An OHSU student’s guide to accessing tasty and affordable food

Find the guide at ohsu.edu/studenthealth

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About the guide

Portland is the hub of all things food but often at a premium. Having access to nutritious and affordable food is incredibly important — as important as nailing that project or having a breakthrough after a tough study period. It is the fuel that allows us to do the amazing work we do here at OHSU. The students on OHSU’s Student Health Advisory Committee recognize that there can be many barriers to finding nutritious food that won’t break the bank.

As representatives of the student voice, they have put together this guide as an entry point for identifying places to purchase food in and around campus, areas to store and heat food, and referral information on available community resources.

Have suggestions on how to improve this guide? Send an email to shw@ohsu.edu.

This guide is part of a larger effort to improve students’ access to healthy and affordable food during their time at OHSU. To view other initiatives, visit the Student Food Resources website at https://o2.ohsu.edu/student-central/health-wellness/student-food-resources/index.cfm.
Hospital food? Yes! Best-kept secrets on campus

All OHSU students receive **10% discount at OHSU Food and Nutrition Services locations** (show badge at register)

**Shriners Hospital for Children cafeteria**
This is a great spot for low-cost, nutritious food. Limited hours. Check their [website](https://www.shrinershospitalsforchildren.org/portland/food-services) for details.

**Veterans Administration Hospital cafeteria**
Another good spot for low-cost food.

**OHSU Hospital cafeteria, 3rd floor**
$5 and $3.50 healthy meal options available from 11a.m. to 4a.m. (overnight) Monday-Friday.

**Mac Hall Bistro (Currently closed due to COVID-19)**
$5 bean and rice burrito available every day except the first Wednesday of the month, as well as a $4.75 baked potato bar on some Mondays.
**Sam Jackson Hall Café**
$9 Quick Bowls and Salad of the Week; includes choice of bottled water or 12 oz canned beverage product – including sparkling water

**Vesta’s Table (CHH2)**
New café at OHSU CHH building 2

**Restaurants on or near campus**

**Marquam Hill**
OHSU Farmers Market is open Tuesdays, 10 a.m. to 2 p.m., June through September, Mackenzie Hall lawn. Opens July 20, 2021

**South Waterfront**
Check out the [South Waterfront Community Relations website](#) for restaurant information.

**South Waterfront Farmers Market** is open Thursdays, 2 to 7 p.m., June through October, Elizabeth Caruthers Park. Opening July 1, 2021 after lifting COVID-19 restrictions.

**Elephant’s Deli at Robertson Life Sciences Building**
Elephant’s sells its breakfast food at 50 percent off after 3 p.m. and its hot food and expiring sandwiches at 50 percent in their last hour open. Their $20 gift cards are $2 off for the OHSU community. Download the Thanx app and attach a debit/credit card to be enrolled in their rewards program, which includes discounted or free food and drinks.

**The Fit Foods on SW Moody**
The Fit Food’s South Waterfront location offers 10% off for anyone with an OHSU badge.

**Vending machines**
There are three canteen machines on the campus offering traditional snacks as well healthful and organic snacks.

**Marquam Hill**
- Student Center, 1st floor
- Doernbecher Children’s Hospital, 9th floor (includes 2BU machine)
- OHSU Hospital Emergency Department waiting area
- OHSU Hospital, 12th floor (room 12B13)
- BICC/Library, 1st floor
- Mackenzie Hall, 1st floor (room 1162)
- Kohler Pavilion, 6th floor (surgery), 12th floor (room 12190) and 14th floor (room 14010)
- Multnomah Pavilion, 1st and 4th floors (room 4203)
- Physical Plant (Public Safety/badging office), room 250
- Physicians Pavilion Lobby and Suites 310 and 350
- Richard Jones Hall, 4th floor (includes 2BU machine)
- School of Nursing Student Lounge, 3rd floor, room 152B
School of Nursing Faculty Lounge, 4th floor, room 450
Vollum Institute, 2nd floor, room M244 (includes 2BU machine)
Campus Services Building, 4th floor
Casey Eye Institute, Lobby
Child Development Resource Center, first floor
Emma Jones Hall, Basement room 26
Gaines Hall, 1st floor near elevator G
Veteran's Affairs Hospital: There are also vending machines with healthier options on the 2nd floor, next to the sky bridge for cold beverages and snacks as well as in Building 100, room 1D-141 (outside the Food Court) available 24 hours-a-day with hot and cold beverages, food items, snacks, water.
Modular Building, 2nd floor, room 02012B

South Waterfront
- Robertson Life Sciences Building atrium/lobby, 1st floor
- Knight Cancer Research Building
- CHH2, 3rd floor

West Campus:
- VGTI Building
- ONPRC, Colony Annex
- ONPRC, Cooley #633
- ONPRC, Research (room 157)

Other locations
- Fifth Avenue Building, 4th floor, 6th floor (suite 650)
- Gabriel Park Family Health Clinic
- Marquam Building 1, room 280
- Marquam Building 2, room 390
- Bancroft building
- Logistics

Microwaves and refrigerator locations

Marquam Hill

Mac Hall Bistro
There are microwaves available for use on the 1st floor of Mackenzie Hall between Baird Hall and the Old Library Auditorium. Open 6:30 a.m. to 4 p.m. Monday through Friday.

