



CareOregon Food Rx™ Newsletter

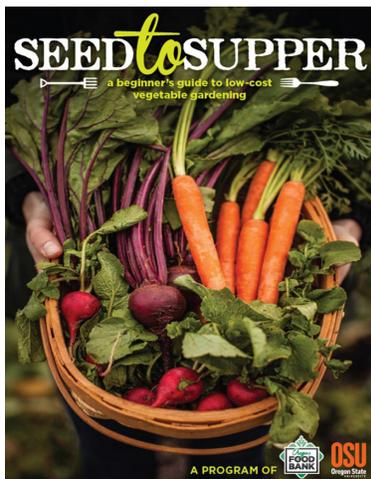
January
2018

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Seed to Supper

Seed to Supper is a free six-week beginning gardening course that teaches participants how to successfully grow a portion of their own food on a budget. Participants will be given a gardening book, trowels, a certificate of completion and more!



Classes meet each Tuesday from January 30 to March 6 at the Oregon Food Bank.

Registration is open now. To sign up, visit oregonfoodbank.org/find-help/classes/gardening-classes/



Oregon Food Bank

7900 NE 33rd Ave, Portland
Jan. 30 - Mar. 6
6 - 8 p.m. every Tuesday

#NewYear's Goals Store Tour

Join a New Seasons Market nutritionist for a free store tour focused on the foundational concepts and tools to help you meet your New Year's health goals.

To register, visit: eventbrite.com/e/newyearsgoals-store-tour-with-a-new-seasons-market-nutritionist-tickets-40953057698?aff=es2



New Seasons Market - University Park

6300 North Lombard Street, Portland
10 - 11 a.m.; Saturday Jan. 27

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 Jan. 13. For tickets and more information, visit tendertable.com/events/.



Tender Table at People's Food Co-Op

3029 SE 21st Ave, Portland
3 p.m.; Saturday Jan. 13

Cooking Matters Classes

CareOregon Food Rx is hosting another six-week Cooking Matters class in partnership with the Oregon Food Bank and Fred Meyer.



Participants will learn how to cook healthy, nutritious meals on a budget and take home a free bag of groceries after each class.

The class, open to all CareOregon members, will meet each Tuesday from February 6 to March 13 at the Fred Meyer Stadium location.

Participants must commit to attending each of the six classes. Free transportation is available.

Space is limited and registration is open now! To sign up, call 503-416-1766 or email foodrx@careoregon.org.



Cooking Matters

Fred Meyer - Stadium
100 NW 20th Place, Portland
Feb. 6 to Mar. 13
11 a.m. to 1 p.m. every Tuesday

Blanchet House

Join Blanchet House Founders' Café for a free hot, nutritious meal. Breakfast, lunch and dinner are served six days a week. All are welcome.



For more information about Blanchet House, call 503-241-4340

Blanchet House

310 NW Glisan St, Portland

Monday - Saturday

Breakfast: 6:30 – 7:30 a.m.

Lunch: 11:30 a.m. to 12:30 p.m.

Dinner: 5 – 6 p.m.

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.