On Campus Resources

Nutrition Counseling:
SHAC offers nutrition counseling for students who would like to work on their eating and relationship with food.
Make an Appointment with the staff nutritionist by calling:
(503) 725-2800
For more information:
www.pdx.edu/shac/nutrition

Wellness and Health Action Team (WHAT) is a group of five undergraduate students who strive to be a healthy presence on campus, encouraging and empowering students to make healthy choices for themselves and their families.

Wellness and Health Action Team
what@pdx.edu

Markets and Resources

International and Local
International Markets

Mexican:
Amigo’s- 710 NE Killingsworth St.

Eastern European:
Anoush Deli- 1710 NE 122nd Ave.

Pan Asian:
Uwajimaya- 10500 SW Beaverton- Hillsdale Hwy. Beaverton
Fubonn Shopping Center- 2850 SE 82nd

Indian:
Apna Bazaar- 1815 NW 169th Pl. Beaverton

Pan African:
African International Food Market 922 N. Killingsworth

Caribbean:
Caribbean Spice- 4516 NE 42nd Ave.

Latin American:
Dashen International Groceries- 3022 NE Glisan St.

Mediterranean:
Zaky Grocery- 6922 NE Glisan St.

Pacific Islands:
Island Foods- 1463 NE Killingsworth St.

Italian:
2138-2140 E. Burnside St. closed Monday- Tuesday

Middle Eastern:
Pars International Market- 12923 NW

Grocery Stores accessible by transit:

Safeway
1010 SW Jefferson
(A quick few block walk)

Whole Foods Market
1210 NW Couch St.
(Take NS or CL streetcar to NW 10th and Couch, walk 2 blocks west)

Trader Joe’s
2122 NW Glisan
(Take NS Streetcar to NW 21st and Northrup, walk 7 blocks south)

Fred Meyer
100 NW 20th Pl
(Take NS or CL Streetcar to NW 10th and Couch, walk 1 block south and 10 blocks west)

PSU Farmers Market
Right in the middle of campus on Saturday mornings. A great place to buy delicious, local produce straight from the farmers.

All other places are accessible by streetcar, bus, or MAX. Type in the address in the trip planner at trimet.org