



# CareOregon Food Rx™ Newsletter

December  
2018



In this edition...

- Holiday luncheon
- Winter Celebrations
- Cooking classes
- Welcome Cafe
- Food assistance

## Holiday luncheon

---

The Adult Community Center is hosting its annual holiday prime rib lunch, with Yorkshire pudding, roasted potatoes and cheesecake. Come celebrate with community!



Suggested donation is \$4 for those 60 years old and up, and \$5 for under 60.

Organizers as that you call to reserve a place. For more info or to RSVP, call: 503-635-3758



### Adult Community Center

505 G Ave

Lake Oswego, OR 97034

11:45 am Wednesday, Dec. 19



## Winter Celebrations

---

Join North Clackamas Parks & Recreation District for a day of celebrating holiday traditions from around the world. This is a family-friendly event.



The event will include free food, games, crafts and live music!

For more information, visit: [ncprd.com/event/winter-celebrations-18](http://ncprd.com/event/winter-celebrations-18)



### Milwaukie Center

5440 SE Kellogg Creek Drive

Milwaukie, OR 97222

9:30 am to noon Saturday, Dec. 8



## Cooking classes

---

Basics Market, a local, accessible grocery store, is hosting a number of free cooking classes.

Get ideas for the holidays with its classes, such as Fall Squash and Black Bean Chili and Serving Special Diets During the Holidays.

Come learn some new recipes and share a meal in a community space!

For a class schedule and more information, visit: [basicsmarket.com/market/](http://basicsmarket.com/market/)



### Basics Market

5053 NE Sandy Blvd  
Portland, OR 97213  
7 am to 9 pm  
Closed Sundays



## Welcome Cafe

---

St. John the Apostle Catholic Church is serving a free, drop-in, sit down, hot dinner on Sunday, Dec. 16. If you would rather get food to-go, it is also offering a sack lunch on Sunday, Dec. 23.



### St. John the Apostle Catholic Church

417 Washington St  
Oregon City, OR 97045  
3 - 4:30 pm Sunday Dec. 16 & 23

## Holiday food assistance

---

If you are looking to enjoy a holiday meal at home there are options for food boxes and pantries. Many also offer gifts and other necessities, and some do have an application process.

To check your eligibility and get more information reach out to the individual organization!



### Foothills Community Church Resource Center

122 Grange Ave  
Molalla, OR 97038  
503-829-5101  
5:30 - 8 pm Mondays & Wednesdays  
10 am to 2 pm Tuesdays & Thursdays



### Hoodland Fire

69634 E Hwy 26  
Welches, OR 97067  
503-622-3256  
8 am to 5 pm every day



### Sandy Senior Center

38348 Pioneer Blvd  
Sandy, OR 97055  
503-668-5569  
8:30 am to 5 pm Monday - Friday



### West Linn Food Pantry

1683 Willamette Falls Dr  
West Linn, OR 97068  
Noon to 6 pm Thursday, Dec. 20



### Crossroads Food Bank

87 N Thompson St  
Portland, OR 97227  
503-257-9345  
9 am to noon Thursdays & Fridays

## Food Rx

---

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.