

Nutrition Classes

Cooking Matters

Clark County Food Bank (WA)

<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/>

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

Nourish Northwest

5105 SE Hawthorne Blvd, Portland
503-504-2894

<http://nourishnorthwest.com/>

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

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