



## An OHSU student's guide to accessing tasty and affordable food

Find the guide at [ohsu.edu/jbt-health](https://ohsu.edu/jbt-health)

## About the guide

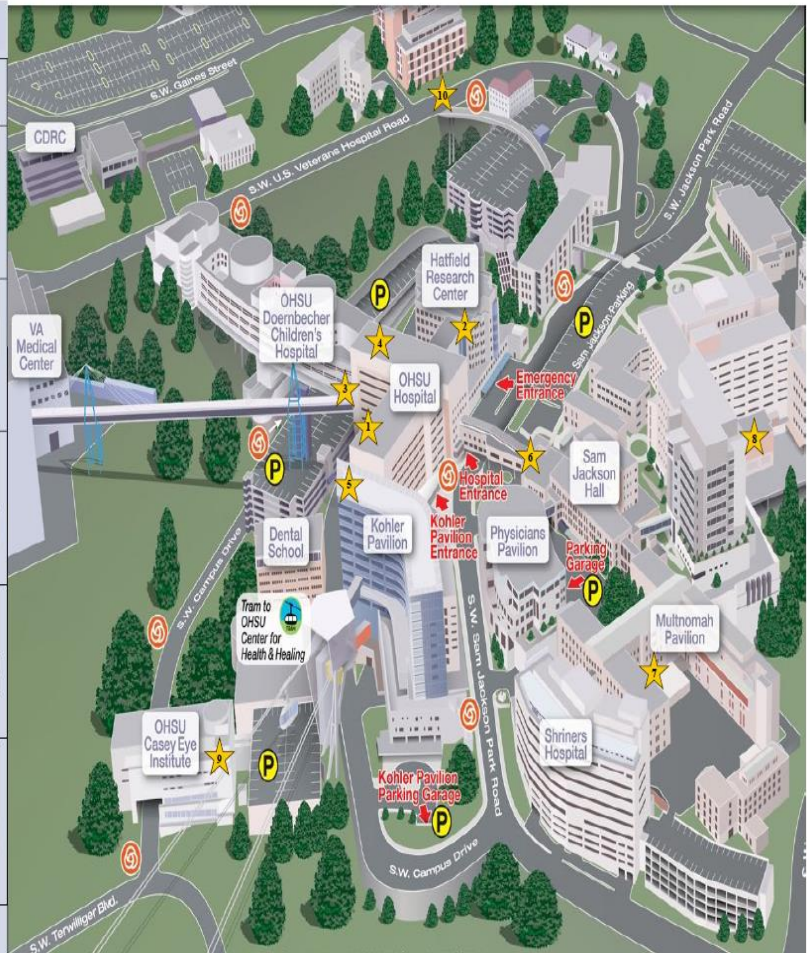
Portland is the hub of all things food but often at a premium. Having access to nutritious and affordable food is incredibly important — as important as nailing that project or having a breakthrough after a tough study period. It is the fuel that allows us to do the amazing work we do here at OHSU. The 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 [askJBThealth@ohsu.edu](mailto:askJBThealth@ohsu.edu).

## OHSU cafes on campus

OHSU Food & Nutrition Department Café Way Finding			
Full Service	Natural Foods	Espresso	Quick Serve
<b>Cafe on Third</b> ★ Made-to-Order, Grab-n-Go, Soup & Salad Bar Open 24 Hrs. 3rd floor OHSU	<b>Plaza Café, Deli &amp; Espresso</b> ★ American Cuisine, Daily Specials Breakfast 6:30-10am M-F Lunch 11am-2pm M-F Espresso 6:30am-3pm M-F 9th floor Hatfield Research Center		
<b>Sky Bridge Espresso</b> ★ Pastries, Grab-n-go, Hot & Cold Beverages Open 6am-3pm M-F 9th floor OHSU @ VA Sky Bridge	<b>It's All Good @OHSU</b> ★ Experts in healthy snacking 8am-7pm M-F 9am-4:30 Sa 9th floor OHSU		
<b>Summit Espresso</b> ★ Coffee, Tea, Cold Drinks, Grab-n-Go, Pastries & Snacks Open 6:30am-4pm M-F 9th floor OHSU	<b>Sam's</b> ★ Full service Espresso, Pastries, Grab & Go Open 6:30am-4pm M-F 1st floor Sam Jackson Hall		
<b>Pavilion</b> ★ Hot & Cold Drinks, Grab-n-Go, Natural Foods, Soup & Salad or Sandwich Bar, 6:30am-3pm M-F 1st floor Multnomah Pavilion	<b>Mac Hall Bistro &amp; Espresso</b> ★ Hot Breakfast 7-10am M-F Lunch 11am-2pm M-F Espresso 7am-2:30pm M-F 1st Floor MacKenzie Hall		
<b>It's All Good @Casey Eye &amp; 20/20 Cafe</b> ★ Hot & Cold Drinks, Grab-n-Go, Entrees, Salad or Sandwich Bar and Natural Foods IAG @ CEI M-F 6:30am to 2pm M-F 20/20 7-4pm M-F 1st floor Casey Eye Institute	<b>Nightingale's</b> ★ Full service Espresso, Pastries, Grab & Go Open 7:30am-3pm M-F 1st floor School of Nursing		
<b>OHSU Farmer's Market</b> Local vendors with produce, fresh entrees, special treats, & live music Tuesdays only 10am-2pm June-September @MacKenzie Hall fountain			



