



CareOregon Food Rx™ Newsletter

May 2018

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May is Older Americans Month! Highlighted are food resources for older adults.

Meals on Wheels People

Meals on Wheels People serves hot, nutritious meals Monday through Friday at 30 dining centers in Multnomah and Washington counties. The cost of each meal is \$7.39. Diners over the age of 60 are asked to contribute what they can afford. In addition to meals, many of the centers offer a wide variety of programs including exercise and art classes.

Please visit mowp.org or call 503-953-8111 to ask about hours and other locations.

Meals on Wheels People also delivers nutritious meals to homebound seniors. To register for this service, visit

mowp.org/what-we-do/meals-on-wheels/ or call 503-736-6325.



IRCO Senior Lunches

The Immigrant and Refugee Community Organization (IRCO) provides culturally specific meals for immigrant and refugee seniors who are 60 and older.

Meals are prepared from a variety of cuisines including West African, Somali, Ethiopian, Indian and Slavic.



Please visit irco.org/what-we-do/seniors/ or call 503-484-6371 for more information.



Martin Luther King Jr. Center
5325 NE MLK Blvd, Portland



Belmont Center
4610 SE Belmont St, Portland



Cherry Blossom Center
1740 SE 106th Ave, Portland



Ambleside Center
600 NE Eighth Ave, Gresham



IRCO Senior Lunches
10301 NE Glisan St, Portland
11 am Tuesdays
10 am Wednesdays

Senior Grocery Discounts

Several grocery stores in the region offer senior discounts on certain days. Please ask your local grocery store for details.



Fred Meyer

All locations

First Tuesdays; age 55+

10 percent off select brands including Fred Meyer, Simple Truth, Kroger and Private Selection



Grocery Outlet - Hollywood

4420 NE Hancock St, Portland

First Wednesdays 8 am to noon; age 55+
10 percent off all items

Grocery Outlet - Division

12102 SE Division St, Portland

First Wednesdays 8 am to noon; age 55+
10 percent off all items



New Seasons Market

All locations

Every Wednesday; age 65+
10 percent off most items

Mainspring Food Pantry

Mainspring Food Pantry provides a variety of shelf-stable foods, meat and fresh produce in the spring and summer months. Participants can self-select their own grocery items.



For more information, visit mainspringpdx.org/food or call 503-233-5533.



Mainspring Food Pantry

3500 NE 82nd Ave, Portland

10 am to 1 pm Monday - Wednesday

Community Meal

Saint Michael & All Angels Episcopal Church hosts a free lunch every second and last Saturday of the month. It offers a different entrée each month.



Saint Michael & All Angels Episcopal Church

1704 NE 43rd Ave, Portland

11 am second and last Saturdays

Food Rx

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