



CareOregon Food Rx™ Newsletter

February
2019

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LGBTI Luncheon update

Our January edition of this newsletter highlighted outdated information regarding the Hollywood Senior Center's LGBTIQI luncheon. Their satellite site, Metropolitan Community Church, will be closing as a meal site in February. A new location will be provided.

For more information, contact SAGE Metro Portland at 503-224-2640.

SNAP benefits

Although the government has temporarily re-opened, SNAP benefits for February were impacted. The benefits given towards the end of January are still expected to last recipients through February.

New applicants can apply and receive benefits.



For updates, visit: oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/About-SNAP.aspx

Free food markets

For those impacted by the government shutdown, there are a number of free food markets around the greater Portland area that are supporting the community.

These markets do not require proof of income or documentation. They provide fresh produce and pantry staples. Listed are just a few of the options in Multnomah, Clackamas and Washington counties.



Mulino Oregon Child Development Coalition

3700 S Freeman Road
Mulino, OR 97042
9:30 am to 1 pm Tuesday, Feb. 19



Tualatin School House

550 SW Borland Road
Tualatin, OR 97062
9 am Saturday, Feb. 23



Ortiz Center

6736 NE Killingsworth St
Portland, OR 97218
9 - 10 am Thursday, Feb. 7



Impact NW

10055 E Burnside St
Portland, OR 97216
9 - 10:30 am Friday, Feb. 22



Virginia Garcia Hillsboro

226 SE 8th Ave
Hillsboro, OR 97123
Noon - 2 pm Friday, Feb. 8



First United Methodist

12555 SW 4th St
Beaverton, OR 97005
3 - 5 pm Thursday, Feb. 28

To find more free food markets, visit:
flyers.oregonfoodbank.org

Cityteam Portland

Cityteam Portland is a nonprofit focused on serving those in poverty. It meets local needs and helps build community through the access of resources.

Cityteam's dining hall serves breakfast and dinner six days per week. All are welcome to join them for a hot, nutritious meal.



For more information, visit: cityteam.org/portland/programs/dining-hall/



Cityteam Portland

526 SE Grand Ave
Portland, OR 97214
7 am & 5:45 pm, Monday - Saturday

Tualatin Valley Gleaners

Tualatin Valley Gleaners is a supplemental food program that serves the greater Washington County area. Individuals and families are welcome to access fresh produce, bread, dairy products, and dry and canned goods.

Tualatin Valley Gleaners is member-based; everyone volunteers three hours per month after a one month trial, and receives about 75 to 100 pounds of food each week.

While there is a \$15 monthly fee, scholarships are available, and the organization will not turn anyone away for lack of funds. Please bring your own bags and an insulated bag or cooler if you want meat. If you require wheelchair assistance, Tualatin Valley Gleaners asks that you arrive 15 to 30 minutes early.



For more information, visit:
tualatinvalleygleaners.org/info-on-membership-services



Crossroads Church

9100 SW Willshire St
Portland, OR 97225
2 pm Saturdays

Food Rx

If you'd like to receive this newsletter every month, or have a suggestion for us, contact 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.