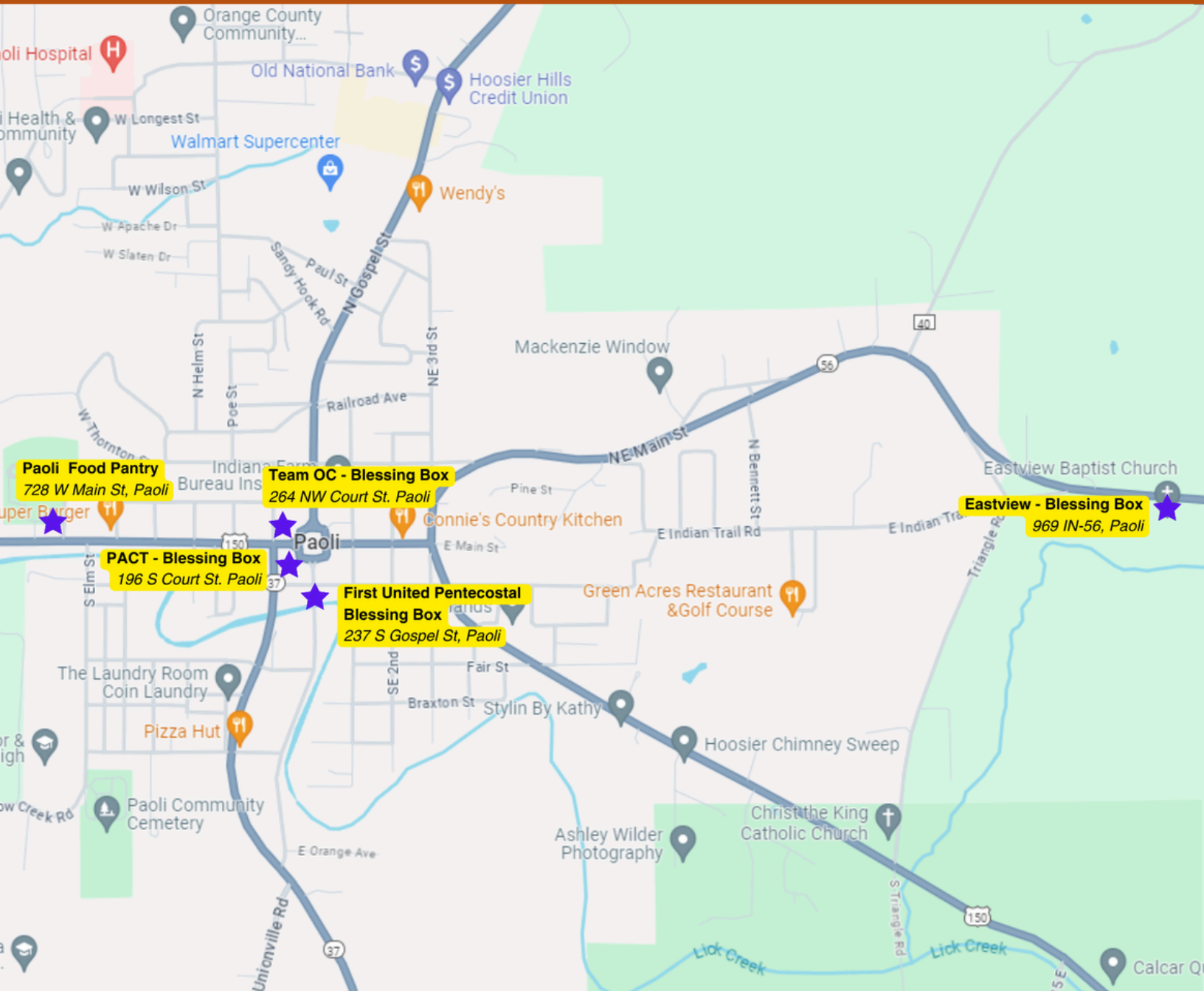
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