

Submitter: Lori Lematta

On Behalf Of:

Committee: Joint Committee On Ways and Means Subcommittee On Human Services

Measure, Appointment or Topic: SB5526

Co-chair Campos, Co-chair Valderama, and members of the committee. My name is Lori Lematta and I am from Portland. I write to you to express support for continued funding of the Double Up Food Bucks program in Senate Bill 5526. I base my meals around the farmer's market for nutrition. With my health conditions it is vital that I eat thoughtfully. I cannot eat gluten, sugar, nor processed food. Food pantries are a blessing for others but, the reality is that most everything there are foods I can't eat. The farmer's market is fresh and I see a noticeable difference in my health. My joints are not as painful and my skin on my whole body is clearer. My mental health is better. I live downtown in a very negative environment. The farmer's market is positive--I can listen to live music, meet the people who grow my food, see a recipe demonstration to improve my cooking repertoire--and with Double Up it is affordable. I have to stretch my income to cover constant medical costs and basic essentials. I also have a companion dog who needs vet care and, of course, healthy food. I very much appreciate Double Up. Thank you for your time.