



# CareOregon Food Rx™ Newsletter

June 2018

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## Summer meals

The Summer Food Service Program provides free meals and snacks to all kids ages 1 to 18.

There are over 800 summer meal sites in Oregon. Programs are run by park and recreation programs, faith organizations, YMCAs, Boys & Girls Clubs and schools.



Summer meals are open to all families without paperwork or signing up – kids can just drop in. Many locations also offer fun activities so kids can stay active and keep learning!

For locations, visit [summerfoodoregon.org](http://summerfoodoregon.org) or call 211 and ask about summer meals.

## Free Food Market

The Free Food Market (formerly Harvest Share) provides fresh fruits, vegetables, pastas, beans, peanut butter, tofu and other food items for free! The Market is held every second Monday of the month at Portland State University and is open to all.



Portland  
State  
UNIVERSITY

The Market operates on a first-come, first-serve basis. Individuals are asked to arrive no later than 11:30 am to register. Quantities are limited. Please bring a reusable shopping bag as bags are not supplied.

For more information, visit [pdx.edu/student-access-center](http://pdx.edu/student-access-center)



### Free Food Market

Portland State University  
1914 SW Park Ave, Portland  
June 11 & July 9

## Farmers markets

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Summer is almost here, and with that comes the reopening of several farmers markets. Farmers Markets provide fresh, locally grown berries, potatoes, nuts and much more.



### **Lents International Farmers Market**

SE 92nd & Reedway St, Portland

9 am to 2 pm Sundays

Begins June 3



### **Kenton Farmers Market**

N Denver & McClellan St, Portland

3 pm - 7 pm Wednesdays

Begins June 6



### **Cully Farmers Market Farmers Market**

5011 NE 42nd Ave, Portland

4 pm - 8 pm Thursdays

Begins June 7



### **Pioneer Courthouse Square Farmers Market**

SW Sixth & Yamhill St, Portland

10 am to 2 pm Mondays

Begins June 18

Don't forget to take advantage of Double Up Food Bucks at participating locations. Double Up Food Bucks provide SNAP shoppers with a dollar-for-dollar match, up to \$10, to buy fruits and vegetables.

For more information and additional locations, visit:

[portlandfarmersmarket.org](http://portlandfarmersmarket.org)

## Food justice event

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Come enjoy a delicious vegetarian or vegan soul food dinner in the company of others, while learning about the benefits of a plant-based diet.



Dinner will also include a brief presentation on the farm-to-table movement and on farmers and laborers who represent marginalized people in Portland and surrounding areas.

Cost: sliding scale tickets from \$10 to \$25.

For tickets and more information, visit [peoples.coop](http://peoples.coop) or call 503-674-2642.



### **The People's Food Co-op**

3029 SE 21st Ave, Portland

5 pm Saturday, June 30

## 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.