



CareOregon Food Rx™ Newsletter

June 2019

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Portland Adventist Community Services Food Pantry

The PACS Food Pantry helps houseless and low-income households meet their food needs for the month.

Families may access the food pantry once per month, and can shop for a three-to-five day supply of groceries for all those living in a household. PACS carries a wide food selection such as fruits, vegetables, grains, meats, beans and dairy products.



PORTLAND ADVENTIST
COMMUNITY SERVICES

Upon arrival, you will take a number, families are served in the order they arrive. As long as you arrive prior to 11 am you will receive food that day.

You will receive a shopping list based on the number of people in your household, and volunteers will be available to assist you.

While PACS will ask for some basic information to enter in their database, they will never ask for or share your immigration status.

For more information, visit:
pacsonline.org/pacs-food-pantry-2/



Portland Adventist Community Services

11020 NE Halsey
Portland, OR 97220
9 - 11 am, Monday - Friday

Family Fun Day

The Beaverton Swim Center is hosting their first family fun day activity on June 16. This quarter's activity will be Dad's Day Swim, with pool games, food, crafts and other activities.

The drop-in price is \$6 per child, and parents are free.



For more information, visit:
allevents.in/mobile/amp-event.php?event_id=200017049867409



Beaverton Swim Center

12850 SW 3rd St
Beaverton, OR 97005
12:30 - 3:30 pm Sunday, June 16

Summer Free For All

The Portland Parks and Recreation's Summer Free For All begins in June! The focus is to build community through free, inclusive, family-friendly activities. This includes Free Lunch + Play events.



Free Lunch and Play is hosted at various parks around Portland, Monday through Friday from 11 am to 3 pm throughout the summer.

For a list of events and locations, visit:
portlandoregon.gov/parks/69873

Story and Snack

The Rosewood Initiative is a nonprofit with the mission of building a safe, healthy and vibrant community where neighbors can thrive together.

The Rosewood Initiative offers a number of opportunities for free classes and workgroups to strengthen the community. This includes a Story and Snack event, which is hosted by volunteers who offer interactive reading for children and free snacks.

Join their community center this summer to get out of the heat and enjoy snacks!



To see their other community events, visit: rosewoodinitiative.org/community-center



The Rosewood Initiative

16126 SE Stark St
Portland, OR 97233
10 am to noon, Every Tuesday

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.