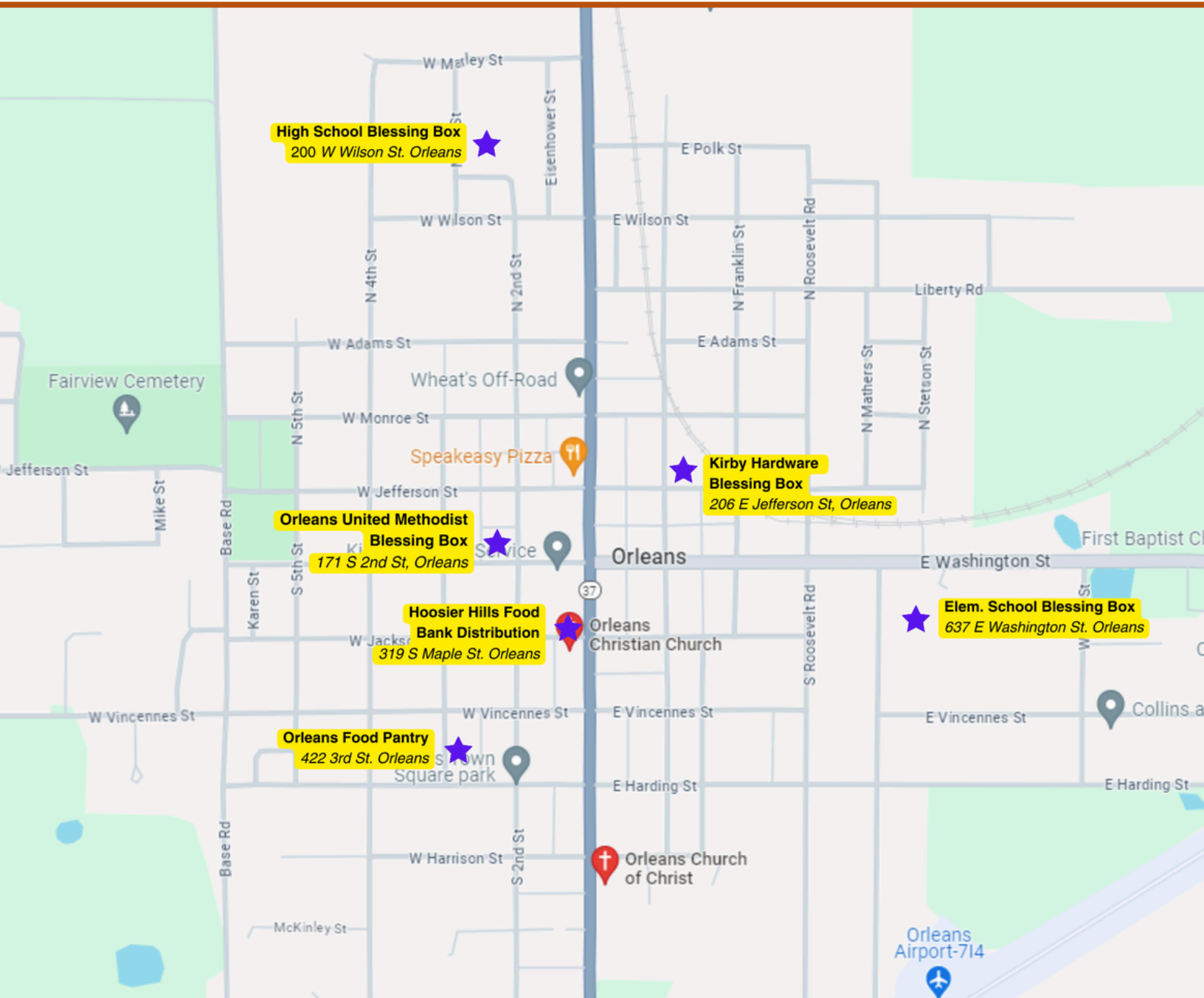
FRENCH LICK



