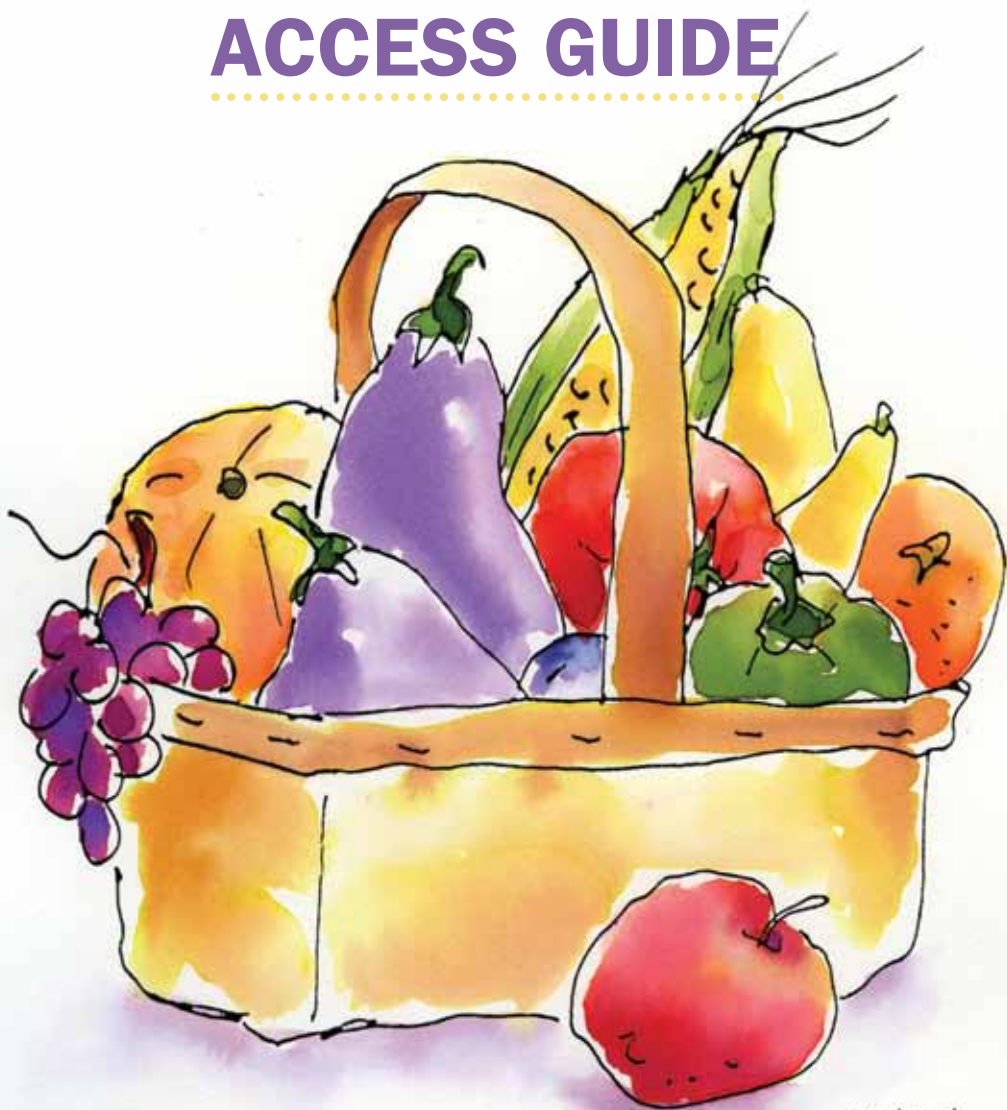


Los Angeles
Fresh Food
ACCESS GUIDE





FRESH FOOD ACCESS GUIDE

This Fresh Food Access Guide is now in its third edition. It is produced by the Urban & Environmental Policy Institute (UEPI), a social justice – and food justice – organization at Occidental College. UEPI is committed to a social justice agenda by connecting ideas and actions to create a more just, livable, and green society. Several of our programs, such as Farm to School, Farm to Preschool, Farm to WIC, Regional Food Systems, and the Healthy School Food Coalition, address the issues presented in this guide and identify strategies for change that can help all of us become ethical eaters.

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INTRODUCTION

Eating is

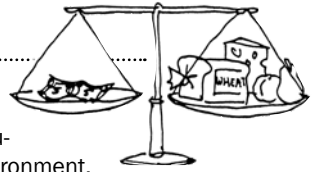
so much more than selecting food for yourself or your family, preparing it in a tasty way, and reaping the nutritional and long-term health impact that the food delivers. It is also...

A SOCIAL ACT

Eating is a social act when you take into consideration who grows or makes your food and where it is produced. It is important that the companies that you support with your food dollars – growers, producers, processors and distributors – treat the people they employ in ways that support their well-being. These connections and relationships between employers and employees, and between yourself and those who produce your food, **make eating a social act.**

AN ECONOMIC ACT

Eating is an economic act when you consider where your food dollars go. When you buy locally produced and sustainably grown food, your money stays in your community, strengthens the local economy, is better for the environment, creates and sustains local jobs, and ultimately benefits your family, neighbors, and friends. However, most food dollars support a different type of food system – one where food production and distribution is dominated by global food companies, the food is industrially grown and produced, and those who work within the system are exploited. Engaging in the conscious choice of what type of food system to support **makes eating an economic act.**



AN ENVIRONMENTAL ACT

Eating becomes an environmental act when you consider how many pesticides and environmentally harmful inputs are used to produce many of the foods available in the US. When foods are shipped long distances by truck, rail, or plane, pollutants are emitted from the fossil fuels they burn. When those same foods are produced by unsustainable industrial methods, they carry a heavy environmental footprint and generate substantial negative environmental impacts. Food that comes from nearby farms and is grown sustainably has far fewer environmental impacts. Consideration of where and how food is produced **makes eating an environmental act.**

A POLITICAL ACT

No matter what food choices you make, it is important to understand the impact these choices have on you as well as the people and world around you. Laws, regulations, and countless other governmental actions strongly influence how food is grown and produced and the various choices that eaters can make. These choices help create the world we live in and can lay the groundwork for creating what we would call an “ethical eater.” In this way, such choices **make eating a political act.**

Making knowledgeable choices about the food we eat means that we recognize where our food comes from, how it is produced, who produces it, and under what conditions. There are many choices to make, and we hope that this guide will help you find and choose food as an “ethical eater,” thereby becoming involved in shaping the kind of community and world we live in.



Food matters.

The types of foods you consume influence how much energy you have, how you look and feel, and your overall health. Eating balanced and nutritious meals, paying attention to portion control, and exercising daily can help you lead a long, healthy life.



OBESITY

The terms “overweight” and “obesity” mean that a person’s weight is greater than what is considered healthy for a given height. The terms also identify ranges of weight that may increase the likelihood of suffering from certain diseases and other health problems. While maintaining a healthy weight is one important contributor to overall wellbeing, other factors such as physical activity levels and family history also contribute to health and longevity.

Definitions for Adults

For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the Body Mass Index, or BMI for short. BMI measures body fat.

To learn more about Body Mass Index and use a BMI calculator to find your own BMI, visit the Center for Disease Control and Prevention website at www.cdc.gov/healthyweight/.

BMI Categories¹:	
Underweight =	less than 18.5 kg/m ²
Normal weight =	18.5-24.9 kg/m ²
Overweight =	25-29.9 kg/m ²
Obesity =	30 kg/m ² or more

Obesity in the United States is Rising

Obesity is an epidemic that has a significant impact on our nation’s health. Some of the leading causes of preventable death, including heart disease, stroke, type 2 diabetes, and certain kinds of cancer, can be obesity-related.² Additionally, almost \$150 billion a year in medical costs are attributed to the effects of obesity.³

Today, 69% of all adult Americans are overweight, and more than half of those adults are obese.⁴ Among children ages 2-19, a third are overweight,⁵ and about one in six are obese.⁶ High rates of childhood obesity are particularly concerning since overweight adolescents have a 70% chance of becoming overweight adults.⁷

¹ “About BMI for Adults.” *Centers for Disease Control and Prevention*. 13 September 2011. Web. 17 February 2013. http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.

² “Adult Obesity Facts.” *Centers for Disease Control and Prevention*. 13 August 2012. Web. 4 March 2013. <http://www.cdc.gov/obesity/data/adult.html>.

³ *Ibid.*

⁴ “Obesity and Overweight.” *Centers for Disease Control and Prevention*. 10 October 2012. Web. 17 February 2013. <http://www.cdc.gov/nchs/fastats/overwt.htm>.

⁵ “Childhood Obesity Facts.” *Centers for Disease Control and Prevention*. 19 February 2013. Web. 4 March 2013. <http://www.cdc.gov/healthyyouth/obesity/facts.htm>.

⁶ Ogden, Cynthia et al. “Prevalence of Obesity in the United States, 2009-2010.” *Centers for Disease Control and Prevention*. 17 January 2012. Web. 4 March 2013. <http://www.cdc.gov/nchs/data/databriefs/db82.htm>.

⁷ “Overweight in Children and Adolescents.” *Surgeon General*. US Department of Health & Human Services, n.d. Web. 13 February 2013. <http://www.surgeongeneral.gov/library/calls/obesity/factsheet06.pdf.pdf>.



In Los Angeles County:

- More than half of all adults are overweight or obese.⁸
- 68% of Latinos, 67% of African Americans, 54% of Whites, and 33% of Asians are overweight or obese.⁹
- 25% of children are overweight.¹⁰
- Forty percent of adults and 47% of children eat fast food at least once a week.¹¹

DIABETES

Over twenty-five million people in the United States – or 8.3% of the population – are living with diabetes, though about a third of those people remain undiagnosed.¹² There are two types of diabetes, both caused by problems with insulin, a hormone that helps regulate blood sugar.

Type 1 diabetes most often appears in childhood or adolescence and causes high blood sugar when the body can't make insulin.

Type 2 diabetes is more common than type 1 diabetes and is linked to obesity and physical inactivity. Over 90% of all cases of diabetes are type 2 diabetes. Type 2 diabetes used to be diagnosed primarily in older people, but now it is found in people of all ages.¹³ Due to the rise of type 2 diabetes in children as young as eight years old, the disease is no longer referred to as “adult-onset diabetes.”¹⁴



People who are overweight are much more likely to develop type 2 diabetes than people who have healthy weights. Being overweight puts added stress on the body's ability to properly control blood sugar using insulin. Almost 85% of people with type 2 diabetes are overweight.¹⁵

For more information about diabetes in English or Spanish, visit the National Institute of Diabetes and Digestive and Kidney Diseases website at www.niddk.nih.gov/.

⁸ “2007 Health Survey data.” *County of Los Angeles Public Health Department*. 2007. Web. 17 February 2013. <http://dqqs.publichealth.lacounty.gov/>.

⁹ *Ibid.*

¹⁰ *Ibid.*

¹¹ “Key Indicators of Health by Service Planning Area.” *Los Angeles County Department of Public Health*. June 2009. Web. 7 March 2013. <http://www.publichealth.lacounty.gov/docs/keyindicators.pdf>.

¹² “2011 National Diabetes Fact Sheet.” *Centers for Disease Control and Prevention*. 2011. Web. 17 February 2013. http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf.

¹³ *Ibid.*

¹⁴ Brownell, Kelly and Kenneth Warner. *The perils of ignoring history: Big tobacco played dirty and millions died. How similar is big food?* *The Milbank Quarterly*, Vol. 87, No. 1. 2009. Pgs. 259-294.

¹⁵ “Do You Know the Health Risks of Being Overweight?” *Weight-control Information Network*. National Institute of Diabetes and Digestive and Kidney Diseases, December 2007. Web. 17 February 2013. http://win.niddk.nih.gov/publications/health_risks.htm#type2.



