



# CareOregon Food Rx™ Newsletter

May 2019

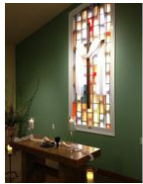
In this edition...

- Free Food Market
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## Free Food Market

In collaboration with the Oregon Food Bank, the Beaverton First United Methodist Church hosts a Free Food Market the fourth Thursday of each month.

Each household receives about 45 pounds of food including fresh produce and pantry staples. Please provide your own bags. All are welcome!



For more information, visit: [allevents.in/mobile/amp-event.php?event\\_id=200016662497542](http://allevents.in/mobile/amp-event.php?event_id=200016662497542)



**Beaverton First United Methodist Church**  
12555 SW Fourth St  
Beaverton, OR 97005  
3 - 5 pm Thursday, May 23

## Mainspring

Mainspring is a food pantry that is modeled like a grocery store. You choose your own groceries based on your household size, dietary needs and tastes. If needed, volunteers can help you with selecting your items.

Some bags are available, but supplies are limited so please bring your own bags if possible.



**MAINSRING**

The first Thursday of every month, Mainspring has an on-site senior food day. You must pre-register for this event. Individuals may access the pantry one time per month.

For more information, visit: [mainspringpdx.org/food](http://mainspringpdx.org/food)



**Mainspring**  
3500 SE 82nd Ave  
Portland, OR 97220  
10 am to 1 pm Monday - Wednesday

## Foster parent appreciation

May is National Foster Care Month! Maple Star, a therapeutic foster care program, is hosting a party to celebrate foster parents. All are welcome, including those who just appreciate foster parents.



**Maple Star**  
Oregon

The event will have free food, games and live music to enjoy!

Maple Star asks that you please register, at: [eventbrite.com/e/foster-parent-appreciation-party-registration-59965129316?aff=ebdssbdestsearch](https://www.eventbrite.com/e/foster-parent-appreciation-party-registration-59965129316?aff=ebdssbdestsearch)



### Maple Star Oregon

825 NE 20th Ave

Portland, OR 97232

Noon - 4 pm Saturday, May 18

## Mother's Day tea

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The Gresham Senior Center is hosting a Mother's Day tea themed Around the World. Volunteers and attendees will be dressed up to represent a state or country they are from.



Along with a raffle, door prizes, food and entertainment, attendees have a chance to win a prize for participating in the fancy hat parade! The cost is \$10, and all ages are welcome.

For more information, visit: <https://gresham-seniorcenter.com/events-calendar/>



### Gresham Senior Center

600 NE Eighth Street

Gresham, OR 97030

11:30 am to 3 pm Saturday, May 4

## Northeast Emergency Food Program

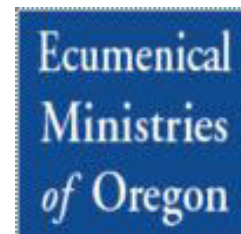
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NEFP strives to meet the urgent food and clothing needs in the Portland metro area. There is no geographic boundary and NEFP serves anyone in the community who needs assistance, emergency or otherwise. The pantry supplies households with at least three-to-five days of groceries, up to three times within six months.

Food options include fresh fruits and vegetables, dairy, bread and meat.

The program also helps develop community solutions to improve access to affordable, healthy food. It offers a Service Learners Initiative that provides job training, skill building and exposure to nonprofit services.

Please arrive before 4 pm. If you would like to use any of their other services, you must bring something with your name on it, like an ID or piece of mail. However, no one will be turned away for lack of ID.



Come prepared to possibly wait, and if you are not arriving by car, bring extra bags, a cart or a suitcase to take the food home. The pantry is accessible by public transit via TriMet No. 71 and 72 buses.

For more information, visit: <http://emoregon.org/nefp/>



### Luther Memorial Lutheran Church

4800 NE 72nd Ave

Portland, OR 97218

11:30 am to 3 pm Saturday, May 4

## Food Rx

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