



CareOregon Food Rx™ Newsletter

March
2018

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Urban Gleaners Mobile Markets



URBAN GLEANERS
FOOD FOR ALL

Urban Gleaners hosts several volunteer-run markets that offer free, fresh food in housing complexes and parks throughout Portland. These markets are open to anyone in need of food. Below are just a few locations.

Visit urbangleaners.org/need-food for more information and additional locations.



Rockwood Station Apt. Office

19100 E Burnside St, Portland
4:30 pm Mondays



Peninsula Park Community Center

700 N Rosa Parks Way, Portland
1 pm Wednesdays



East Portland Community Center

740 SE 106th Ave, Portland
2:30 pm Fridays



Stevens Creek Crossing Apt. Office

6300 N Lombard St, Portland
1:30 pm Sundays

St. Johns Food Share

St. Johns Food Share is a member-owned, volunteer-powered food sharing community.



To join, members pay just \$30 a month and volunteer a minimum of eight hours each month to shop in the Food Share store at no additional charge. The store stocks fresh produce, dairy products, protein and staples. Members select their own food items to meet their household needs.

Volunteer options include helping in the store, warehouse, office, truck driving, community outreach, membership recruitment and other activities.

For more information, visit:
stjohnsfoodshare.org/about



St. Johns Food Share

8100 N. Lombard St, Portland
503-286-0750

Metropolitan Family Services

Metropolitan Family Services partners with Oregon Food Bank to operate three school-based food pantry sites open to anyone.

They provide a three-to-five day supply of perishable and non-perishable pantry staples including beans, rice, cereal, oatmeal, pasta, frozen vegetables, milk, bread, eggs and meat.



For more information, visit:
metfamily.org/hungerrelief
or call 503-232-0007



Alder Elementary School

17200 SE Alder St, Portland
8:30 - 10 am Tuesdays



Glenfair Elementary School

15300 NE Glisan St, Portland
3 - 4:30 pm Tuesdays



David Douglas High School

South Building Cafeteria
1500 SE 130th Avenue, Portland
5 - 6:30 pm Thursdays

SnowCap Community Charities

SnowCap Community Charities provides emergency food to those living east of 82nd Avenue within Multnomah County. Community members may receive food up to once a month at SnowCap's shopping-style pantry.



To visit, individuals will need to bring proof of address dated within the last 30 days.

For more information, visit:
snowcap.org



SnowCap Community Charities

17805 SE Stark St, Portland
503-674-8785

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.