CHOLESTEROL

What is cholesterol?

Cholesterol is a fatty substance made by the liver and found in all parts of the body. The body uses cholesterol to make hormones, vitamin D, and the bile acids that help digest fat. It takes only a small amount of cholesterol in the blood to digest fat. Total cholesterol levels of less than 200 mg/dL are optimal.¹⁶

What is good cholesterol and bad cholesterol?

Everyone has two kinds of cholesterol, HDL and LDL. The ratio of “good” HDL to “bad” LDL cholesterol should be approximately 5:1.¹⁷ This ratio can be determined by your doctor.

What is high blood cholesterol?

High blood cholesterol occurs when there is too much cholesterol in the blood. The risk of getting heart disease or having a stroke goes up when a person’s cholesterol level is too high.

What affects cholesterol levels?

A number of things influence cholesterol. Some you can change, like eating less saturated and trans fat, exercising, and maintaining a healthy weight. Other factors like age, gender, and family history influence cholesterol levels and are out of your control.

To lower high blood cholesterol and decrease the chance of heart disease, you can improve your diet, lose weight, exercise more, and quit smoking. The National Cholesterol Education Program (NCEP) recommends that everyone over the age of 20 have their cholesterol checked every five years.

For more information, contact The National Cholesterol Education Program at (301) 592-8573 or visit www.nhlbi.nih.gov/about/ncep/.

¹⁶ “What Your Cholesterol Levels Mean.” *American Heart Association*. 26 February 2013. Web. 12 March 2013. http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp.

¹⁷ *Ibid.*

MYPLATE

In 2011, the United States Department of Agriculture (USDA) developed **MyPlate**, new easy-to-understand healthy eating guidelines to replace the food pyramid.¹⁸ MyPlate is designed so that if you follow its format when filling a regular 9-inch dinner plate, you should get a balanced meal. The USDA also offers its SuperTracker tool, which helps you choose the foods and amounts that are right for you, then track what you eat and how much you exercise. Get started at www.SuperTracker.usda.gov/.



The USDA offers these general guidelines for healthy eating:

Grains - Make half of your grains whole grains.

Fruits & Vegetables - Make half of your plate fruits and veggies.

Dairy - Switch to fat-free or low-fat (1%) milk.

Protein - Go lean with protein.

Drinks - Choose water instead of sugary drinks.

Portion Control - Enjoy your food, but eat less.

For more information in English, visit www.choosemyplate.gov/.

For information in Spanish, visit www.choosemyplate.gov/en-espanol.html.

ADVERTISING, MARKETING, AND THE MEDIA

Children spend a large amount of their time watching TV and commercials. An average child watches television for 23 hours a week¹⁹ and sees an average of 5,500 food commercials a year.²⁰

Commercials influence what children think they know about food and what foods they choose to buy or ask their parents to buy. The food industry spends \$2 billion annually on marketing directed at children and youth. Ninety-eight percent of food marketed to children is high in sugar, fat, and salt, such as candy, fast food, snack food, soft drinks, and sweetened breakfast cereals.²¹

¹⁸ [ChooseMyPlate.gov](http://www.choosemyplate.gov/). U.S. Department of Agriculture, n.d. Web. 17 February 2013.

¹⁹ McDonough, Patricia. "TV Viewing Among Kids at an Eight-Year High." *NielsenWire*. 26 October 2009. Web. 17 February 2013. http://blog.nielsen.com/nielsenwire/media_entertainment/tv-viewing-among-kids-at-an-eight-year-high/.

²⁰ Bittman, Mark. "The Right to Sell Kids Junk." *New York Times*, 27 March 2012. Web. 17 February 2013. <http://opinionator.blogs.nytimes.com/2012/03/27/the-right-to-sell-kids-junk/>.

²¹ "Food Marketing Facts." *Rudd Center for Food Policy and Obesity*. Yale University, n.d. Web. 17 February 2013. <http://www.yaleruddcenter.org/resources/upload/docs/what/advertising/FoodMarketingFacts.pdf>.

You can help your children become savvy consumers by talking to them about marketing. Explain to your children how advertising uses tricks to try to get consumers to buy things. Limit the number of hours your children spend in front of the television and online. Watch television together so you can discuss the content of the programming and commercials. You can even make a game out of identifying sneaky advertising tactics!



For more information, contact the Campaign for Commercial-Free Childhood at (617) 896-9377 or www.commercialfreechildhood.org/.

COMMUNITY FOOD SYSTEMS

Sometimes, no matter how much you know about eating healthfully, it can be difficult to make those choices if healthy options are not available. Healthy food choices are often hard to find in low-income neighborhoods and communities of color. In Los Angeles and across the country, community members are coming together to make changes.

What is a community food system?

A food system consists of all of the actions that go towards feeding people: growing crops, harvesting crops, processing crops into food, packaging foods, transporting foods to the store, marketing foods to make them appealing, consuming food, and disposing of food. A food system can determine where people eat, what they eat, what kinds of jobs people who grow and make food have, and the way food production and consumption impacts the environment.

In a community food system, food is grown, processed, distributed, and consumed in ways that are good for the environmental, economic, social, and nutritional health of a community. A community food system supports the long-term health of the local economy and environment, and the social well being of the community.



FOOD from the STORE

It is possible

to shop on a budget and eat a healthy diet. With a little planning and time, you can replace unhealthy foods in your diet with nutritious, inexpensive options.

EATING HEALTHY ON A BUDGET

Eat well

A healthy diet includes foods from all of the food groups. Healthy meals should include whole grains, fruits, vegetables, and protein. Lots of foods—like meats, fruits, and vegetables—can be purchased when they are on sale and frozen for use later.

Cook from scratch

Many of the boxed, canned, frozen, and pre-packaged foods you can buy at the store are expensive and high in calories, fat, sodium, and sugar. Packaged foods may save time, but they are often less healthy and more expensive than making the same food yourself at home. For instance, one way to save money and maintain nutritional quality is to cook dried beans instead of using canned beans.



Be a Smart Shopper

- **Make a list.** Plan a weekly menu before you shop. Write a shopping list, and then stick to it.
- **Avoid impulse buying.** An impulse buy is when an item is not on your shopping list, but you make a quick decision to get it anyway. Many times, unhealthy snacks like candy and chips are displayed near the checkout stand because the food companies hope you will make an impulse buy as you wait in line.
- **Be careful with coupons.** Coupons can help you save money. However, coupons can be misleading if you pay more for a product than you would have for another brand of the same thing. Buy something because it is on your list and the best price, not because you have a coupon.
- **Give yourself time.** Never shop on an empty stomach or when you don't have enough time. Being hungry or rushed can lead you to buy too much food or pick products you don't need.
- **Always check expiration dates.** Sometimes food is only on sale because it is starting to go bad. To keep from getting sick, always check the expiration dates, especially on foods like meat and milk products.
- **Eat in season.** To save money on fruits and vegetables, learn what fruits and vegetables grow at different times of the year. Fruits and vegetables that are in season (meaning they are being harvested from fields in the same season you are shopping for them) are usually less expensive and better quality.



- **Compare price and size.** When choosing between different sizes of the same product, compare the cost per ounce. This number is often provided on the store's shelf label but, if it isn't, you can calculate it yourself. Divide the price by the number of ounces in the product. Choose the size of the product with the lowest price per ounce to save money.



- **Buy in bulk... when it makes sense.** Save time and money by buying in bulk, but only when it makes sense.
 - Buy things in bulk that your family likes and will use before the expiration date.
 - Not all bulk items are bargains. Make sure you are saving money by checking the price per ounce or piece.
 - Make sure you have enough space to store bulk products.
 - Beware! Buying in bulk can lead families to overeat or eat too quickly.

NUTRITION LABELS MADE EASY²²

It's easier to make the most nutritious food choice when you know how to read the nutrition facts label found on packaged foods. Nutrition labels also make it easier for you to compare similar products. Here we'll talk about what each section of the Nutrition Facts label means.

Serving size helps you figure out how much food you consume, and compare a food to similar products. Serving size is provided in familiar units, such as cups or pieces, followed by the number of grams. Look at how many servings there are in the food package, then figure out how many servings you usually consume when eating this food. For example, if you eat half the container, is that amount a ½ serving, 1 serving, 2 servings, or more? If it is 2 servings, then you need to double the Percent Daily Value, or %DV. If it is a ½ serving, you would divide the %DV numbers in half.

Daily Values are based on the recommendations for consumption of key nutrients for a person who eats 2,000 calories a day. You might not know how many calories you consume in a day, but you can still use the %DV as a frame of reference. The %DV helps you see if a serving of food contains a lot or a little of a certain nutrient.

Calories provide a measure of how much energy you get from a serving of the food item. Remember, the more servings you eat, the more calories you consume. The FDA recommends 2,000 calories a day for the average adult. However, many Americans consume more calories

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90	Calories from Fat 30		
Total Fat 3g	5%		
Saturated Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	300mg	13%	
Total Carbohydrate	13g	4%	
Dietary Fiber	3g	12%	
Sugars	3g		
Protein	3g		
Vitamin A	80%	Vitamin C	0%
Calcium	4%	Iron	4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
Calories:	2,000	2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
<small>Calories per gram</small>			
	Fat 9	Carbohydrate 4	Protein 4

²² This section adapted from "How to Understand and Use the Nutrition Facts Label." *Food and Drug Administration*. 2 March 2013. Web. 7 March 2013. <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>.



than they need without meeting recommended intakes for nutrients. Here are ways to maintain a balanced diet:

- **Limit fat, cholesterol, and sodium** – Fat, cholesterol, and sodium are the nutrients that are listed first. Americans generally consume too much of these. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk for certain chronic diseases, like heart disease, some cancers, or high blood pressure. Health experts recommend that you keep your intake of saturated fat, trans fat, and cholesterol as low as possible as part of a nutritionally balanced diet.
- **Increase fiber, vitamins, and minerals** – Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases, including heart disease and osteoporosis. The %DV of these nutrients is identified towards the bottom of the nutrition label.



Remember: You can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.

For more information, contact the FDA at (888) INFO-FDA or visit www.fda.gov/food/.

NUTRITIOUS SNACKS

Most children need to snack in the afternoon so that they have energy to make it through the day. Students who eat a nutritious snack after school have energy to play outside, stay active, concentrate, and finish their homework. Here are some suggestions for healthy snacks:

Dip – Children can dip cut veggies, baked tortilla chips, whole-wheat crackers, or pita triangles into low-fat dressing, hummus, bean dip, or salsa. Sliced fruit can be dipped in yogurt or applesauce.

Freeze – Most children think of frozen snacks as special treats. Instead of eating ice cream and snow cones, frozen treats can be made from fruit. For example, frozen grapes and bananas make a fun snack. Peaches, nectarines, and all kinds of berries can be frozen and later blended with juice, milk, or yogurt to make a delicious and nutritious milkshake or smoothie.

Substitute – Some dessert foods can actually become a part of a healthy and well-balanced diet. Make cookies and muffins with applesauce instead of cooking oil or butter to reduce fat. Use whole-wheat flour instead of white flour to add dietary fiber. Add dried fruit, nuts, and oats to desserts to make them more nutritious. Replace ice cream with low-fat frozen yogurt or pudding made with nonfat milk, and freeze into popsicles. Top cake with fresh fruit instead of frosting.

Be prepared – Hungry kids will eat what is easiest, fastest, and in front of them. It is easier to eat a bag of chips than to cut and peel an apple, so be prepared! Make a variety of nutritious snacks ahead of time, then designate a shelf of your kitchen or refrigerator as the snack shelf. Make sure to include a variety of snacks from all the food groups, so children have a well-balanced diet and don't get bored of eating the same food.



