



# CareOregon Food Rx™ Newsletter

October  
2018

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## Tracktoberfest

Join Trackers Earth, an organization that brings camps and outdoor programs to kids, for the annual Tracktoberfest event! This event will include family-friendly fun such as a fall harvest dessert contest.



Hosts provide free beverages and free grilled sausages. If possible, bring your own drinking stein and mess kit to help conserve resources.

To register and find more information, visit: [trackerspdx.com](http://trackerspdx.com)

 **Trackers Earth**  
4617 SE Milwaukie Ave  
Portland, OR 97202  
Noon - 4 pm Saturday, Oct. 13

## Free Food Markets

The Portland area offers a number of Free Food Markets that make food accessible throughout autumn.

Along with the Oregon Food Bank, the Islamic Social Services of Oregon State hosts a market that provides fresh and healthy food options.



For more information, visit:  
[refvolpdx.org/events](http://refvolpdx.org/events)

A new Free Food Market in the Rockwood neighborhood has opened just in time for fall. This market also in collaboration with the Oregon Food Bank, and provides access to healthy pantry staples, along with produce and eggs.

For more information, visit:  
[humansolutions.org/free-food-market-at-rockwood-video](http://humansolutions.org/free-food-market-at-rockwood-video)

 **Masjed Bilal**  
4115 SW 160th Ave  
Beaverton, OR 97078  
11:30 am to 2:30 pm Friday, Oct. 19

 **PSU Park Blocks**  
1914 SW Park Ave  
Portland, OR 97201  
11:30 am Monday, Oct. 8

 **St. Michael's Lutheran Church**  
NE 181st Ave. and Burnside St  
Gresham, OR 97233  
9 - 10 am Tuesday, Oct. 23

## Kitchen Commons

Kitchen Commons is an organization focused on creating a central location for neighborhoods to improve local food systems, and advocate for developing accessible community kitchen spaces. The Hollywood Accessible Community Kitchen, nicknamed “Hob Knob,” is for adults with developmental disabilities, their care providers and their friends. They meet every third Friday, and focus on accessibility, food empowerment and socializing.



Kitchen Commons also hosts a community kitchen called St. Mike’s Community Kitchen, held the first and third Thursday of each month. This group gathers to cook a meal, and each attendee receives food to take home.

Cost: \$5 to cover Hob Knob costs. Other events are on a sliding donation scale.

To RSVP and find out more information, contact: [access.cooking@gmail.com](mailto:access.cooking@gmail.com) or [st.mikes@kitchencommons.net](mailto:st.mikes@kitchencommons.net)



### **Hollywood Senior Center**

1820 NE 40th Ave  
Portland, OR 97212  
10 am to 1 pm Friday, Oct. 19



### **St. Michael's Lutheran Church**

6700 NE 29th Ave  
Portland, OR 97211  
Thursday, Oct. 4 & 18

## Lift Urban Portland

Lift Urban Portland is a nonprofit that runs a food pantry in association with the Oregon Food Bank. The pantry operates shopping-style and can be visited once a month. Food options include fresh produce, dry and canned goods, meat, eggs and dairy.



Those interested must live in the service area and be within the eligibility guidelines. The pantry asks that you bring your own bags or containers to carry the groceries.

To check eligibility and find more information visit: [lifturbanportland.org/our-programs.html](http://lifturbanportland.org/our-programs.html)



### **First Immanuel Lutheran Church**

1808 NW Irving St  
Portland, OR 97209  
Noon - 2 pm Tuesdays & Fridays  
5:30 - 7:30 pm Thursdays (not wheelchair accessible)

## Food Rx

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.