PAOLI



ORLEANS



SCHOOL FOOD PROGRAMS

**DID YOU KNOW?
YOU CAN DONATE TO
ANY OF OUR ORANGE
COUNTY BACKPACK
PROGRAMS THROUGH
THE ORANGE COUNTY
COMMUNITY FOUNDATION!**

Backpacks of Blessings: Paoli

The Paoli Backpacks of Blessings program runs from mid-August through the end of the school year. Bags are distributed weekly, usually on Fridays, containing items like milk, juice boxes, cereal, meat sticks, and fruit cups. The program is free for Throop Elementary students; parents must complete a registration form available at school registration and during the first week. Serving around 160 students, the program focuses solely on food distribution.



Blackhawk Blessings: Valley

The Blackhawk Blessings Program runs from September to May, ending the last week of school. Bags are packed on the first Thursday of each month, serving about 121 children weekly with items like milk, juice, cereal, meat, goldfish crackers, and dried fruit. Participation is free, and sign-ups occur at school. The program focuses solely on food distribution.



Bulldog Backpacks: Orleans

The Bulldog Backpacks program starts a few weeks into the school year, distributing bags each Friday. Packing is done biweekly by the school cafeteria manager. Bags include easy-to-eat items like peanut butter and jelly with crackers, beef sticks, applesauce, craisins, cereal bars, and smart snacks. Forms are sent home the first week of school for parents to opt-in. Serving around 80 students weekly, the program focuses on food items, occasionally including holiday treats.





FARMS & PRODUCE STANDS

Produce Stand/ Farmers Section Description

ORLEANS

Orange County Homegrown Farmers Market - Orleans

Orleans Historic Congress Square
Saturday mornings 8am to 12pm
May - October

Amish Farmer #1

171 S 2nd St., Orleans
Available dawn to dusk

Amish Farmer #2

Address
Available dawn to dusk

Amish Farmer #3

Address
Available dawn to dusk

Amish Farmer #4

Address
Available dawn to dusk

PAOLI

Orange County Food Trust

Lost River Co-op & Cafe
26 Library St., Paoli
Wednesday - Saturday
8:00am - 6:00pm

Team OC Youth Mentoring

264 NW Court St. Paoli
Available Monday - Friday
9am - 4pm

SPRINGS VALLEY

Orange County Homegrown Farmers Market - Valley

French Lick Town Green
Tuesday mornings 9am to 1pm
May - October

Big Creek Boutique Farmers Market

8272 W Co Rd 25 S., French Lick
Saturdays 10am to 2pm
June - October



Bag of Basics Program **Available once per person*

Lost River Co-op & Cafe | 26 Library St., Paoli | P: 812-723-3735

Hours: Wednesday - Saturday (8:00am - 6:00pm)

This program provides anyone in need with a \$25 "Bag of Basics", no questions asked. The program is supported by donations to Lost River Co-op & Cafe. If you would like to make a contribution to "Bag of Basics" you can do so in person or by mailing a check to PO Box 505 Paoli, IN 47454.

Orange County Community Gardens

202 Cherry Street, Paoli

Hours: April - October | Tuesdays 6pm - 8pm, Saturdays 10am - 12pm

The Orange County Community Gardens are open to anyone with an interest in gardening. Start your own garden or help tend the community garden. As community fruit and vegetables are available we share in the harvest!

WIC - Women, Infant, Children

204 E Main St, Paoli | P: (812) 723-4131

Hours: Tues: 10:00am - 7:00pm; Wed, Fri: 8:30am - 5:00pm

The Women, Infants and Children Program (WIC) is a special supplemental food and nutrition program available to pregnant women, breastfeeding mothers, postpartum non breastfeeding mothers, infants and children under five years of age. The WIC program provides, at no cost to those who qualify, food high in nutritional value, nutrition classes and individual nutrition counseling. In addition, WIC offers a monthly Breastfeeding Support Group and referrals to health care providers and other resources, if needed.



Orange County CSA Program *Available once per person

Orange County Food Trust | 26 Library St., Paoli | P: 812-723-3735

Hours: Wednesday - Saturday (8:00am - 6:00pm)

The Orange County Food Trust's, C.S.A. (Community Supported Agriculture) program is a great way to get fresh, seasonal, locally grown produce all summer long! There are different box sizes available to meet the needs of varying family sizes. You can receive a box either weekly or bi-weekly. Plus, SNAP EBT is an accepted form of payment!

Food as Medicine Program

Orange County Food Trust | 26 Library St., Paoli | P: 812-723-3735

Hours: Wednesday - Saturday (8:00am - 6:00pm)

Food as Medicine is a food and nutrition program that merges nutrition education with food security. Each week of the 6-week program, participants receive a meal kit that includes one recipe and all of the ingredients for that recipe to prepare at home along with an in-person nutrition education class taught by Purdue Extension educators. To learn more about Food as Medicine Programs being offered in the area, contact Orange County Food Trust.

SNAP - Family & Social Services Administration

326 N Gospel St, Ste B, Paoli | P: (800) 403-0864

Hours: Monday - Friday, 8 a.m. - 4:30 p.m.