Other favorites

Fruit kabobs: Gather together a variety of bite-sized fruit like melon balls, berries, pineapple chunks, peaches, pears, and apples. Spear the fruit onto toothpicks or skewers for fun fruit kabobs. If using canned fruit, try to pick cans that pack fruit in 100% juice or water instead of syrup. Fruit kabobs can help you meet at least five servings a day of fruits and vegetables.



Mini sandwiches: Use ingredients for tasty sandwiches like lean meat, cheese, lettuce, shredded carrots, and sprouts, and cut the sandwiches with mini cookie cutters to make them more fun to eat. If you don't have cookie cutters, mini sandwiches can also be made with wholegrain crackers instead of bread.

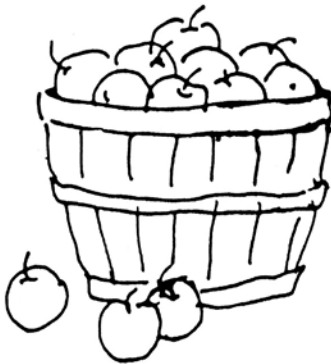
Mini pizzas: Use an English muffin, whole-wheat pita, or a tortilla for the crust. Pile on tomato sauce, low-fat mozzarella cheese, and chopped vegetables or lean meat. Heat in the toaster oven or microwave and enjoy!

Popcorn: Hot-air popcorn is inexpensive, high in fiber, and low in calories. Beware of adding butter, since it adds fat.

BUYING ORGANIC

Organic food is grown without using most conventional pesticides, synthetic fertilizers, bioengineering, or ionizing radiation. Organic meat, poultry, eggs, and dairy products come from animals that do not receive antibiotics or growth hormones. The USDA organic label is given to farms that follow their regulations and pass an inspection.

For more information on the USDA National Organic Program, call (202) 720-3252 or visit www.ams.usda.gov/. For information on where to buy organic in California, visit the California Certified Organic Farmers web site at www.ccof.org/.



Did you know?



The Environmental Working Group researches which types of fruits and vegetables have the most pesticide residues. Pesticide residues are pesticides that are still on food when you buy it. They identified the 12 most contaminated foods and the 15 least contaminated foods. If you can, buy organic versions of the most contaminated food items. However, it's always good to eat fruits and vegetables, even if you can't buy organic.

“Dirty Dozen”

The twelve most contaminated produce items. Buy organic whenever possible!²³

- | | | |
|---------------------------|--------------------------|------------------|
| 1. Apples | 5. Cucumbers | 9. Peaches |
| 2. Bell Peppers | 6. Grapes | 10. Potatoes |
| 3. Blueberries (domestic) | 7. Lettuce | 11. Spinach |
| 4. Celery | 8. Nectarines (imported) | 12. Strawberries |

“Clean 15”

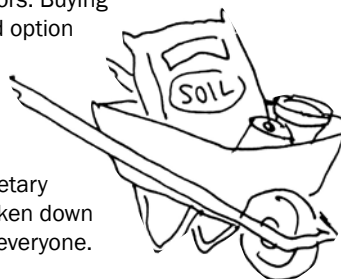
Fifteen types of produce that are typically lowest in pesticides. It's less necessary to buy organic with these fruits and veggies, although it never hurts!²⁴

- | | | |
|--------------------------|---------------|--------------------|
| 1. Asparagus | 6. Eggplant | 11. Onions |
| 2. Avocado | 7. Grapefruit | 12. Pineapples |
| 3. Cabbage | 8. Kiwi | 13. Sweet Peas |
| 4. Cantaloupe (domestic) | 9. Mangoes | 14. Sweet Potatoes |
| 5. Corn | 10. Mushrooms | 15. Watermelon |

BUYING CLUBS AND CO-OPS

Buying clubs are groups of people who put their money together to order fruits, vegetables, and other groceries at bulk prices. They are a great way to purchase inexpensive healthy food and get to know your neighbors. Buying clubs are usually run by volunteers, so they are a good option for someone who has time to organize ordering, delivery, and payment for groceries.

Food cooperatives, or co-ops, are grocery stores that are owned and operated by their members. They usually require new members to make a small initial monetary investment in the store. Investments can often be broken down into installments to make participation affordable for everyone.



²³ “2012 Shopper’s Guide to Pesticides in Produce.” *Environmental Working Group*. 2012. Web. 17 February 2013. <http://static.ewg.org/reports/2012/foodnews/pdf/2012-EWG-PesticideGuide.pdf>.

²⁴ *Ibid.*



Buying Clubs and Co-ops in Los Angeles County

These co-ops and buying clubs were accepting new members at the time of publication.

- **Co-Opportunity Natural Foods**, Santa Monica. (310) 451-8902. www.coopportunity.com/.
- **Los Angeles Food Lobby**, Koreatown. www.foodlobby.org/.



At the time of publication, a few Los Angeles area co-ops were in the planning stages. Visit their websites to find out about their progress:

- **Arroyo Food Co-op**, www.arroyofoodcoop.com/.
- **LA Food Co-op**, www.facebook.com/lafoodcoop/.
- **SOLA Food Co-op**, www.solafoodcoop.com/.

For more general information on cooperatives, contact the National Cooperative Business Association (NCBA) at (202) 638-6222 or www.ncba.coop/, or the California Center for Cooperative Development at (530) 297-1032 or www.cccd.coop/, or the Small Farms Program at UC Davis at (530) 752-1515 or sfp.ucdavis.edu/cooperatives/.

TRANSPORTATION

Many people in Los Angeles depend on public transportation to get to the grocery store. The Metro bus and train system can take you to fresh and healthy food all over Los Angeles.

For more information, routes, and schedules, contact the Metropolitan Transportation Authority (MTA) at (323) GO-METRO, or visit www.metro.net/.

In addition to Metro buses and trains, some stores offer a free shuttle home from the store with a minimum purchase. Ask your local grocer if they offer this option. Stores that offered shuttle service at the time of publication are listed below.

Superior Grocers offer free shuttle service with a minimum purchase of \$40 at the following locations. Call for frequency and operating hours.

- 3600 Cesar E. Chavez Ave., East Los Angeles. (323) 269-1790.
- 7316 S. Compton Ave., South Los Angeles. (323) 589-6411.

Ralphs offers free shuttle service within a 3-mile radius with a minimum purchase of \$25 at the following locations. Call for frequency and operating hours.

- 11922 S. Vermont Ave., South Los Angeles. (323) 757-4147.
- 3300 W. Slauson Ave., South Los Angeles. (323) 293-0171.
- 2600 S. Vermont Ave., South Los Angeles. (323) 732-3863.

Vallarta Supermarkets offer free shuttle service with a minimum purchase of \$50 at most locations. Call to find out if the store nearest you offers this service. For a list of stores, call (818) 898-0088 or visit www.vallartasupermarkets.com/.



FOOD from the FARM



Farmers' Markets in Los Angeles County

Below, we've listed some of the many farmers' markets in the Los Angeles area. We've divided them up by region, and listed them by day of the week. Where possible, we've listed contact information. We've also noted which markets accept Electronic Benefits Transfer (EBT) cards and WIC vouchers. For more information on EBT and WIC, please see the section on food assistance programs. We've also noted which are Certified Farmers' Markets (CFM). The State of California has checked to make sure that all farmers selling at CFMs have actually grown the produce they're selling.

Locations and times of farmers' markets are subject to change, especially from season to season. Most farmers' markets are open rain or shine. Make sure to bring cash, as most markets don't accept credit cards. For an updated listing of California Certified Farmers' Markets check out the *Los Angeles Times* Farmers' Market Map at projects.latimes.com/farmers-markets/, or visit the Southland Farmers' Market Association at www.cafarmersmarkets.org/.

CENTRAL LOS ANGELES

- **West Hollywood, Plummer Park** – 1200 N. Vista St. *Monday*, 9am-2pm. (323) 848-6534. www.sfma.net/. CFM
- **Downtown LA, Grand Park** – Grand Park between Spring and Broadway. *Tuesday*, 10am-2pm. (213) 972-8080. www.grandparkla.org/.
- **Silver Lake** – 3700 Sunset Blvd. *Tuesday and Saturday*, 2-7:30pm. EBT, CFM
- **LA Medical Center/Barnsdall Park** – 4800 Hollywood Blvd. *Wednesday*, 12pm-6pm. (323) 463-3171. www.farmernet.com/. WIC, EBT, CFM
- **Downtown LA, Pershing Square** – 532 S. Olive St. *Wednesday*, 11am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Downtown LA, 7th & Figueroa** – Figueroa St. & W. 7th St. *Thursday*, 10am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Yamashiro** – 1999 N. Sycamore. *Thursday*, 5-8pm, April-September. www.lacityfarm.com/. WIC, CFM



- **Chinatown** – 727 N. Hill St. *Thursday*, 4-8pm. (213) 680-0243.
- **Echo Park** – Public parking lot on Logan St. south of Sunset Blvd. *Friday*, 3-7pm. (323) 463-3171. www.farmernet.com/. WIC, EBT, CFM
- **Wilshire Center** – S. Vermont Ave. & Wilshire Blvd. *Friday*, 11am-3pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Downtown LA, Bank of America Plaza** – 333 S. Hope St. *Friday*, 10am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Hollywood & Highland** – 6801 Hollywood Blvd. *Saturday*, 8am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC
- **East Los Angeles** – 4801 E. 3rd St. *Saturday*, 9am-2pm. (323) 263-4462. www.velasfarmersmarkets.org/. WIC, EBT, CFM
- **Hollywood** – Corner of Hollywood Blvd. & Ivar St. *Sunday*, 8am-1pm. (323) 463-3171. www.farmernet.com/. WIC, EBT, CFM
- **Melrose Place** – 8400 Melrose Place. *Sunday*, 10am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Larchmont Village** – 209 N. Larchmont Blvd. *Sunday*, 10am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Historic Downtown LA** – W. 5th St. & Spring St. *Sunday*, 9am-2pm. (310) 455-0181. www.sfma.net/.
- **Los Feliz Village** – 1825 N. Vermont Ave. *Sunday*, 9am-2pm. (323) 272-9171. CFM

NORTHEAST LOS ANGELES

- **Highland Park Old L.A.** – Marmion Way & Ave. 57. *Tuesday*, 3-8pm. (323) 255-5030. www.oldla.org/. WIC, EBT, CFM
- **Glendale** – 100 N. Brand Blvd. *Thursday*, 9:30am-1:30pm. (626) 791-3217. www.downtownglendale.com/farmersmarket.html. EBT, WIC, CFM
- **Eagle Rock** – 2100 Merton Ave. *Friday*, 5-8pm. (323) 257-2197. www.eaglerockchamberofcommerce.com/farmers-market.html. CFM
- **Autry Museum** – 4700 Western Heritage Way. *Saturday*, 8am-noon. www.lacityfarm.com/. WIC
- **Gigi's Glendale** – The Americana, S. Brand Blvd. & Caruso Ave. *Saturday*, 9am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Atwater Village** – 3250 Glendale Blvd. *Sunday*, 10am-2pm. (323) 463-3171. www.farmernet.com/. WIC, EBT, CFM

SOUTH LOS ANGELES

- **USC Eco-Op** – 3200 University Ave. *Tuesday*, 11am-7pm. (323) 272-9171. CFM
- **Central Avenue** – 4301 S. Central Ave. *Thursday*, 10am-3pm. (323) 463-3171. www.farmernet.com/. WIC, EBT, CFM



