



CareOregon Food Rx™ Newsletter

September
2017

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Back To School!

The National School Lunch Program provides a nutritionally balanced lunch to school-aged children, improving academic performance and concentration. To apply for free or reduced price meals, complete an online application at <https://oregonhunger.org/school-lunch-program>. Paper applications are also available at schools.

Raising Healthy Children

NEW SEASONS MARKET

September is Childhood Obesity Awareness Month. Take part in this class to learn about the obesity epidemic and top five lifestyle and nutrition-based tips to keep your children healthy and happy. Free. Registration required: <https://www.newseasonsmarket.com/events/>



New Seasons Market - Grant Park
3210 NE Broadway, Portland
September 12th; 7pm - 8pm



New Seasons Market - Williams
3445 North Williams Avenue, Portland
September 21st; 7pm - 8pm



New Seasons Market - Nyberg Rivers
7703 SW Nyberg Street, Tualatin
September 26th; 7pm - 8pm

Let Food Be Fun

Put on your apron & step into the kitchen for this hands-on cooking class for your little one (ages 2yrs - 6yrs). For more information and to register visit: <https://apm.activecommunities.com/portlandparks>
Registration opens: Sep 5, 2017

Cost: \$21

**Scholarships available



Matt Dishman Community Center
77 NE Knott St, Portland
October 5th - November 2nd
Thursdays 12:15pm - 1pm



St Johns Community Center
8427 N Central St, Portland
October 4th - November 1st
Wednesdays 11:45am - 12:30pm

Community Cooking Workshop

Celebrate the end of summer with a seasonal meal full of farm fresh veggies. Build community around food together! Children are welcome to come with their adults and learn right alongside. Please register online at <https://zengerfarm.org/events/>
Cost: \$5 -\$15 per group (no one ever turned away for lack of funds!)



Zenger Farms
11741 SE Foster Rd, Portland
September 12th; 5:30pm - 8pm

Oregon Zoo

The Oregon Zoo is offering discounted admission for individuals and families who qualify for a variety of income assistance programs, including SNAP, TANF and free/reduced school lunch.

Just bring your photo ID and any documentation showing that you participate and you are eligible to buy up to 6 tickets at only \$5 each! Plus, if you ride MAX to the zoo and show proof of fare, we'll give you an additional \$1.50 off admission for each person - making your tickets only \$3.50 each!

For additional information visit:
<http://www.oregonzoo.org/zoo-all>

Tuesday Tea For Seniors

Explore various health topics while sipping warm tea with a New Seasons Market Nutritionist. We'll provide simple recipes and healthy tips to help keep you strong. Free. Registration required:
<https://www.newseasonsmarket.com/events/>

 **New Seasons Market - Cedar Hills**
3495 SW Cedar Hills Blvd, Beaverton
September 5th; 10am - 11am

 **New Seasons Market - Happy Valley**
15861 Southeast Happy Valley Town Center
September 5th; 2pm - 3pm

 **New Seasons Market - Nyberg Rivers**
7703 SW Nyberg Street, Tualatin
September 5th; 2pm - 3pm

Summer (Into Fall) Celebration

Join Kitchen Commons 4th Annual Summer (Into Fall) Celebration! Enjoy a community meal, network with fellow community kitchen enthusiasts, elect new board members, share skills and resources for cooking with the seasons and food as medicine, and help plan for the coming year of Community Kitchens. Everyone welcome – bring kids, neighbors, co-workers, friends!

For additional information visit: <https://kitchencommons.net/events/>



Kitchen Commons

St. Michael's Lutheran Church
6700 NE 29th Ave, Portland
September 30th; 1:00pm - 3:30pm



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.