



# CareOregon Food Rx™ Newsletter

February  
2018

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**F**ebruary is Heart Health Month!  
**Highlighted are food resources and events to keep a healthy heart.**

## 10 Foods Your Heart Will Love Tour

### **NEW SEASONS MARKET**

Join a New Seasons Market nutritionist to identify nutrient-dense foods and simple habits that support a healthy heart. You will develop a meal plan, making it easy to take these concepts from tour to table. Free. Registration required.

To register, visit:  
[newseasonsmarket.com/events/](http://newseasonsmarket.com/events/)



**New Seasons Market - Hawthorne**  
 4034 SE Hawthorne Blvd, Portland  
 Monday Feb. 12; 10 - 11 a.m.



**New Seasons Market - Grant Park**  
 3210 NE Broadway, Portland  
 Saturday Feb. 24; 10 - 11 a.m.



**New Seasons Market - University Park**  
 6300 North Lombard St, Portland  
 Wednesday Feb. 28; 6 - 7 p.m.



**OHSU Center for Women's Health**  
 Kohler Pavilion, 7th Floor  
 3181 SW Sam Jackson Park Rd, Portland  
 Thursday Feb. 22; 6:30 p.m.

## Winter Farmers Markets

Just because it's winter doesn't mean there are no farmers markets! Several farmers markets continue to operate during the winter months and boast a variety of fruits, vegetables and winter squash.



**Hollywood Farmers Market**  
 NE 45th & NE Hancock  
 9 a.m. to 1 p.m.; 1st & 3rd Saturdays (thru March)



**Lloyd Farmers Market**  
 NE Seventh & NE Holladay  
 10 a.m to 2 p.m.; Tuesdays (year round)



**Portland State University Farmers Market**  
 SW College & Montgomery  
 9 a.m to 2 p.m.; Saturdays (year round)

## Zarephath Kitchen and Pantry

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Zarephath Kitchen and Pantry is a community outreach program in Gresham, providing food for low-income families and homeless individuals in the area.



**Kitchen:** The Kitchen provides 150 meals a day, Sunday through Friday. Anyone needing a hot meal is served with no criteria for admittance, no identification required and no limit on how often an individual may come.

**Pantry:** The Pantry provides a three-day food supply to needy families each time they visit. Families are allowed to receive food supplies six times a year.

For more information visit:  
[zmgresham.org/about.html](http://zmgresham.org/about.html) or call  
503-667-7932



### Zarephath Kitchen and Pantry

59 NW Ava St, Gresham



Kitchen: 11 a.m. to 1 p.m.; Sunday - Friday

Pantry: 10 a.m to 2 p.m.; Monday,  
Wednesday, Thursday and Friday

## Senior Farm Direct Nutrition Program

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The Senior Farm Direct Nutrition Program (SFDNP) provides low-income, eligible seniors with checks that can be used to purchase locally grown fruit, vegetables and herbs.

To be eligible, seniors must meet ALL of the following criteria:

- Be at least 62 years old by April 1
- Be receiving either SNAP benefits or Medicaid on April 1
- Have income below 138% of the Federal Poverty Level
- Be living in a situation where food is not provided for them, such as in their own home or apartment.

For more information visit: [oregon.gov/DHS/SENIORS-DISABILITIES/SUA/Pages/SFDNP.aspx](http://oregon.gov/DHS/SENIORS-DISABILITIES/SUA/Pages/SFDNP.aspx) or call toll free 866-299-3562

## 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.