- **West Adams** – 1432 W. Adams Blvd. *Thursday*, 2-5pm. (323) 777-1755. www.sfma.net/. WIC, EBT, CFM
- **Vermont Village** – 7901 S. Vermont Ave. *Friday*, 10am-2pm. (909) 527-7193. www.heritagefarmersmarket.blogspot.com/. WIC, EBT
- **Watts** – Ted Watkins Park, 1335 E. 103rd St. *Saturday*, 10am-2pm. (323) 463-3171. www.farmernet.com/. WIC, EBT, CFM
- **Crenshaw-Baldwin Hills** – Baldwin Hills Crenshaw Plaza, 3650 Martin Luther King Jr. Blvd. *Saturday*, 10am-3pm. (323) 463-3171. www.farmernet.com/. WIC, EBT, CFM
- **Wellington Square** – Washington Blvd. & Wellington Rd. *Sunday*, 9am-1pm. (323) 373-0961. www.wellingtonsquarefarmersmarket.com/. WIC, EBT, CFM

SOUTHEAST LOS ANGELES

- **Bellflower** – Oak St. & Clark Ave. *Monday*, 9am-1pm. (562) 866-8142. www.bellflower.org/. WIC, CFM
- **Lynwood** – 3798 Martin Luther King Jr. Blvd. *Tuesday*, 12-5pm.
- **Norwalk** – Excelsior High School, Alondra Blvd. & Pioneer Blvd. *Tuesday*, 9am-1pm. EBT, CFM
- **Downey** – Second St. & La Reina St. *Saturday*, 9am-1pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM

SAN FERNANDO VALLEY

- **Sherman Oaks** – 14006 Riverside Drive. *Tuesday*, 3pm-8pm. (818) 591-8161. www.rawinspiration.org/. WIC
- **Panorama City Medical Center** – 13652 Cantera St. *Wednesday*, 9am-1:30pm. www.sfma.net/. WIC, EBT, CFM
- **Northridge Fashion Center** – 9301 Tampa Ave. *Wednesday*, 5-9pm, March-October. (805) 643-6458. www.coastalpacific.info/. WIC, CFM
- **Woodland Hills Kaiser Medical Center** – 5601 De Soto Ave. *Thursday*, 10am-2:30pm. (818) 693-3606. www.sfma.net/. WIC, EBT, CFM
- **Terra Vista Town Center** – 10570 Foothill Blvd. *Thursday*, 3-7pm. (909) 527-7193. www.heritagefarmersmarket.blogspot.com/. WIC, EBT
- **Old Town Newhall** – Main St. & Market St. *Thursday*, 4-8pm. (805) 643-6458. www.coastalpacific.info/. WIC, CFM
- **Sherman Oaks** – 14006 Riverside Drive. *Saturday*, 10am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Old Town Calabasas** – 23504 Calabasas Rd. *Saturday*, 8am-1pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Main Street Canoga Park** – Owensmouth Ave. & Sherman Way. *Saturday*, 9am-1pm. (805) 643-6458. www.coastalpacific.info/. WIC, EBT, CFM



- **Chatsworth** – 20121 Devonshire St. *Saturday*, 4-8pm. (805) 643-6458. www.coastalpacific.info/. CFM
- **North Hollywood Arts District** – Bakman Ave. & Weddington Blvd. *Saturday*, 10am-3pm. (818) 314-1312. www.nohomarket.org/.
- **Burbank** – Third St. & Orange Grove Ave. *Saturday*, 8am-12:30pm. (818) 847-4774. www.burbank.com/story/Burbank-Farmers-Market/78399. WIC, EBT, CFM
- **Sylmar** – Mission College, Eldridge St. & Hubbard Ave. *Saturday*, 9am-2pm. WIC, CFM
- **Encino** – 17400 Victory Blvd. *Sunday*, 8am-1pm. (818) 708-6611. www.onegeneration.org/farmers-market/. WIC, CFM
- **Agoura Hills** – 5835 Kanan Rd. *Sunday*, 9am-2pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Toluca Lake** – 4500 Sancola Ave. *Sunday*, 9am-2pm. (310) 633-3966. CFM
- **Studio City** – Ventura Pl. & Radford Ave. *Sunday*, 8am-2pm. (818) 655-7744. www.studiocityfarmersmarket.com/. WIC, EBT, CFM
- **Pierce College Farm Center** – 20800 Victory Blvd. Seven days a week, 10am-6pm, March-September. (818) 999-6300. www.piercefarmcenter.com/. CFM
- **Sunland** – 8307 Foothills Blvd. *Sunday*, 8am-2pm. (818) 447-5191. CFM

SOUTH BAY

- **South Gate** – South Gate Park, Tweedy Blvd & Pinehurst Ave. *Monday*, 10am-3pm. (866) GOOD-VEG. www.goodveg.org/. WIC, EBT, CFM
- **Manhattan Beach** – 13th St. & Morningside Dr. *Tuesday*, 11am-4pm. www.mbfarmersmarket.com/. WIC, CFM
- **Torrance, Wilson Park** – 2200 Crenshaw Blvd. *Tuesday*, 8am-1pm. www.torranceca.gov/Parks/6620.htm. CFM
- **Huntington Park** – Salt Lake Park, 3401 East Florence Ave. *Wednesday*, 9:30am-1:30pm. (866) GOOD-VEG. www.goodveg.org/. WIC, EBT, CFM
- **Lawndale** – City Hall, 147th St. & Burin Ave. *Wednesday*, 2-7pm. (310) 679-3306. www.lawndalechamber.org/. CFM
- **Harbor City Kaiser Permanente** – 25825 S. Vermont Ave. *Wednesday*, 11am-4:30pm. (562) 495-1853. www.lacienegafarmersmarket.com/. WIC, EBT, CFM
- **El Segundo** – 760 S. Sepulveda. *Wednesday*, 10am-3pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Westchester** – Westchester Park, 7000 W. Manchester Ave. *Wednesday*, 8:30am-1pm. www.westchesterfarmersmarket.com/. CFM
- **Long Beach, Uptown** – Bixby Knolls, 4600 Atlantic Ave. *Thursday*, 3-6:30pm. (866) GOOD-VEG. www.goodveg.org/. WIC, EBT, CFM



- **Redondo Beach** – Veterans Park, 309 Esplanade. *Thursday*, 8am-1pm. (310) 372-1171. www.redondo.org/depts/recreation/facilities/farmers_market.asp. CFM
- **Torrance, Downtown** – Sartori St. & El Prado. *Thursday*, 4-8pm, April-September. www.torranceca.gov/Parks/6620.htm. CFM
- **Wilmington** – L St. & N. Avalon Blvd. *Thursday*, 9am-1pm. CFM
- **Carson** – SouthBay Pavilion, 20700 Avalon Blvd. *Thursday*, 10am-3pm. www.lacityfarm.com/. WIC, CFM
- **Long Beach, Downtown** – CityPlace, E. 5th St. & North Waite Ct. *Friday*, 10am-4pm. (866) GOOD-VEG. www.goodveg.org/. WIC, EBT, CFM
- **South Bay** – Normandie Ave. south of PCH. *Friday*, 10am-2pm. (310) 455-0181. www.sfma.net/. WIC, EBT
- **Hermosa Beach** – Valley Dr. & 11th St. *Friday*, 12-4pm. www.hbchamber.net/. CFM
- **Cerritos** – Towne Center, 17870 Park Plaza Dr. *Saturday*, 8am-noon. (866) GOOD-VEG. www.goodveg.org/. WIC, EBT, CFM
- **Gardena** – 13000 Van Ness Ave. *Saturday*, 6:30am-noon. (323) 777-1755. www.sfma.net/. WIC, EBT, CFM
- **Torrance, Wilson Park** – 2200 Crenshaw Blvd. *Saturday*, 8am-1pm. www.torranceca.gov/Parks/6620.htm. CFM
- **Long Beach, East Village** – 400 E. 1st St. *Saturday*, 9am-2pm. (818) 591-8161. www.ccfm.com/. WIC, EBT
- **Long Beach, Southeast** – Alamitos Bay Marina parking lot, 6530 Marina Dr. *Sunday*, 9am-2pm. (866) GOOD-VEG. www.goodveg.org/. WIC, EBT, CFM
- **Long Beach, Old McDonald** – 5000 E. Spring St. *Sunday*, 8:30am-3pm. (818) 859-2001. www.oldmcdonaldsfarmersmarkets.com/. CFM
- **Rancho Palos Verdes** – Peninsula Center, Rolling Hills Estates. *Sunday*, 9am-1pm (310) 324-3994. CFM

SAN GABRIEL VALLEY

- **Pasadena, South Lake** – 251 S. Lake Ave. *Tuesday*, 10am-2pm. (818) 591-8161. www.ccfm.com/. WIC, CFM
- **Pasadena, Villa Parke** – 363 E. Villa St. *Tuesday*, 8:30am-12:30pm. (626) 449-0179. www.pasadenafarmersmarket.org/. EBT, CFM
- **Pasadena, Playhouse District** – El Molino Ave. & Union St. *Wednesday*, 3:30-7:30pm, summer only. (626) 449-0179. www.pasadenafarmersmarket.org/. EBT
- **Sierra Madre** – 222 W. Sierra Madre Blvd. *Wednesday*, 3-8pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **San Dimas** – 245 E. Bonita Ave. *Wednesday*, 4-8:30pm, April-September. (909) 581-4744. www.sandimasfarmersmarket.com/. WIC, EBT, CFM



- **Altadena** – 600 W. Palm St. *Wednesday*, 3-7pm.
www.altadenafarmersmarket.com/. WIC, EBT, CFM
- **Valinda/La Puente** – 4830 E. Giordano St. *Thursday*, 3-8pm. (323) 263.4462.
www.velasfarmersmarkets.org/. WIC, EBT, CFM
- **South Pasadena** – Meridian Ave. & El Centro St. *Thursday*, 4-8pm.
(626) 403-2820. www.southpasadenafarmersmarket.org/. WIC, EBT, CFM
- **Covina** – Civic Center, Citrus Ave. *Friday*, 4-9pm. (310) 621-0336.
www.sfma.net/. WIC, CFM
- **Whittier** – 12900 Baily St. *Friday*, 8am-1pm. EBT
- **Monterey Park** – 318 S. Ramona St. *Friday*, 4-8pm.
www.montereyparkfm.com/. WIC, EBT, CFM
- **Whittier, Uptown** – Bright St. & Philadelphia St. *Friday*, 8am-1pm.
(562) 696-2662. www.whittieruptown.org/. WIC, CFM
- **Pasadena, Victory Park** – Sierra Madre Blvd. & Paloma St. *Saturday*,
8:30am-12:30pm. (626) 449-0179. www.pasadenafarmersmarket.org/.
WIC, EBT, CFM
- **La Cañada Flintridge** – 1346 Foothill Blvd. *Saturday*, 9am-1pm.
(818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Pomona Valley** – Pearl St. & Garey St. *Saturday*, 7:30-11:30am.
(310) 621-0336. www.sfma.net/. WIC, CFM
- **Diamond Bar** – 1100 N. Grand Ave. *Saturday*, 8am-2pm. (909) 869.0701.
www.ci.diamond-bar.ca.us/.
- **West Covina** – 195 Glendora Ave. *Saturday*, 8am-1pm. (626) 488-0054.
www.westcovinafarmersmarket.org/. WIC
- **Walnut, Jack Newe's** – Mt. San Antonia College Lot B, 1100 N. Grand Ave.
Saturday, 8am-2pm. (909) 630-6302. www.regionalchambersgv.org/. CFM
- **Claremont** – Indian Hill Ave. & 2nd St. *Sunday*, 8am-1pm. (714) 345-3087.
www.claremontfarmersmarket.org/. CFM
- **Monrovia** – Library Park, 100 W. Lime St. *Sunday*, 9am-1pm. (866) 440-3374.
www.ci.monrovia.ca.us/. CFM
- **Alhambra** – Monterey Blvd. & Bay State St. *Sunday*, 8:30am-1pm.
(626) 570-5081. www.cityofalhambra.org/about/Market.html.
WIC, EBT, CFM
- **Temple City** – 9701 Las Tunas Dr. *Sunday*, 8am-12:30pm.
www.ci.temple-city.ca.us/. WIC, EBT, CFM

