



# CareOregon Food Rx™ Newsletter

October  
2017

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October is Domestic Violence Awareness Month. **Highlighted are food resources and events for women and gender nonconforming individuals.**



## Women's Care Day!

**SISTERS  
OF THE  
ROAD**



Take part in Women's Care Day – the first Friday of each month!

Women and children are given priority on these days as the Café becomes a space solely for nurturing women, their voices and some relaxing pampering including massages, manicures and other treats.

Enjoy a meal at the Café or take a hospitality lunch to-go for male-identifying folks.



### **Sisters of the Road**

133 NW Sixth Ave, Portland  
Oct. 6 and subsequent first Fridays  
10 a.m. - 2 p.m.

## Rahab's Sisters

Rahab's Sisters partners with Saints Peter and Paul Episcopal Church to serve women impacted by the sex industry, substance abuse, domestic violence, homelessness and poverty. They provide a hot meal, personal hygiene items, socks, undergarments and resources 7-10 p.m. each Friday.



### **Rahab's Sisters at Saints Peter and Paul Episcopal Church**

247 SE 82nd Ave, Portland  
7 p.m - 10 p.m. Fridays

## Tender Table

Tender Table is a storytelling platform featuring women and gender nonconforming people of color and their stories about food, family and identity. Join us for stories and food on Oct. 7. For tickets or more information, visit [tendertable.com/events/](http://tendertable.com/events/).

Cost is \$5 - \$20 but no one will be turned away for a lack of funds.



### **Tender Table at High & Low Gallery**

936 SE 34th Ave, Portland  
Oct. 7  
3 p.m.

## Portland Farmers Market

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Fall is officially here, and with that comes the seasonal bounty of the Northwest! Find an amazing variety of apples and pears for pie-making and preserving, hearty vegetables for soups and stews, squash and potatoes for casseroles, and so much more!



### *Fall Market Schedule*



#### **Shemanski Park Farmers Market**

SW Park & Main

10 a.m. - 2 p.m. Wednesdays  
(thru Oct. 25)



#### **Portland State University Market**

SW Park & Montgomery

9 a.m. - 2 p.m Saturdays (year round)



#### **Lents International Farmers Market**

SE 92nd & Reedway

9 a.m. - 2 p.m Sundays (thru Oct. 29)



#### **King Farmers Market**

NE Seventh & Wygant

10 a.m. - 2 p.m. Sundays  
(thru Nov. 19)

For information on other area fall farmers markets, visit [portlandfarmersmarket.org/community/other-area-farmers-markets/](http://portlandfarmersmarket.org/community/other-area-farmers-markets/)

## Double Up Food Bucks

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Double Up Food Bucks provides SNAP shoppers with a dollar-for-dollar match to buy additional fruits and vegetables at participating farmers markets.



How it works: Simply swipe your Oregon Trail card at the market information booth in return for tokens to be used at the market. For every \$1 of SNAP funds redeemed at the market, a matching \$1 in tokens (Food Bucks) is provided (up to a \$10 match each visit) to purchase additional fruits and vegetables from local farmers.

For more information and a list of participating markets, visit [portlandfarmersmarket.org/programs-events/double-up-food-bucks/](http://portlandfarmersmarket.org/programs-events/double-up-food-bucks/)

## 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.