



CareOregon Food Rx™ Newsletter

July
2017

In this edition...

- Free Lunches for kids all summer
- CareOregon Dietitian benefit
- Lift Urban Portland supper club

Free Lunch + Play for kids

57% of young Portlanders qualify for free or reduced-price lunch during the school year. Without school lunches, summer becomes the time when nearly 50,000 Portland children face hunger daily. The Free Lunch + Play program supports families by offering nutritious meals and recreational activities during the summer recess.

Offered from June 20 to August 25, Monday through Friday unless otherwise noted.

Free lunch at all sites, plus sports, games, and arts and crafts.

Working alongside community partners, Portland Public Schools, David Douglas, and Centennial School Districts, PP&R coordinates the Free Lunch + Play program to ensure that it meets the changing needs in our community.

PP&R and its partners are constantly innovating. The “mobile playground program” brings recreation to children at apartment complexes in neighborhoods where parks and playgrounds don’t exist. for complete location list, please visit:

<https://www.portlandoregon.gov/>



Over 400 FREE summer events in Portland parks!



Arbor Glen Apartments, 2609 SE 145th
11am - 3 pm lunch at 12:30



Ventura Park, SE 117th and Stark St
11am - 3pm lunch at noon



Harrison Park, SE 84th and Harrison St
11am - 3pm, lunch at noon



Holly Farm Park, 10819 SW Capitol
Hwy
11am - 3 pm lunch at noon



Stephens Creek Crossing, 6715 SW
26th Ave
11am-3pm, lunch at 12:30



Ortiz Community Center, 6736 NE Kill-
ingsworth St
10:30am-2:30pm lunch at noon



Alberta Park, NE 22nd and Killing-
sworth St
11am-3pm lunch at noon



Charles Jordan Community Center,
9009 N Foss Ave
11:30 am - 1:30pm lunch at noon



St. Johns Park, N Central and Chicago
Ave
11 am- 3pm lunch at noon

Dietitian Benefit



CareOregon®

Did you know that CareOregon offers an unrestricted benefit for Medical Nutrition Therapy Counseling by a Registered Dietitian Nutritionist for any CareOregon member?

A Registered Dietitian Nutritionist is a food and nutrition expert that provides tailored nutrition assessment and advice to help with chronic disease management, weight management, navigating food allergies or intolerances, and any other nutrition-related concerns.

Our contracted dietitians can be found on our website careoregon.org. Go to *Find a Provider* and select *Specialist Provider* under Provider Type and then choose *Registered Dietitian* under Specialty.

We are currently building our network of contracted dietitians. Dietitians interested in serving our members and contracting with CareOregon can email foodrx@careoregon.org. We appreciate your questions and feedback as we work to better facilitate this service.

Lift Urban Portland Supper Club

Lift Urban Portland has launched a new and innovative cooking series, Supper Club. Supper Club brings groups of residents in local low-income apartment buildings together to cook and eat a meal together.

Lift Urban Portland provides volunteers and food, but the residents decide on the menus and direction of the program. Supper Club provides a natural way to teach basic cooking and nutrition skills while building community.

Please contact Andrea at **503.221.1224** if you are interested in signing your residential building up for this new program!



Food Rx

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 that need them.