WEST LOS ANGELES

- **Culver City** – Main St. & Culver Blvd. *Tuesday*, 3-7pm. www.culvercity.org/.
WIC, CFM
- **Santa Monica, Downtown** – 2nd St. & Arizona Ave. *Wednesday*, 8:30am-1pm.
(310) 458-8712. www.farmersmarket.smgov.net/. WIC, EBT, CFM



- **West LA Kaiser Permanente** – 6041 Cadillac Ave. *Wednesday*, 9am-2pm. (562) 495-1853. www.lacienegafarmersmarket.com/. WIC, EBT, CFM
- **Century City** – 1800 Avenue of the Stars. *Thursday*, 11am-3pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **La Cienega** – 1801 S. La Cienega Blvd. *Thursday*, 2-7:30pm. (562) 495-1853. www.lacienegafarmersmarket.com/. WIC, EBT, CFM
- **Topanga Canyon** – 120 S. Topanga Canyon Blvd. *Friday*, 9am-1pm. www.sfma.net/. EBT, CFM
- **Venice** – Venice Blvd. & Venice Way. *Friday*, 7-11am. www.venicefarmersmarket.com/. CFM
- **Beverly Glen** – 2936 N. Beverly Glen Circle. *Saturday*, 8am-2pm. (818) 591-8161. www.ccfm.com/. WIC
- **Santa Monica, Virginia Park** – 2200 Virginia Ave. *Saturday*, 8am-1pm. (310) 458-8712. www.farmersmarket.smgov.net/. WIC, EBT, CFM
- **Santa Monica, Downtown** – 2nd St. & Arizona Ave. *Saturday*, 8:30am-1pm. (310) 458-8712. www.farmersmarket.smgov.net/. WIC, EBT, CFM
- **Playa Vista** – 6500 S. Seabluff Dr. *Saturday*, 9am-2pm. www.playavistafm.com/. WIC, CFM
- **Beverly Hills** – 9300 Civic Center Drive. *Sunday*, 9am-1pm. (310) 285-6830. www.beverlyhills.org/farmersmarket/. WIC, EBT, CFM
- **Santa Monica, Main Street** – Heritage Square, 2640 Main St. *Sunday*, 9:30am-1pm. (310) 458-8712. www.farmersmarket.smgov.net/. WIC, EBT, CFM
- **Malibu** – 23555 Civic Center Dr. *Sunday*, 10am-3pm. www.cornucopiafoundation.net/. CFM
- **Mar Vista** – Grand View Blvd. & Venice Blvd. *Sunday*, 9am-2pm. www.marvistafarmersmarket.org/. WIC, EBT, CFM
- **Pacific Palisades** – 1037 Swarthmore Ave. *Sunday*, 8am-1pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **Brentwood Village** – 741 Gretna Green Way. *Sunday*, 9am-2:30pm. (818) 591-8161. www.rawinspiration.org/. WIC, CFM
- **West LA** – 1645 Corinth Ave. *Sunday*, 9am-2pm. (310) 739-5028. www.westlafarmersmarket.info/. CFM



ANTELOPE VALLEY

- **Lancaster** – W. Lancaster Blvd. & Date Ave. *Thursday*, 2-7pm. (818) 591-8161. www.rawinspiration.org/. WIC
- **Santa Clarita** – College of the Canyons, Parking Lot 8. *Sunday*, 8:30am-noon. (805) 529-6266. www.vccfarmersmarkets.com/. WIC, CFM



5 REASONS TO SHOP AT FARMERS' MARKETS:

1. **Fresh Produce**— Farmers' market fruits and vegetables are picked fresh and brought to market right after they are harvested.
2. **Cheaper Prices** — Farmers' markets can offer great produce at good prices because the food doesn't go through a "middleman" distributor or retailer.
3. **Variety of Options** — Farmers' markets usually offer a wider range of produce than is available at grocery stores, including specialty items and culturally specific foods.
4. **Community Building** — Many farmers' markets are hubs of activity for neighborhoods and provide a space for community members to interact.
5. **Connection to Food and Farmers** — Buying from people who have a personal commitment to the food they grow helps facilitate an understanding of how food gets from farm to table. Plus, your dollars go directly to the local farmers growing your food.



COMMUNITY SUPPORTED AGRICULTURE

Community Supported Agriculture (CSA) programs are another way to support local growers and eat fresh, seasonal produce. CSAs have members who buy a "share" in a local farm and receive a regular "dividend" of fresh produce. Most CSAs distribute a box of fruits and vegetables to their members each week at different pick-up points around Los Angeles. Some CSAs will even set up a weekly pick-up at your workplace or school.

To join a CSA, contact any of the farms listed below to request a list of the produce they offer, prices for different sized boxes, and location of pick-up sites. You can ask



questions about the farm, like their growing practices and history. Choose a farm that suits your lifestyle according to box size, varieties, distribution days and locations.

Below are just some of the CSA programs available in the Los Angeles area. For more options, visit www.localharvest.org/.

CSA Farms Serving Los Angeles County



- **Amy's Farm** - (909) 393-2936. agrariansolutions.org/.
- **Fairview Gardens** - (805) 967-7369. www.fairviewgardens.org/.
- **The Growing Experience** - (562) 984-2917.
www3.lacdc.org/CDCWebsite/TGE/.
- **JR Organics** - (760) 453-4144. www.jrorganicsfarm.com/.
- **Long Beach Local** - (562) 230-7207.
www.longbeachlocal.org/csa-farm-box/.
- **Marian Farms** - (559) 276-6185. www.marianfarmsbiodynamic.com/.
- **McGrath Family Farms** - (805) 983-1211. www.mcgrathfamilyfarm.com/.
- **Silver Lake Farms** - (323) 644-3700. www.silverlakefarms.com/.
- **South Central Farmers** - <http://www.southcentralfarmers.com/>.
- **Tanaka Farms** - (949) 653-2100. www.tanakafarms.com/.
- **Underwood Family Farms** - (805) 389-7305.
www.underwoodfamilyfarms.com/.
- **Whittier Backyard Farms** - www.whittierbackyardfarms.com/.

FARM BOXES

Many businesses now offer "farm boxes" that are similar to CSAs, but usually include products from several different farms instead of just one or two. The products are usually grown locally and organically, and many can be delivered to your home or office. If the produce comes straight to your door, these services are often more expensive than traditional pick-up CSAs. They also differ from most CSAs in that customers do not to pay in advance for an entire season, but can usually purchase by the week or month.

Farm Boxes Serving Los Angeles County



- **Abundant Harvest Organics** - (559) 355-8856.
www.abundantharvestorganics.com/.
- **Auntie Em's Delivery** - www.auntieemsdelivery.com/.
- **Community Services Unlimited** - (213) 746-1216.
www.csuinc.org/programs/villagemarketplace.html.
- **EquitableRoots** - (323) 761-2590. www.eroots.org/.
- **Good Life Organics** - (818) 614-8131. www.goodlifeorganics.org/.



- **Los Angeles Organic Vegetable Express (LOVE)** – (310) 821-LOVE. www.lovedelivery.com/.
- **Muir Ranch** – www.muirranch.org/.
- **Organic Express** – (310) ORGANIC. www.organicexpress.com/.
- **Out of the Box Collective** – (310) 745-3556. www.outoftheboxcollective.com/.
- **Savraw Local Farm Box** – (310) 948-1685. www.savraw.com/.
- **Silver Lake Farms** – (323) 644-3700. www.silverlakefarms.com/.



U-PICK OPERATIONS

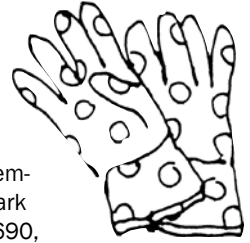
U-picks are yet another way to purchase local and seasonal food directly from farmers. As the name implies, U-picks let you pick fruits and vegetables yourself. Picking fresh produce can be a fun activity for the whole family. What you can pick depends on what's in season, and not all farms offer U-pick year round. Contact each farm to find out what's fresh now and when you can stop by! For more U-Pick options, visit www.pickyourown.org/CA.htm.

U-Picks Serving the Los Angeles area.

- **5 Star Ranch**, Leona Valley. Summer. Bing and Rainier cherries. (661) 270-9101. www.5starranch.com/.
- **Amber's Cherry Farm**, Leona Valley. May and June. Cherries. (661) 270-1919. www.ambersfarm.com/.
- **Bertola Family Farms**, Littlerock. June. Apricots. (661) 575-0572.
- **Big John's Cherry Ranch**, Leona Valley. March-July. Lilac, cherries, lavender. (661) 270-9565. www.gatherafruitfulharvest.com/.
- **Brian Ranch Airport Orchard**, Llano. June through October. Apples, apricots, cherries, nectarines, peaches, pears, plums. (661) 261 3216. www.brianranch.com/.
- **C & D Cherries**, Leona Valley. Summer. Bing and Rainier cherries, honey. (661) 917-4348. www.cdcherries.com/.
- **Cherry Blossom Farms**, Leona Valley. Summer. Cherries. (661) 270-0342. www.upickcherryfarms.com/.
- **Cherry House**, Leona Valley. Summer. Cherries, honey, school tours. (661) 622-4480. www.upickcherryhouse.com/.
- **Copeland's Cherry Ranch**, Leona Valley. June. Cherries. (661) 270-1900. www.copelandscherryranch.com/.
- **Jones Family Farms**, Glendale. Summer-winter. Berries, corn, pumpkins, summer squash. (203) 929-8425. www.jonesfamilyfarms.com/.



- **McGrath Family Farm**, Camarillo. March-October. (805) 983-0333. www.mcgrathfamilyfarm.com/.
- **M&M Peach Ranch**, Lake Hughes. Summer. Cherries, peaches. (661) 724-1398. www.mmpeachranch.com/.
- **Northside Cherries**, Leona Valley. Summer. Cherries. (661) 270-1290. www.northsidecherries.com/.
- **Tyler Family Farm**, Lancaster. Fall. Peaches and pumpkins. (661) 724-1735.
- **Underwood Family Farms**, Moorpark & Somis. March-December. Over 50 types of U-pick fruits and vegetables in Moorpark location. Blueberries in Somis (summer only). (805) 529-3690, (805) 386-4660. www.underwoodfamilyfarms.com.
- **Villa del Sol Sweet Cherry Farms**, Leona Valley. Summer. Cherries, honey. (661) 270-1356. www.upickcherries.com/.
- **Windy Ridge Cherries**, Leona Valley. Summer. Cherries. (661) 270-9106. www.pickcherries.com/.
- **Yingst Ranch**, Littlerock. June through October. Apricots, peaches, plums, pears, apples, persimmons. (661) 944-2425.



RESOURCES

- **Local Harvest** helps you find CSAs, farms and farmers' markets all over the US. www.localharvest.org/.
- **Community Alliance with Family Farmers** advocates for California's family farmers and sustainable agriculture. You can find local food purveyors at their web site, www.caff.org/.
- **Southland Farmers' Market Association** serves member markets, local California farmers and consumers by promoting and protecting the integrity of certified farmers' markets in Southern California. www.cafarmersmarkets.org/.
- **California Federation of Certified Farmers' Markets** can help you locate the CFM nearest you. www.cafarmersmarkets.com/.
- **California Good Food Suppliers** is a directory of farmers, distributors, processors and food hubs that sell locally grown foods. The directory is run by UEPI at Occidental College and is scheduled to launch in 2013. www.cagoodfood.org/.



