Nutrition Classes

**Cooking Matters**  
Clark County Food Bank (WA)  
[https://www.clarkcountyfoodbank.org/nutritioneducation](https://www.clarkcountyfoodbank.org/nutritioneducation)

**Seed to Supper** (learn to garden on a budget)

Nutrition education program designed to address causes of hunger by sharing knowledge and teaching skills for healthy living.

**The Kitchen at Middleground Farms**  
4651 SW Homesteader Rd  
Wilsonville  
503-746-3030  
[https://middlegroundfarms.com/](https://middlegroundfarms.com/)

Classes designed for the at-home chef from beginner to advanced. Focus on food from scratch, using local & seasonal ingredients.

**Providence Milwaukie Community Teaching Kitchen**

Learn essential preparation and cooking skills as well as evidence-based nutrition information. Prepare affordable meals that are nutritious and delicious. Classes are led by Providence experts and community partners.

The Family Market is an onsite resource that is intended to provide reliable access to healthy food for those who face food insecurity and are referred by their health provider.  
[Providence Milwaukie Community Teaching Kitchen](https://oregon.providence.org/our-services/p/providence-milwaukie-community-teaching-kitchen/)

**Nourish Northwest**  
5105 SE Hawthorne Blvd, Portland  
503-504-2894  

Cooking classes taught by registered dietitians. Whole foods based; seasonal & local ingredients.