SNAP provides food benefits to low-income families to supplement their grocery budget so they can afford the nutritious food essential to health and well-being. To apply either visit the local office in Paoli or go online and fill out an application at <https://fssabenefits.in.gov/bp/#/>

BUDGET FRIENDLY SHOPPING LIST

DAIRY

Milk
Vanilla Yogurt
Block of Cheese
Dozen Eggs

FRESH FRUIT

Bananas
Gala Apples
Mandarin Oranges
Watermelon
Cantaloupe

FRESH VEGETABLES

Carrots
Potatoes
Yellow Onions
Cabbage
Celery
Spinach

FRESH MEAT

Ground Beef
Chicken Thighs
Whole Chicken

DRY GOODS

Brown Rice
Quick Oats
Elbow Pasta Noodles
Dry Red Lentils

CANNED GOODS

Canned Beans
Canned Tuna
Canned Tomatoes
Chicken Bouillon

PANTRY STAPLES

Flour
Sugar
Peanut Butter
Yeast
Loaf of Bread

FROZEN VEGETABLES

Frozen Corn
Frozen Broccoli
Frozen Peas
Tater Tots

MISC. FROZEN

Frozen Pizza
Frozen Turkey Pot Pie
Frozen Lasagna

BUDGET TIPS

Buy generic brands
Buy dry goods vs canned
Drink water
Buy from the bulk dept.
Use herbs and spices
Batch cook and freeze portions

TATER TOTS CASSEROLE

Recipe by Barry Zimm

Ingredients:

- 1 lb ground beef
- 1 can (10.5 oz) can condensed cream of mushroom soup
- salt and black pepper to taste
- 1 package frozen tater tots (16 oz)
- 2 cups shredded Cheddar cheese



Instructions:

1. Gather the ingredients. Preheat the oven to 350 degrees F.
2. Heat a large skillet over medium - high heat. Cook and stir ground beef in the hot skillet until completely browned and crumbly, 7 to 10 minutes. Stir in condensed soup; season with salt and black pepper.
3. Transfer beef mixture to a 9x13 inch baking dish, layer tater tots evenly on top and sprinkle with Cheddar cheese.
4. Bake in the preheated oven until tater tots are golden brown and hot, 30 to 45 minutes.
5. Serve and enjoy!

S A U S A G E , P O T A T O , & C A B B A G E S O U P

Recipe by Christopher Michel

Ingredients:

- 2 Tbs canola oil
- 1 package cooked sausage, sliced
- 1/2 yellow onion, chopped
- 1 large carrot, chopped
- 1/2 medium green cabbage, chopped
- Salt and black pepper
- 2 cloves garlic, chopped
- 6 cups chicken broth
- 2 large russet potatoes, peeled & chopped
- 2 Tbs red wine vinegar
- 2 Tbsp. chopped fresh dill



Instructions:

1. Heat oil in a large pot or Dutch oven over medium heat. Add sausage and cook, stirring occasionally, until browned, 8 to 10 minutes. Use a slotted spoon to transfer to a plate. Add onion, carrot, and cabbage to pot. Season with salt and pepper. Cook, stirring occasionally, until vegetables are softened, 5 to 6 minutes. Add garlic and cook until fragrant, 1 to 2 minutes. Add broth, potatoes, and sausage. Bring to a boil, then reduce heat and simmer until potatoes are cooked through, 17 to 20 minutes.
2. Remove from heat. Stir in vinegar and dill. Serve with bread.

RANCH SWEET POTATO SKILLET & BAKED EGGS

Recipe by The Kitchn

Ingredients:

- 2 Tbs olive oil
- 1 large yellow onion, thinly sliced
- 1lb sweet potatoes, cut into 1/4 in pieces
- 1/2 head cauliflower, cut into bite sized florets
- 1/4 cup water
- 1/2 bunch of kale, stems removed, thinly sliced
- 1 large parsnip or carrot, peeled, and thinly sliced
- 2 large cloves of garlic
- 2 tsp Hidden Valley Ranch Seasoning
- 4 large eggs
- Salt to taste



Instructions:

1. Arrange a rack in the middle of the oven and heat to 425 degrees. Meanwhile, cook the vegetables.
2. Heat the oil in a large oven safe skillet, preferably cast iron, over medium heat until shimmering. Add the onion and cook until softened and golden-brown, 12 to 15 minutes./ Add the sweet potatoes, cauliflower, salt, and water. Cover and cook stirring occasionally, until the potatoes begin to soften, about 7 minutes.
3. Uncover and stir in the kale, parsnip or carrot, garlic and Hidden Valley Ranch Seasoning. Continue to cook, stirring every 3 to 4 minutes to develop some caramelization, until the potatoes and kale are tender, 25 to 30 minutes.
4. Use the back of a large spoon to make 4 wells into the hash. Crack an egg onto each well. Season the eggs with more Hidden Valley Seasoning. Bake the eggs to desired doneness, 8 to 10 minutes. Serve immediately.

*This resource guide is brought to you
by the Orange County Community Foundation Inc.*



1075 N Sandy Hook Rd. Ste 2 Paoli, IN 47454
P: 812-723-4150 | www.occf-in.org