Community gardens

are public spaces where people grow flowers, fruits, and vegetables. Individuals or groups usually pay a small annual fee for the use of a plot. Community gardens give people the opportunity to save money by growing their own food, get exercise, meet neighbors, and share gardening tips.

Here is a list of some of the community gardens in Los Angeles County by region. This information was compiled using the Los Angeles Neighborhood Land Trust community garden map at gardens.lanlt.org/ and the Los Angeles Community Garden Council community garden map at www.lagardencouncil.org/.



CENTRAL LOS ANGELES

- **Boyle Heights, Mothers of East LA** – 1020 S. Fickett St. (213) 210-7625. www.lacorps.org/.
- **Boyle Heights, Proyecto Jardin** – 1718 Bridge St. (323) 774-7824.
- **Hollywood, Enrique Noguera** – 6614 Fountain Ave. (323) 465-1320.
- **Hollywood, Fountain** – 5620 Fountain Ave. (323) 387-FCG1.
- **Hollywood, Mansfield** – 1259 Mansfield Ave. (323) 573-1950. www.chnc.org/.
- **Hollywood, Wattles Farm** – 1714 Curson Ave. (323) 663-7441. www.laparks.org/.
- **Koreatown, Rosewood** – Rosewood Ave. & Heliotrope Dr. (323) 821-7748.
- **Koreatown, Yamazaki Memorial** – 961 S. Mariposa Ave. (213) 387-1334. www.stmarys-la.org/.
- **Los Feliz, Norman Harriton** – 2037 N. Sanborn Ave. (323) 876-3031.
- **Pico Union, Union Avenue/Cesar Chavez** – 1136 S. Union Ave. (213) 381-3747.
- **Silver Lake, Manzanita** – 1101 Manzanita St. (310) 989-4087.
- **Solano Canyon** – 545 Solano Ave. (323) 276-9931.
- **West Hollywood, Norwich** – 417 Norwich Dr.
- **West Hollywood, Detroit** – 1201 Detroit Ave. www.weho.org/.
- **Westlake, Moothart Collingnon/Francis Avenue** – 2909 Francis Ave. (213) 572-0188. www.lanlt.org/.



NORTHEAST LOS ANGELES

- **Eagle Rockdale** – 1003 Rockdale Ave. (323) 344-8426.
- **El Sereno** – 5466 Huntington Dr. (323) 227-1409.
- **Elysian Valley, Jardin del Rio** – 2363 Riverdale Ave. (310) 233-2002.
- **Glendale, Geneva** – 626 Geneva St. (818) 359-0108.
- **Glendale, Monterey Eco-Community East** – 870 Monterey Rd. (818) 359-0108.
- **Glendale, Monterey Eco-Community West** – 827 Monterey Rd. (818) 359-0108.
- **Glendale, Palmer Park** – 610 East Palmer Ave. (818) 548-2054.
- **Glendale Verdugo Park** – 1621 Canada Blvd. (818) 548-2054.
- **Highland Park, Milagro Allegro** – 115 S. Avenue 56. (323) 256-7122.
www.hpgarden.org/.



SOUTH LOS ANGELES

- **Crenshaw** – 1423 Crenshaw Blvd. (323) 307-1777.
- **Crenshaw High School** – 5010 11th Ave.
- **Epworth** – 1419 W. 65th St. (213) 440-2550.
- **Florence-Firestone** – 98th St. & Pace Ave.
- **Fremont High School** – 7676 S. San Pedro St. (213) 572-0188.
www.lanlt.org/.
- **Good Earth** – Clyde Ave. & Boden St. (323) 935-8754.
- **Stanford Avalon** – 658 E. 111th Place. (323) 979-6935.
- **Vermont Square** – 4712 S. Vermont Ave. (213) 399-1476.
- **Watts, Bougainvillea** – E. 103rd St. & Grape St. (323) 979-6935.
- **Watts, Greater Watts** – 660 E. 118th Pl. (323) 376-3905.
- **Watts, Vista Hermosa** – 1509 E. 114th St. (323) 566-9850.
- **West Adams, Raymond Avenue** – 2632 Raymond Ave. (323) 633-4118.

SOUTHEAST LOS ANGELES

- **Bell Gardens** – 8000 Park Lane. (562) 806-7650.
- **La Mirada** – 13518 Biola Ave. (562) 941-2861.
- **Lakewood** – 6210 Candlewood St. (562) 858-2239.
- **Norwalk** – 12719 Studebaker Rd. (562) 864-0059.



- **Paramount** – 7200 Cortland Ave. (562) 220-2138.
- **Pico Rivera** – 8606 Beverly Rd. (562) 801-4458.
www.pico-rivera.org/.
- **Santa Fe Springs** – 10145 Pioneer Blvd.
(562) 948-1986.



SAN FERNANDO VALLEY

- **Arleta** – 8800 Canterbury St. (818) 894-3717.
- **Encino, Sepulveda Center** – 16633 Magnolia Blvd. (818) 784-5180.
www.laparks.org/.
- **Granada Hills, Salad Bowl Garden Club** – 16003 Rinaldi St. (818) 368-4533.
- **North Hollywood** – 11800 Weddington St. (818) 642-8492.
- **Pacoima, Project Youth Green** – 12467 W. Osborne St. (818) 890-2928.
www.youthspeakcollective.org/.
- **Tarzana** – 18702 Erwin St. (434) 744-7987.
- **Tujunga, Howard Finn** – 7747 Foothill Blvd. (818) 353-0741.
- **Van Nuys** – 16400 Chase St. (818) 893-7002.
- **West Hills, Orcutt Ranch** – 23600 Roscoe Blvd. (818) 883-6641.
www.laparks.org/.
- **Woodland Hills, Parkman** – 20800 Burbank Blvd. (818) 274-7402.

SOUTH BAY

- **Gardena, Rosecrans Farms** – 561 W. 146th St. (310) 763-7440.
- **Hermosa Beach** – 210 Valley Dr. (310) 428-5033.
www.hermosabeachcommunitygarden.com/.
- **Inglewood, Empowerment** – Across from 10500 S. Yukon Ave. (323) 952-3466.
- **Inglewood, Queen Park** – 652 E. Queen St. (323) 633-4118. www.sjli-cp.org/.
- **Lawndale, Dan McKenzie** – 4324 160th St. (310) 973-3270.
www.lawndalecity.org/.
- **Lennox** – W. 112th St. & Inglewood Ave. (323) 786-3587.
www.fromlottospot.org/.
- **Long Beach, 1st Street** – 417 E. 1st St. (562) 743-2963.
- **Long Beach, Hudson** – Webster Ave. & W. Hill St. (562) 428-8820.
- **Long Beach, MLK Peace** – 1950 Lemon Ave.
- **Long Beach, New City School** – 225 E. 15th St. (562) 599-6404.
- **Long Beach, Spring Street** – 7600 Spring St. (562) 597-0926.
- **Long Beach Grows, Orizaba Park** – 1435 Orizaba Ave. (562) 912-3364.
www.longbeachgrows.org/.



- **Long Beach Grows, Unity Farm** – 5450 Atherton St. (562) 912-3364.
www.longbeachgrows.org/.
- **Long Beach Organic, Grace Park** – 325 E. Plymouth St. (562) 438-9000.
www.longbeachorganic.org/.
- **Long Beach Organic, Mary Molina** – 1640 W. 20th St. (562) 438-9000.
www.longbeachorganic.org/.
- **Long Beach Organic, Pacific & 6th** – Pacific Ave. & W. 6th St. (562) 438-9000.
www.longbeachorganic.org/.
- **Long Beach Organic, Saint Luke's** – 525 E. 7th St. (562) 438-9000.
www.longbeachorganic.org/.
- **Long Beach Organic, South Forty** – 2813 South St. (562) 438-9000.
www.longbeachorganic.org/.
- **Long Beach Organic, Top of the Town** – 6751 Atlantic Ave. (562) 438-9000.
www.longbeachorganic.org/.
- **Long Beach Organic, Wild Oats** – 3709 E. 10th St. (562) 438-9000.
www.longbeachorganic.org/.
- **Long Beach Organic, Wrigley Village** – 2044 Pacific Ave.
(562) 438-9000. www.longbeachorganic.org/.
- **North Long Beach** – 6895 N. Myrtle Ave. (562) 630-5829.
- **Playa Del Rey, Messiah Organic** – 7300 W. Manchester Ave.
(310) 670-2242.
- **Rancho San Pedro** – 275 W. 1st St. (310) 920-1355.
- **San Pedro, Gaffey** – 1400 N. Gaffey St. (562) 964-8837.
- **San Pedro, John S. Gibson Senior** – 1500 S. Harbor Blvd.
(310) 833-9577.
- **Torrance, Columbia Park** – 4045 E. 190th St. (310) 781-7520.
www.torranceca.gov/Parks/20720.htm.
- **Torrance, Lago Seco** – 3920 235th St. (310) 781-7520.
www.torranceca.gov/Parks/20720.htm.
- **Westchester, Emerson Avenue** – 6550 W. 80th St. (310) 337-0827.
- **Westchester, Holy Nativity** – 6700 W. 83rd St. (310) 670-4777.



SAN GABRIEL VALLEY

- **Alhambra, Winston Smoyer Memorial** – 1006 Clay Ct. (626) 570-3208.
www.cityofalhambra.org/.
- **Altadena, Loma Alta** – 3330 N. Lincoln Ave. (626) 398-9840.
- **Azusa, Memorial Park** – 340 N. Orange Pl. (504) 858-7623.
- **Baldwin Park** – 13067 Bess Ave. (626) 705-5950.
- **Baldwin Park WIC** – 3601 Puente Ave. (626) 338-3258.



- **Diamond Bar** – 2335 S. Diamond Bar Blvd. (951) 235-9911.
- **El Monte, La Madera** – 3805 La Madera Ave. (626) 419-1436.
- **Pasadena** – 721 South Pasadena Ave. (626) 755-1917. www.pasadenacommunitygardens.org/.
- **Pasadena, Oakland** – N. Oakland Ave. & E. Maple St. (626) 796-6878.
- **Pasadena, Summit** – 1282 N. Summit Ave. (626) 599-2078.
- **Pomona, Center Street** – 196 E. Center St. (909) 918-GROW. www.centerstreetgarden.org/.
- **Pomona, Fremont Street** – 1170 W. Fremont Ave. (909) 629-4205.



WEST LOS ANGELES

- **Culver City** – 10860 Culver Blvd. (310) 253-6729.
- **Marina Del Rey, Eastwind** – 110 Eastwind St. (323) 213-9705.
- **Mar Vista, Slauson** – 5075 S. Slauson Ave. (310) 390-9607.
- **Mar Vista, Ocean View Farms** – 3300 S. Centinela Blvd. (310) 915-1123. www.oceanviewfarms.net/.
- **Santa Monica, Euclid Park** – 1525 Euclid Ave. (310) 458-8573. www.smgov.net/.
- **Santa Monica, Main Street** – 2300 Main St. (310) 458-8573. www.smgov.net/.
- **Santa Monica, Park Drive** – 1400 Park Drive. (310) 458-8573. www.smgov.net/.
- **Venice** – 643 Mildred Ave. (310) 578-1975.

ANTELOPE VALLEY

- **Lancaster, Elm Avenue** – 4478 Elm Ave.
- **Lancaster, Trend** – 43100 N. Alexo Dr.
- **Santa Clarita** – 27234 Bouquet Canyon Rd. (661) 263-8482.



Benefits of Community Gardens:

- Provide a source of fresh food
- Bring the community together
- Help families save money on their grocery bills
- Make vacant lots beautiful
- Give people a place to get exercise and spend time outdoors
- Provide children with a safe place to play
- In some neighborhoods, having a garden reduces the amount of local crime



GARDENING IS EASY, FUN, AND GOOD EXERCISE!

