



# CareOregon Food Rx™ Newsletter

April 2019

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## FEAST

FEAST is a free, community-organizing event, hosted in collaboration with the Oregon Food Bank. The hope is to gain community input on making food and resources more accessible. A locally sourced meal will be included at no cost.

The event includes vendors, entertainment and free child care. Organizers encourage you to invite friends and family! Shuttle service and ride sharing is available on request; please specify when you RSVP.



To RSVP, visit: [eventbrite.com/e/colton-feast-a-free-local-event-tickets-53673504898?aff=ebdssbdestsearch](https://www.eventbrite.com/e/colton-feast-a-free-local-event-tickets-53673504898?aff=ebdssbdestsearch)



### **Camp Colton**

30000 S Camp Colton Dr.  
Colton, OR 97017

10:30 am to 5:30 pm Saturday, April 6

## Saturday Lunch

St. Philip the Deacon Episcopal Church hosts a free lunch every Saturday, in the Deacon's Dining Hall.

This includes Easter weekend. Guests can receive hot meals and take away meals. These lunches are supported by the Oregon Food Bank with the goal of fighting hunger in the greater community.



For more information, visit: [stphilipthedeacon.org/serving/deacon-dining-hall/](http://stphilipthedeacon.org/serving/deacon-dining-hall/)



### **St. Philip the Deacon Episcopal Church**

120 NE Knott St  
Portland, OR 97212

10:30 am to 1 pm Every Saturday

## Union Gospel Mission

Union Gospel Mission provides access to food and necessary resources to Portlanders in need. They also host several special events throughout the year. To celebrate spring, join them for a free Easter Sunday Brunch!



They will be serving a holiday brunch, and each guest will also receive an Easter gift.

For more information, visit: [ugmportland.org/special-events](http://ugmportland.org/special-events)



### Union Gospel Mission

3 NW Third Ave  
Portland, OR 97209

10 am to 1 pm Sunday, April 21

## Easter egg hunts

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Looking for a free, fun event for the kids to celebrate Easter? Here are a couple of opportunities!

The mEGGa Egg Hunt for kids 12 and under will be held at the Columbia County Fairgrounds. Along with the egg hunt, there will be other free events like horse rides and face painting. Bus rides will be available from the St. Helens High School to the fairgrounds.

For more information, visit: [columbiacountyfairgrounds.com/events/2019/megga-egg-hunt2](http://columbiacountyfairgrounds.com/events/2019/megga-egg-hunt2)

The Department of Human Services is hosting a free Easter egg hunt at Oaks Park! This event is for DHS children who are 12 and under. Please register for the event, and if you cannot make it, make sure to cancel so other families can attend.

To RSVP, visit: [eventbrite.com/e/dhs-east-portland-rotary-club-easter-egg-hunt-tickets-59021980332?aff=ebdssb-](http://eventbrite.com/e/dhs-east-portland-rotary-club-easter-egg-hunt-tickets-59021980332?aff=ebdssb-)



### Columbia County Fairgrounds

58892 Saulser Road  
St. Helens, OR 97051

9:30 am to 1 pm Saturday, April 20



### Oaks Amusement Park

7805 SE Oaks Park Way  
Portland, OR 97202

11 am to 1 pm Saturday, April 20

## Community classes

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The Stadium Fred Meyer hosts numerous workshops and classes throughout the year. This month, learn how to make paella from Jimmy Carrasquer of PDX Paella, or test out five strategies to add flavor to your diet in the Making Vegetables Delicious class. Other classes this month include Plant Based Breakfast, Mason Jar Lunches and Guatemalan Chile Rellenos.

Classes can fill up, so make sure to sign up! Each class includes a cooking demo and provides generous samples and recipes to take home. Classes are priced below cost at just \$10.

# Fred Meyer®

To find the class schedule and RSVP, visit: [communityclasses.fredmeyermedia.com/](http://communityclasses.fredmeyermedia.com/)



### Stadium Fred Meyer

100 NW 20th Place  
Portland, OR 97209

## 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.