Richard Jones Hall
There are microwaves available for use in the mezzanine of Richard Jones Hall.

School of Nursing student lounge
This is a coded space located on the South Wing 3rd floor, around the corner from classrooms 358/364. The student lounge has a fridge, microwaves, kitchen sink and vending machines with healthier choices for snacks. The vending machine takes credit cards, cash and coins. Please contact your SON administrator for the code.

Veterans Administration Hospital
There is a microwave available 24 hours a day in Building 100, room 1D-141 (outside the Food Court).
Student Center
There is a microwave in the student lounge. Open 6 a.m. to 10 p.m. Monday through Friday and 6 a.m. to 9 p.m. on Saturday.

Vollum Institute Synapse Café, 2nd floor
The café is closed, but a microwave is still accessible.

Sam Jackson Hall
This space is intended to serve medical students and School of Nursing midwifery students on call during their clinical experience curriculum. One refrigerator and one microwave located in the 4200 Medical Student Call Room.

South Waterfront
Robertson Life Sciences Building student lounge, 4th floor
This is a coded space open to all OHSU students and has microwaves, refrigerators and coffee makers.

3030 Moody Building
There is a microwave in the break room (room 137) off the main lobby.

Portland-area grocery stores
Here is the lowdown on local area grocery stores (ranked $ - $$$)

- **Fred Meyer** — Locals call it Freddy's (in other cities: Kroger, Ralph’s, Fry’s, King Soopers) and has everything food-wise you could ever need ($)
- **WinCo** — Inexpensive and great for dried/bulk goods and stocking up ($)
- **Safeway/Albertsons** — Many locations; Safeway downtown is convenient from the South Waterfront ($)
- **Trader Joe’s** — Great pre-made lunches and dinners, both frozen and fresh ($$)
- **Urbana Market** — Convenience store a few blocks from the tram at the south waterfront, 3550 SW River Parkway. ($$)
- **Zupan’s** — Various locations around Portland ($$$)
- **New Seasons Market** — Local grocery store chain offering a variety of regular and organic options, deli, bakery, hot meals, salad bar and bulk items. ($$ - $$$)
- **Whole Foods** — Many organic choices in addition to traditional grocery offerings. ($$$)

Fresh produce delivery

**Imperfect Produce**
Fruits and veggies for 30 percent to 50 percent less than grocery stores, delivered to your door.

**Community Supported Agriculture (CSAs)**
Purchase a membership in a local family farm to receive regular deliveries of fresh produce, often to your neighborhood.
- Vegetables from Heart and Spade Farm CSA shares are available from Student Health and Wellness in the summer and fall.
To purchase your own share visit https://www.heartandspadefarms.com/join-our-csa

Want to cook at home?

**Food Resource Center at the OHSU Student Center**
Located at the Student Center, OHSU’s new Food Resource Center (FRC) provides students with 10 staple grocery items of their choice per week at no cost. The FRC also provides hygiene items for students. If needed, delivery can be arranged on a monthly basis.

Try these recipes for good food at a good price:

- Leanne Brown’s *Good and Cheap. Eat Well on $4/Day*. Download the PDF for free.
- Oregon Food Bank’s *Cooking Matters Classes*. 6-week course to help participants shop and cook on a limited budget.

**Oregon State University Food Hero**

What else is available around Portland?

Being a student can often mean stretching an already tight budget. We also recognize that not getting nutritional needs met can have a significant impact on academic achievement. There are local, community resources that you and your family may be eligible for. We encourage you to check out these resources.

**Oregon Food Bank**
Check out the Food Finder app on their website, a searchable list of agencies that provide free food, meals and groceries, food pantries and food services. They also offer free gardening lessons.

**Portland State University Harvest Share**
Harvest Share is a free market that brings free fresh vegetables and fruit to the SW Park Blocks the second Monday of the month at noon, rain or shine, first come, first served. This is open to the greater PSU community, which includes OHSU students.

Find additional resources for PSU-OHSU students here.

**211 Info: Food Assistance**
Dial 211, text your zip code to 898211 or email help@211info.org to find out more information about food programs in your neighborhood.

**WIC: Women, Infants and Children**
Check this website for a pre-screening tool to find out if you may be eligible.

**Supplemental Nutrition Assistance Program (SNAP)**
Check out the eligibility tool to find out if you may qualify. There is a separate list of criteria for students of higher education seeking SNAP benefits. Oregon Farmers Markets
matches SNAP benefits. Check to see if your neighborhood farmers market matches your SNAP benefit.

**Multnomah County Child Hunger Coalition**
Check out their interactive map of food access-related resources including information about community gardens and farmer’s markets.

**The Oregon Summer Food Service Program (SFSP)**
SFSP provides nutritious meals to children during the summer. Children who normally receive free or reduced-price meals when school is in session are eligible. These meals are often linked to free, fun, outdoor summer activities.

**Benefits.gov**
A central location to help you determine eligibility for government benefits including health insurance, energy assistance, childcare assistance, as well as many other local resources.

**OHSU personal finance and debt counseling**
There are resources at OHSU to assist you in better understanding your individual financial challenges and to help with personal finance, educational debt planning and budgeting.

**Eater's Free Meals in Portland**
For a list of free and reduced-price meals served by kitchens around Portland, check out Eater’s list of locations, times, and more information for those in need.