There are lots of plants that you can grow in your own garden. You can grow plants for their fragrance and beauty or plants for eating. If you don't have a yard, you can get creative and re-use containers for planting. Anything can be grown in a container if there is enough sun, space, water, and nutrients. You can use discarded flowerpots, buckets or window boxes, or create containers from scratch using wood, old tires, or trash cans. Whatever you use for containers, make sure there are holes at the bottom to let excess water drain out.

RESOURCES

- **Los Angeles Community Garden Council** works to connect people to community garden space in their neighborhood. Garden managers meet monthly to solve common problems and work with community gardens to build, manage and advocate. (818) 252-9081 or www.lagardencouncil.org/.
- **University of California Cooperative Extension - Common Ground Program** offers workshops, training, and volunteer programs focused on edible gardening for limited-resource families living in Los Angeles County. (626) 586-1981 or celosangeles.ucanr.edu/.
- **Los Angeles Conservation Corps Community Garden Construction & Management Program** can provide construction and maintenance support for garden beds at schools, housing developments, and public parks. (213) 362-9000 or www.lacorps.org/.
- **American Community Gardening Association** is a nonprofit membership organization of professionals, volunteers and supporters working together to increase and support community gardens. (877) ASK-ACGA or www.communitygarden.org/.
- **Master Gardener** and **Fresh From the Garden** volunteers are trained to help communities start their own gardens. They also offer gardening workshops and respond to gardening questions from Los Angeles County residents. (323) 260-3348 or mglosangeleshelpline@ucdavis.edu.





Many kids eat more than half of their daily caloric intake at school.²⁵ For many

children, food served at school is the only food they reliably eat.²⁶ Studies show that well-fed children perform better academically and are less likely to be absent or tardy.²⁷ Below are some programs that help ensure that kids eat nutritious, well-balanced meals while at school.

NATIONAL SCHOOL LUNCH PROGRAM

The National School Lunch Program (NSLP) is a federal program established in 1946 to provide nutritious meals to students. Schools that offer free and reduced-price lunches must serve meals that meet the government's nutrition standards. The program is available in over 101,000 public and non-profit private schools nationwide. In 2011, \$11.1 billion dollars was spent on the NSLP, which provided meals for more than 31 million children every school day.²⁸

In January 2012, the US Department of Agriculture, the federal agency that funds NSLP, released a new set of nutrition standards. They set calorie minimums and maximums for each meal. They also increased the amounts of fresh vegetables and fruits served as part of each meal, and decreased the amount of required meat and meat alternatives. The guidelines also require that at least half of the grains served must be whole-grain rich by July 2012, and all grains must be whole-grain rich by July 2014.²⁹

²⁵ "Healthy Schools." *Let's Move*. n.d. Web. 24 February 2013. <http://www.letsmove.gov/healthy-schools>.

²⁶ *Ibid*.

²⁷ "I'm In... for Breakfast in the Classroom!" *Los Angeles Unified School District*. n.d. Web. 22 February 2013. <http://cafe-la.lausd.net/sites/default/files/About%20Breakfast%20in%20the%20Classroom%20-%20Eng.pdf>.

²⁸ "National School Lunch Program Fact Sheet." *United States Department of Agriculture*. August 2012. Web. 20 February 2013. <http://www.fns.usda.gov/cnd/lunch/aboutlunch/NSLPFactSheet.pdf>.

²⁹ "Nutrition Standards in the National School Lunch and School Breakfast Programs." *United States Department of Agriculture*. 26 January 2012. Web. 20 February 2013. <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>.

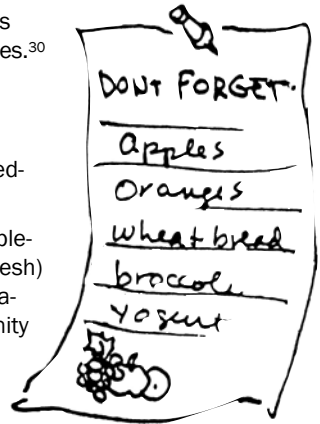


Sixty-five percent of public school students in Los Angeles County are eligible to receive free or reduced-price lunches.³⁰ Check to see if your children qualify!

How to qualify

There are a few ways to qualify to receive free or reduced-price lunches:

- If your household currently participates in the Supplemental Nutrition Assistance Program (SNAP/Cal-Fresh) or the Food Distribution Program on Indian Reservations (FDPIR), or receives California Work Opportunity and Responsibility to Kids (CalWORKs), or Kinship Guardianship Assistance Payments (KinGAP), the children in that household are automatically eligible for free school meals.³¹
- If a household's total income is below a certain amount, the children in that household can eat school lunch for free or at reduced price. To receive free meals, household income must fall below 130% of the federal poverty level. For reduced-price meals, household income must be between 130-185% of the federal poverty level.³²



Contact your child's school or the district's food services office for more information. If your student attends school in the LA Unified School District, contact the Food Services Division at (800) 300-FOOD, or download an application at cafe-la.lausd.net/. For schools that are not a part of LAUSD, visit the California Department of Education's Nutrition Division at www.cde.ca.gov/ls/nu/.

SCHOOL BREAKFAST PROGRAM

The School Breakfast Program was developed as a way to provide nutritious breakfast to schoolchildren. A school breakfast must include a quarter of a child's key daily nutrients.³³ A healthy breakfast helps students pay attention, focus on their schoolwork, and play hard at recess! Just like the National School Lunch Program, children are served free, reduced-price, or full-priced breakfasts based on their family income by filling out an application. One application works for both the National School Lunch and Breakfast Programs. In 2012, Los Angeles Unified School District launched the "Breakfast in the Classroom" program that aims to provide more breakfasts to students. Studies have shown that schools participating in similar programs have increased their academic performance and decreased absenteeism and tardiness among children.³⁴

³⁰ "Students Eligible to Receive Free or Reduced Price School Meals: 2011." *Kidsdata.org*. Lucile Packard Foundation for Children's Health, 2011. Web. 20 February 2013. <http://www.kidsdata.org/data/topic/table/free-school-meals-eligible.aspx>.

³¹ "LAUSD Participates in the National School Lunch and School Breakfast programs for the 2012-2013 School Year." *Los Angeles Unified School District*. 2 July 2012. Web. 20 February 2013. http://home.lausd.net/apps/news/show_news.jsp?REC_ID=258455&id=0.

³² *Op. cit.* "National School Lunch Program Fact Sheet."

³³ "School Breakfast Program Fact Sheet." *United States Department of Agriculture*. 21 February 2012. Web. 22 February 2013. <http://www.fns.usda.gov/cnd/breakfast/AboutBFast/bfastfacts.htm>.

³⁴ *Op. cit.* "I'm In... for Breakfast in the Classroom!"



AFTER-SCHOOL SNACK PROGRAM

After-school snacks are available through the US Department of Agriculture to programs in low-income areas with supervised homework help and academic activities. The snacks are free to the kids and their families. Snacks include two elements, usually a food (like fruit or crackers) and a drink (like juice or milk). This program is available to after-school programs at school sites as well as community locations like churches and parks. If the program operates in the attendance area of a school in which at least 50% of the enrolled children are eligible for free or reduced priced meals, there is no application necessary to qualify. For information on the snack program, or to bring the snack program to your community, contact the Nutrition Services Division of the California Department of Education at (800) 952-5609, visit www.cde.ca.gov/ls/nu/sn/snack.asp, or contact your local school.

FARM TO SCHOOL PROGRAMS

Farm to school programs are spreading to schools all over the US. Many school districts in California have farm to school programs serving students every week-day. These programs buy and feature seasonally available farm-fresh foods on their menus and teach students about food through activities like farm visits, gardening, and nutrition education classes. The programs not only economically support farmers, but also allow them to get in touch with their community by teaching kids about where their food comes from.

For more information about Farm to School programs, visit the Urban & Environmental Policy Institute program web page at www.uepi.oxy.edu/our-projects/california-farm-to-school/, the National Farm to School Network at www.farmtoschool.org/, or California Farm to School at www.cafarmtoschool.org/.

FARM TO PRESCHOOL PROGRAMS

Eating habits are established at a very young age, often before children reach kindergarten. As part of the effort to prevent obesity in young children, the Farm to School program expanded to include preschools in 2009. Farm to Preschool links preschool sites with locally sourced fresh food for meals and snacks, and educates children and their parents on healthy eating. Comprehensive programming includes in-class curriculum, gardening technical assistance, family engagement, local foods in meals and snacks, and much more. Farm to Preschool in LA County is a vibrant, growing program serving child care programs including center-based preschools, Head Start, and family home care sites. The Urban and Environmental Policy Institute's Farm to Preschool program was given a Recognition Award in 2012 by Michelle Obama's Let's Move! Child Care initiative.

For more information about Farm to Preschool, visit the UEPI program web page at www.uepi.oxy.edu/our-projects/farm-to-preschool/, or the National Farm to Preschool site at www.farmtopreschool.org/.



HEALTHY SCHOOL FOOD COALITION

The Los Angeles Unified School District is the second largest school district in the country, with almost 700,000 students,³⁵ and serves over half a million meals every week-day.³⁶ Seventy-six percent of students in LAUSD qualify for free or reduced price meals at school,³⁷ and more than 50% of students in LAUSD are overweight or obese.³⁸ School food improvements could play a role in promoting healthy weights among students.

Concerned students, parents, teachers, community members, and groups such as the Healthy School Food Coalition (HSFC) have come together to make some groundbreaking changes in LAUSD's school food and nutrition policies. HSFC members engaged the LAUSD Board and the community to pass these district-wide policies.

- **Healthy Beverage Resolution (the “Soda Ban”)** – Since January 2004, schools in LAUSD are not allowed to sell high calorie, high sugar drinks (including sodas) during the school day and for half an hour after school has ended. Schools may only sell beverages that meet specific nutritional guidelines.³⁹
- **Obesity Prevention Motion** – Passed in October 2003, this policy calls for many changes to improve the school meal program. The motion bans “junk food” and other high fat, high calorie snacks. The policy also calls for one vegetarian option at each meal and salad bars at schools. Healthier snacks that meet specific nutritional guidelines are now available during the school day and for half an hour after school has ended.⁴⁰
- **Cafeteria Improvement Motion** – Passed in December 2005, the Cafeteria Improvement Motion calls for improving the nutritional content of the foods schools serve to ensure kids are getting high-quality, healthy food at school. To improve participation in school breakfast, lunch, and summer nutrition programs, the district is also doing research on what kids eat, what they like to eat, and what they should be eating. The policy also has a provision to make sure schools keep cafeterias acceptably clean and serve food at appropriate times.⁴¹

For more information on the Healthy School Food Coalition, or to find out how to get involved, visit www.healthyschoolfoodcoalition.org/.

³⁵ “LAUSD Fingertip Facts 2011-2012.” *Los Angeles Unified School District*. n.d. Web. 22 February 2013. http://notebook.lausd.net/pls/ptl/docs/PAGE/CA_LAUSD/LAUSDNET/OFFICES/COMMUNICATIONS/COMMUNICATIONS_FACTS/11-12FINGERTIPFACTSREVISED.PDF.

³⁶ “LAUSD Service Efforts & Accomplishments.” *Los Angeles Unified School District*. 2007-2008. Web. 22 February 2013. http://notebook.lausd.net/pls/ptl/docs/page/ca_lausd/fldr_organizations/fldr_business_svcs/sea%20fy%2007-08%20-%202.pdf.

³⁷ *Ibid.*

³⁸ Jones, Barbara. “Majority of LAUSD students overweight, study says.” *Long Beach Press Telegram*, 19 November 2012. Web. 22 February 2013. http://www.presstelegram.com/ci_22029661/majority-lausd-students-overweight-study-says.

