



November
2017

CareOregon Food Rx™ Newsletter

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Thanksgiving meals

Several organizations throughout the Portland metro area provide a free, hot Thanksgiving meal to those in need. Since supplies are often limited, be sure to arrive early for the best chance of receiving a meal.




Many of these organizations also offer meals and other services regularly throughout the year. Be sure to ask about their year-round services!

 **Cornelius Community Thanksgiving Dinner**
Cornelius Elementary School
200 N 14th Ave, Cornelius
Saturday Nov. 18; 4 - 7 p.m.


 **St. Vincent de Paul Community Café**
St. Anthony's school cafeteria
12645 SW Pacific Hwy, Tigard
Sunday Nov. 19; 5:30 - 6:30 p.m.


 **Portland Rescue Mission**
111 W Burnside St, Portland
Wednesday Nov. 22; 5:30 - 7:30 p.m.


 **Clay Street Table**
St. Stephen's Episcopal Parish
1432 SW 13th Ave, Portland
Thursday Nov. 23; 1 - 2 p.m.

 **Feast4Southeast**
Mt. Scott Community Center
5530 SE 72nd Ave, Portland
Thursday Nov. 23; 1 - 4 p.m.

 **Meals on Wheels**
Elsie Stuhr Center
5550 SW Hall Blvd, Beaverton
Thursday Nov. 23; 11 a.m to 2 p.m.

 **Proper Thanksgiving Feast-ival**
Celebration Tabernacle Church
8131 N Denver Ave, Portland
Thursday Nov. 23; noon - 4 p.m.

 **St. Phillip Neri Church**
Carvlin Hall
2408 SE 16th Ave, Portland
Thursday Nov. 23; 11 a.m. to 12:30 p.m.

 **Union Gospel Mission**
3 NW Third Ave, Portland
Thursday Nov. 23; 10 a.m. to 1 p.m.

Sunshine Division

Since 1923, the Portland Sunshine Division has provided food and clothing to families and individuals in need. They provide food assistance and new and gently used clothing six days a week.



A second Sunshine Division location on Stark street will open in mid November. Along with the opening is a new referral form (see attachment).

If you need assistance or want to learn more about their services, please call 503-823-2102 or visit sunshinedivision.org/

Holiday Food Box

The Sunshine Division also distributes Holiday Food Boxes. Registration opens on Nov. 1.

For eligibility information or to register, visit a Sunshine Division location or call 503-823-2102.

 **The Sunshine Division**
687 N Thompson St
 Portland, Oregon 97227

 **The Sunshine Division**
12436 SE Stark St
 Portland, Oregon 97233

The Pongo Fund

The Pongo Fund provides high-quality dog and cat food to feed the pets of senior citizens and others who receive meal deliveries from Meals On Wheels.

If you currently receive Meals On Wheels and are sharing your own meals with your pets because you cannot afford pet food, ask your Meals On Wheels driver to contact The Pongo Fund for assistance.



For additional information and to learn more about The Pongo Fund, call 503-939-7555 or visit thepongofund.org/the-pet-food-bank/meals-on-wheels/

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.