This publication courtesy of OHSU Food & Nutrition Services. Contact: sullivan@ohsu.edu Map inset: OHSU Campus Planning, Development and Real Estate. Updated 02/19/2016 aia.

## Hospital food? Yes! Best-kept secrets on campus

### Shriners Hospital for Children cafeteria

This is a great spot for low-cost, nutritious food.

### Veterans Administration Hospital cafeteria

Another good spot for low-cost food.

### **OHSU Hospital cafeteria, 3<sup>rd</sup> floor**

A \$5 lunch option available every day.

## 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.

### 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.

## Vending machines

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

### Marquam Hill

- Student Center, 1<sup>st</sup> floor
- Doernbecher Children's Hospital, 9<sup>th</sup> floor (includes 2BU machine)
- OHSU Hospital Emergency Department waiting area
- OHSU Hospital, 12<sup>th</sup> floor (room 12B13)
- BICC/Library, 1st floor
- Mackenzie Hall, 1<sup>st</sup> floor (next to room 1162)
- Kohler Pavilion, 6<sup>th</sup> floor (surgery), 12<sup>th</sup> floor (room 12190) and 14<sup>th</sup> floor (room 14010)
- Multnomah Pavilion, 1<sup>st</sup> and 4<sup>th</sup> floors (room 4203)
- Physical Plant (Public Safety/badging office), room 250
- Physicians Pavilion lobby and suites 310 and 350
- Richard Jones Hall, 4<sup>th</sup> floor (includes 2BU machine)
- School of Nursing student lounge, 3<sup>rd</sup> floor, room 152B
- School of Nursing faculty lounge, 4<sup>th</sup> floor, room 450
- Vollum Institute, 2<sup>nd</sup> floor, room M244 (includes 2BU machine)
- Campus Services Building, 4<sup>th</sup> floor  
Casey Eye Institute, Lobby
- Child Development Resource Center, first floor
- Emma Jones Hall, basement room 26
- Gaines Hall, 1<sup>st</sup> floor near elevator G
- Veteran's Affairs Hospital: There are also vending machines with healthier options on the 2<sup>nd</sup> 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.



## **South Waterfront**

- Robertson Life Sciences Building atrium/lobby, 1<sup>st</sup> floor

## **Other locations**

- Fifth Avenue Building, 4<sup>th</sup> floor, 6<sup>th</sup> floor (suite 650)
- Gabriel Park Family Health Clinic
- Marquam Building 1, room 280
- Marquam Building 2, room 390
- West Campus/Oregon National Primate Research Center: Animal Services, Basement (room 104). Colony Annex, Cooley #633, Research (room 157)

## **Microwaves and refrigerator locations**

### **Marquam Hill**

#### **School of Nursing student lounge**

This is a coded space located on the South Wing 3<sup>rd</sup> 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, 2<sup>nd</sup> 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, 4<sup>th</sup> floor**

This is a coded space open to all OHSU students and has microwaves, refrigerators and coffee makers.

## Other good deals

### Elephant's Deli at Robertson Life Sciences Building

Elephant's sells its hot food and expiring sandwiches at 50 percent off after 6 p.m. each evening.

## 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.

## Want to cook at home?

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](mailto: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.