



CareOregon Food Rx™ Newsletter

August
2017

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Lift Urban Portland Capacity

Lift Urban Portland has capacity for about 250 more people for monthly Senior Food Boxes. Applicants must be over 60, income less than \$15,678 per year, and able to pick up the boxes at designated sites.

If you need food, please visit the website and click on the food pantry and harvest share program page to find out if you are eligible for these services. If you are unable to visit the pantry because of health reasons, you may be eligible to receive a food box delivery.

If you do not have internet access please fill out and submit the application attached to this newsletter.

If you need clothing, please visit Rose Haven (for women's clothing) and the Transition Projects (for men and women's clothing).

more information can be found at www.lifturbanportland.org



Lift Urban Portland runs a food pantry affiliated with the Oregon Food Bank network of providers.

First Immanuel Lutheran Church
1808 NW Irving Street
Tuesdays and Fridays, noon to 2:00 p.m. (wheelchair accessible)
Thursdays, 5:30 p.m. to 7:30 p.m. (NOT wheelchair accessible)

Lottery takes place 5 minutes before opening to determine your place in line.



Home-delivered food boxes provide healthy food for residents who cannot come to Preston's Pantry.

To receive a food box, residents must live within our service area, comply with income guidelines, and provide a referral for services. Each person in the program receives a food box once a month. If you would like to be see if you qualify, please call Andrea at 503-221-1224 to determine eligibility.

Community Events

Zenger Farms

11747 SE Foster Road

COMMUNITY COOKING WORKSHOP

TUESDAY, August 8, 5:30PM-8PM

Menu will feature farm fresh summer vegetables. Join us to build community around food and share knowledge and resources with one another. Children are welcome to come with their adults and learn right alongside all of us. contact thao@zengerfarm.org for more details. Cost: \$5-15 per group (no one turned away due to lack of funds).

Natural Grocers

Portland Oregon Cesar Chavez Powell

503 788 1677

1950s Style Ice Cream Social

Enjoy a sampling of ice cream sundaes, root beer floats and other dairy and non-dairy ice cream treats with your friendly Natural Grocers “soda shop” cool cats. You may even find yourself be-bopping to the hip sound of the ‘50s as the music takes you back in time. It’s the coolest bash around!

Fred Meyer Stadium 20th & Burnside

Nut Milking Demo!

Saturday, August 26, 2017

1:00 pm - 3:00 pm

Admission: Complimentary

Learn how to make your own plant based milk! No Registration Required

QtQ LGBTQ Portland Parks Rec

Matt Dishman Community Center

Portland Parks & Recreation

Activities and free meal

Oct 5, 2017 to Dec 7, 2017

Each Th 4pm to 6pm

Standard registration opens: Sep 5, 2017

Internet registration opens: Sep 5, 2017

5:30am

Ages: At least 15 but less than 21

Gender: Coed

Find support, solidarity & fun with programming specially designed to support LGBTQ youth and allies!

During the week, youth have access to enrichment activities such as art projects, homework help, college application assistance & empowerment/conflict resolution skill building in a safe & welcoming space. Delicious meal provided! Youth do not need to identify to participate & youth with LGBTQ family and/or friends are welcome to join!

Food Rx

If you’d like to receive this newsletter every month, or have a suggestion to share, contact foodrx@careoregon.org

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