



# CareOregon Food Rx™ Newsletter

April 2018

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- Portland Adventist Community Services
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**P**ortland Adventist Community Services provides a number of resources including a traditional food pantry, SNAP assistance and a mobile pantry.

### Food Pantry

The PACS Food Pantry provides fresh produce and perishable food items to those needing assistance. Individuals can select their own food items to meet their household needs. To visit the pantry, proof of current Oregon residence is required.

### SNAP Assistance

Individuals can apply and re-enroll for SNAP benefits at PACS. A new bilingual (English and Spanish) SNAP Specialist is available to assist clients 9-11 am Wednesdays.

For more information about the pantry or SNAP assistance, visit [pacsonline.org/food.html](http://pacsonline.org/food.html)



### COW Mobile Pantry

The COW Mobile Pantry (Commodities on Wheels) distributes food to various underserved neighborhoods each month. Supplies are limited. Please call PACS to register and to ask about hours and other locations.

 **Lents Seventh-Day Adventist Church**  
8835 SE Woodstock Blvd, Portland  
First Thursdays

 **Wallace Medical Concern**  
124 NE 181st Ave, Portland  
Second Mondays

 **Hood View Seventh-Day Adventist Church**  
26775 SE Kelso, Boring  
Second Wednesdays

 **King Neighborhood Association**  
4815 NE 7th Ave, Portland  
Third Tuesdays

 **Estacada Seventh Day Adventist Church**  
207 N Broadway St, Estacada  
Fourth Tuesdays

 **Medallion Apartments**  
1969 NW Johnson St, Portland  
Fourth Thursdays

 **Portland Adventist Community Services**  
11020 NE Halsey St, Portland  
9 - 11 am Monday - Friday (Food Pantry)  
503-252-8500

## Cooking Matters

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CareOregon Food Rx is hosting another six-week Cooking Matters class in partnership with the Oregon Food Bank and Fred Meyer.



Participants will learn how to cook healthy, nutritious meals on a budget and take home a free bag of groceries after each class.



The class is now open to all and will meet each Tuesday from April 17 to May 22 at the Fred Meyer Stadium location.

Participants must commit to attending each of the six classes. Free transportation is available to CareOregon members.

Space is limited and registration is open now! To sign up, call 503-416-1766 or email [foodrx@careoregon.org](mailto:foodrx@careoregon.org).



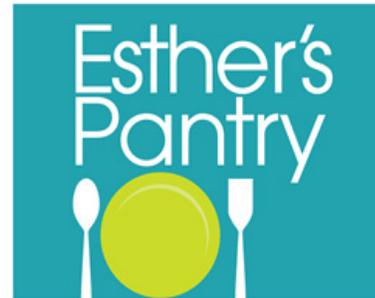
### Cooking Matters

Fred Meyer - Stadium  
100 NW 20th Place, Portland  
April 17 to May 22  
11 am to 1 pm every Tuesday

## Esther's Pantry

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Esther's Pantry provides food and personal care items to low-income individuals living with HIV.



Individuals can self-select their own grocery items to meet their needs.

To visit the pantry, individuals will need to bring proof of HIV diagnosis and proof of income.

For more information, visit [ourhouseofportland.org/programs](http://ourhouseofportland.org/programs) or call 503-349-4699



### Esther's Pantry

10202 SE 32nd Ave, Milwaukie  
1 - 4 pm Mondays  
2 - 5 pm Tuesdays and Thursdays

## Food Rx

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If you'd like to receive this newsletter every month, or have a suggestion to share, contact [foodrx@careoregon.org](mailto:foodrx@careoregon.org)

CareOregon Food Rx helps people improve their health through good nutrition, and builds bridges between food resources and the people who need them.