



CareOregon Food Rx™ Newsletter

July 2019

In this edition...

- Summer Food Service Program
- Double Up Food Bucks
- La Cocina Comunitaria de Cully
- Free Food Market

Summer Food Service Program

SFSP is a program that provides nutritious meals to children who normally receive free or reduced-price meals during school. The program is available at many locations throughout the Portland area, such as playgrounds, parks, housing authorities, churches and community centers.

Listed below are a few examples of locations. Meal sites usually also include a learning or recreational activity. There is an application process, and you must be a resident of the state of Oregon to qualify.

To check eligibility, visit:
benefits.gov/benefit/1748



Ron Russell Middle School

3955 SE 135th Ave
Portland, OR 97266
9 - 9:30 am & 12:30 - 1 pm Monday - Friday



Regence Boys & Girls Club

4330 N Trenton St
Portland, OR 97203
2:30 - 3 pm & 4:30 - 5:30 pm
Monday - Friday



Cedar Hills Park & Recreation Center

11640 SW Park Way
Portland, OR 97225
11 am to noon Monday - Friday



Self Enhancement, Inc.

3920 N Kerby Ave
Portland, OR 97227
8 - 9 am & Noon - 1 pm Monday - Friday

Double Up Food Bucks

Now that summertime is in full swing, so are the Portland area farmers markets! This is a reminder that you can use your Oregon Trail Card SNAP dollars at participating farmers markets.



**DOUBLE UP
FOOD BUCKS™
OREGON**

Simply visit your farmers market information tent, swipe your EBT card for tokens to buy SNAP eligible food, and shop! You will be matched up to \$10 a day with Double Up Food Bucks for fruits and vegetables.

For more information and to find participating farmers markets, visit:
farmersmarketfund.org/programs/dufb



Montavilla Farmers Market

SE Stark St & SE 77th Ave
Portland, OR 97216
10 am to 2 pm Sundays, May 6 - Nov. 18



King-Portland Farmers Market

NE Seventh & Wygant
Portland, OR 97216
10 am to 2 pm Sundays, May 6 - Nov. 18



Gresham Farmers Market

NW Third & Miller
Gresham, OR 97030
10 am to 2 pm Saturdays, May 5 - Oct. 27

La Cocina Comunitaria de Cully

Join Kitchen Commons to cook and share a meal with a community! The event is free, and all are welcome.



If you wish to bring something, you are encouraged to provide your own to-go container. There is a sliding scale suggestion of \$1 - \$10, but no one will be turned away. However, if you would like to contribute more your donation will go to help Kitchen Commons with their Community Kitchen Leadership Program.

For the month of July, the meal is tentatively a pasta dish!

For more information, visit:
kitchencommons.net/event/cully-ck-pasta-tentative/?instance_id=15347956



Luther Memorial Church

4800 NE 72nd Ave
Portland, OR 97218
6 - 8:30 pm Wednesday, July 17

Free Food Market

Portland State University hosts a Free Food Market on the second Monday of every month.

The Free Food Market is open to the community. There will be tables with information, education, conversation and samples!



When you arrive, you will pick up a colored stick, and random colors will be called starting at noon. Please bring your own bag!

For more information, visit:
pdx.edu/student-access-center/free-food-market



Portland State University

1914 SW Park Ave
Portland, OR 97201
11:30 am Monday, July 8

Food Rx

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