



March  
2019

# CareOregon Food Rx™ Newsletter

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March is National Nutrition Month, an educational campaign created by the Academy of Nutrition and Dietetics! This month's newsletter highlights free and affordable nutritional opportunities that will also get you moving.

For more information, visit: [eatright.org/food/resources/national-nutrition-month/national-nutrition-month](http://eatright.org/food/resources/national-nutrition-month/national-nutrition-month)

## SNAP update

The government shutdown has ended, and Oregonians who normally receive SNAP benefits between the first and the ninth of each month will receive their March benefits early. Benefits will arrive on March 1 to help those who were impacted by the extended gap between benefits.

For more information, visit: [oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/About-SNAP.aspx](http://oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/About-SNAP.aspx)

## Zenger Farm

Zenger Farm is a nonprofit farm and wetland that promotes sustainability, community development and access to fresh food. This month they are hosting a Community Dinner and a Community Cooking Workshop.

The dinner is focused on sharing stories over a nutritious meal. The workshop is a family-friendly opportunity to get you on your feet, make connections and cook a full meal.



Both events provide Spanish interpretation, child care and vegan options. The farm is accessible by public transport via TriMet No. 73 and 10 buses. The cost for each event is a sliding scale of \$5-\$15. However, no one will be turned away for lack of funds.

To RSVP, call: 503-282-4245.



### **Zenger Farm**

11741 SE Foster Road  
Portland, OR 97266  
4 - 6:30 pm Sunday, March 10  
5 - 7:30 pm Friday, March 22

## Gardening classes

The Oregon Food Bank hosts Seed to Supper, a free beginning vegetable gardening course.

The seedlings and plants are provided. The goal is to teach participants how to garden on a budget. This is a great opportunity to gain a new skill, get outside and learn to grow your own food.



To find a class near you, visit: [oregon-foodbank.org/find-help/classes/garden-ing-classes/](http://oregon-foodbank.org/find-help/classes/garden-ing-classes/)

## Neighborhood House

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Neighborhood House runs the largest food pantry on Portland's West Side. A family or household may receive two food boxes per month. The food boxes provide enough food for three to five days, and include breakfast, lunch and dinner (as available) supplies.



Neighborhood House often will also have donated baked goods, produce and extra perishable items outside at any time during their regular business hours. Please bring your own shopping bags. Their SW Hope community food drive kicks off March 6!

To check your eligibility, visit: [nhpdx.org/WhatWeDo/food.html](http://nhpdx.org/WhatWeDo/food.html)



### Neighborhood House

3445 SW Moss St  
Portland, OR 97219  
10 am to Noon & 1:30 - 5 pm  
Mondays & Wednesdays  
3 - 8 pm Thursdays

## Hereford House

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Hereford House is a nonprofit food pantry and social services agency. The food pantry provides healthy food options, fresh produce, pet food, personal care items and support. Hereford House also offers a transitional housing program for those who need assistance.



For more information, visit: [hereford-housepdx.org/about/](http://hereford-housepdx.org/about/)



### Hereford House

7704 N Hereford Ave  
Portland, OR 97203  
Noon to 2 pm Fridays & Saturdays

## Food Rx

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If you'd like to receive this newsletter every month, or have a suggestion for us, contact [foodrx@careoregon.org](mailto: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.