³⁹ Eugene, Michael. “LAUSD Policy Bulletin: Guidelines for Sale of Food/Beverages on Campus by Staff, Students, and Parents – Implementing the Healthy Beverage and Obesity Prevention Motions and Applicable Federal, State, and Local Laws.” *Los Angeles Unified School District*. 31 August 2005. Web. 22 February 2013. http://notebook.lausd.net/pls/ptl/docs/PAGE/CA_LAUSD/FLDR_ORGANIZATIONS/FLDR_BUSINESS_SVCS/BUL-1908.0%2C%20GUIDELINES%20FOR%20SALE%20OF%20FOOD-BEVERAGES%20ON%20CAMPUS...%2C%208-31-05.PDF.

⁴⁰ “The *Los Angeles Unified School District* Childhood Obesity Prevention Motion.” *Los Angeles Unified School District*. 28 October 2003. Web. 22 February 2013. http://cafe-la.lausd.net/sites/default/files/SD_School_Board_Childhood_Obesity_Resolution.pdf.

⁴¹ “LAUSD Cafeteria Improvement Motion.” *Los Angeles Unified School District*. 15 December 2005. Web. 22 February 2013. http://cafe-la.lausd.net/sites/default/files/SD_School_Board_Cafeteria_Improvement_Motion.pdf.



SCHOOL GARDENS

Many schools in Los Angeles have spaces where students grow vegetables, herbs, and flowers as part of their education. These gardens provide a “learning by doing” educational tool, and can be used to teach science, nutrition, ecology, math, and more.

School gardens benefit students by

- Promoting good nutrition
- Increasing physical activity
- Providing a hands-on learning environment
- Teaching students to work together
- Allowing kids to take ownership of a project and have pride in their school
- Beautifying the school environment

Start a garden at your school!

If you are interested in starting a garden at your own school, talk to the principal. These organizations can help you get your school garden off the ground.

- **Enrich LA.** enrichla.org/
- **Garden School Foundation.** (213) 434-4080. www.gardenschoolfoundation.org/
- **LAUSD Green Spaces Program.** (213) 241-6491. www.laschools.org/new-site/green-spaces/
- **LA Conservation Corps.** (213) 362-9000. www.lacorps.org/
- **California School Garden Network.** (949) 885-2256. www.csgn.org/
- **University of California Cooperative Extension Common Ground Garden Program.** (626) 586-1971. celosangeles.ucanr.edu/Common_Ground_Garden_Program/School_Gardens/
- **Community Services Unlimited.** (213) 746-1216. www.csuinc.org/



FOOD EDUCATION



UC-CALFRESH NUTRITION EDUCATION PROGRAM

The University of California Cooperative Extension (UCCE) provides nutrition education to low-income families and youth in Los Angeles County. Their programs teach eligible people how to improve their skills related to selecting, purchasing, and preparing a low-cost nutritious diet for themselves and their families. The program also teaches food budgeting, menu planning, food safety, and more.

For more information contact (323) 260-3350 or visit celosangeles.ucanr.edu/Nutrition_Family_and_Consumer_Sciences/Adult_FSNEP/.

COMMUNITY HEALTH PROMOTERS/PROMOTORES

Community health promoters, or *promotores*, provide health education and counseling in their communities. There are *promotores* in Central, South, and East Los Angeles who offer bilingual (English/Spanish) educational programs at places like churches, schools, and community centers. *Promotores* aim to teach people ways to improve their health, increase access to health care and preventative health measures, and improve the medical care system as a whole.

Los Angeles Health Promoter Programs

EsperanzaSalud is a free and easily accessible health education and information center on the first floor of Mercado La Paloma, located at 3655 S. Grand Avenue in Los Angeles and open daily from 8:30 am to 6 pm. Their bilingual *promotores* can provide information and make referrals to different services. They also host nutrition and physical fitness classes, including yoga.



For more information on promotores programs, contact:

- **Esperanza Community Housing Corporation (EHC)**, South Los Angeles. (213) 748-7285. www.esperanzacommunityhousing.org/.
- **Magnolia Place Community Initiative**, Pico Union. (213) 342-0100. www.magnoliaplacela.org/.

NETWORK FOR A HEALTHY CALIFORNIA

Network for a Healthy California is a program created and funded by the California Department of Public Health. Since 1997, it has created partnerships with over 150 public and non-profit agencies to increase fruit and vegetable consumption, physical activity, and food security among low-income Californians while preventing obesity and other chronic diet-related illnesses.

The Los Angeles County Department of Public Health administers the Network for a Healthy California program locally, offering health and nutrition education programs for children, as well as African-American and Latino communities. They also partner with stores and community-based organizations to increase consumption of fruits and vegetables among low-income Angelenos, and offer a worksite program to help employers encourage healthy eating and physical activity among workers.

For more information, visit the LA County Champions for Change web site at championsforchange.lacounty.gov, or call (213) 351-7875. You can also visit the Network for a Healthy California page at www.cdph.ca.gov/programs/cpns/.

RESOURCES

- **The California Department of Public Health Fruit, Vegetable, and Physical Activity Campaigns** are designed to promote fruit and vegetable consumption and increased physical activity levels among low-income families. (916) 449-5400 or www.cdph.ca.gov/programs/CPNS/Pages/Campaigns.aspx.
- **California Project Leaders Encouraging Activity and Nutrition (LEAN)** works to advance nutrition and physical activity policy in schools and communities to prevent obesity. (916) 552-9907 or www.californiaprojectlean.org/.



Food Insecurity

The USDA defines food insecurity as only having access to a small variety of low-quality, undesirable foods, or not having enough food to eat.⁴² The rate of food insecurity in California is higher than the national average,⁴³ and about 16.8% of Los Angeles County residents experienced food insecurity in 2010.⁴⁴ Various problems contribute to food insecurity in the greater Los Angeles area. These include:

- Cuts in government-funded food assistance programs such as the Supplemental Nutrition Assistance Program (SNAP) or Women Infants and Children Program (WIC), both important anti-hunger programs.
- Low participation rates in SNAP and WIC programs.
- Lack of supermarkets in many areas of the city.
- Lack of transportation to affordable food outlets.
- Lack of living-wage jobs and a high unemployment rate.
- Decrease in the amount of non-perishable foods provided to food banks by the USDA.⁴⁵
- The high cost of housing and lack of government supports that lead to homelessness. In Los Angeles County, over 80,000 people are without a home each night, and more than 250,000 men, women, and children experience homelessness over the course of a year.⁴⁶



Food Insecurity and Weight Gain

In recent decades, low-income adults' and children's average weight has increased at a faster rate than other economic brackets. Food insecurity can lead to weight gain and obesity for many reasons.⁴⁷

- High-fat and high-sugar foods are the cheapest, easiest, and fastest source of calories for low-income parents to buy for their children – but these foods are also the ones that cause children to gain the most weight.

⁴² "Definitions of Food Security." *United States Department of Agriculture*. 4 September 2012. Web. 23 February 2013. <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>.

⁴³ McNelly, Barbara, Edey Kuyper and Stephanie Nishio. *California Food Guide*. 7 November 2006. Web. 23 February 2013. <http://www.dhcs.ca.gov/dataandstats/reports/Documents/CaliforniaFoodGuide/25HungerandFoodInsecurity.pdf>.

⁴⁴ "Map the Meal Gap interactive map". *Feeding America*. 2011. Web. 23 February 2013. <http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>.

⁴⁵ "LA Health Trends." *Los Angeles County Department of Public Health*. September 2007. Web. 12 March 2013. http://www.lafoodbank.org/source/cms/LAC_Food_Insecurity_2007.pdf.

⁴⁶ "Homelessness in Los Angeles County." *Los Angeles Almanac*. n.d. Web. 24 February 2013. <http://www.laalmanac.com/social/so14.htm>.

⁴⁷ "Hunger and Obesity? Making the Connections." *Food Research Action Center*. n.d. Web. 23 February 2013. http://www.cspinet.org/new/pdf/hunger_and_obesity_frac.pdf.



- Low-income families often focus on getting as much food as they can on a limited budget, and often can't afford to worry about the quality of the food they buy.
- Low-income neighborhoods are more likely to have more fast food and convenience stores and fewer full-service grocery stores.
- When you are hungry or worried about food you may feel stress, which can contribute to weight gain.

With studies pointing to the link between hunger and obesity and its related health problems, it is more important than ever to work to eliminate food insecurity in our neighborhoods.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) AND CALFRESH

The Supplemental Nutrition Assistance Program (SNAP), formerly called food stamps, is a federal program that provides a monthly stipend for eligible low-income individuals and families to purchase food. These benefits are distributed through the Electronic Benefit Transfer system (EBT). EBT is like a bank or debit card and requires a personal identification number (PIN) to use. Many farmers' markets also accept EBT – check the directory of farmers' markets in this guide to find a market near you.

The State of California calls its food assistance program **CalFresh**. Eligibility for CalFresh is based on financial and non-financial factors. Generally, you may be eligible for CalFresh benefits if you:

- receive CalWORKs or General Relief.
- have limited income or no income.
- have limited property.
- are a U.S. citizen or legal resident.
- are able-bodied, do not have children under age 18, and are working 20 hours per week or are in the Workfare program.

Certain groups of people may *not* receive CalFresh benefits:

- people who are neither U.S. citizens nor legal residents.
- people who receive SSI/SSP.

You must also meet certain income qualifications to receive CalFresh benefits. The chart on the following page shows the maximum gross income per month allowed to receive CalFresh benefits as of the time of publication in 2013.⁴⁸

⁴⁸ "CalFresh Eligibility." *Los Angeles County Department of Social Services*. n.d. Web. 23 February 2013. <http://dpss.lacounty.gov/dpss/calfresh/eligibility.cfm>.



Household size	Gross monthly income (130% of poverty)	Net monthly income (100% of poverty)
1	\$1,211	\$ 931
2	1,640	1,261
3	2,069	1,591
4	2,498	1,921
5	2,927	2,251
6	3,356	2,581
7	3,785	2,911
8	4,214	3,241
Each additional member	+429	+330

Household is defined as a single person or a group of people living together, but not necessarily related, who purchase and prepare food together.

Gross Income is all income from any source that isn't exempt. Your eligibility worker will explain the exemptions to you.

Net income subtracts certain work expenses, unearned income, and allowable deductions from your gross income. Your eligibility worker will help you determine your net income, which is used to determine the dollar value of the CalFresh benefits you can get each month.

Qualifying for SNAP/CalFresh

Not sure if you qualify for SNAP? Use CalFresh's online pre-screening tool to help you find out if you're eligible at <http://www.calfresh.ca.gov/PG849.htm>, or visit your local CalFresh office. For a list of CalFresh offices in Los Angeles County, call (877) 847-FOOD.



Four easy ways to apply for CalFresh!

1. Apply online by visiting www.benefitscal.org/.
2. Apply by mail by calling (626) 569-4298 to request an application to be mailed to you.
3. Apply in person at your local CalFresh office. To find CalFresh offices in LA County, visit dpss.lacounty.gov/dpss/calfresh/.
4. Apply at participating community and faith-based organizations. CalFresh outreach workers visit local health clinics, food pantries, supermarkets, WIC stores, schools, churches, and other community organizations. Call (626) 569-4298 to find out the next time outreach workers will be visiting a location in your neighborhood.



The process of being approved for CalFresh benefits

Once your application has been submitted and reviewed, a caseworker may call to schedule an in-person or telephone interview. She will determine if you are eligible for benefits. The process can take up to thirty days, but if you have an emergency situation, you can get CalFresh benefits within three days. Just be sure to indicate to your eligibility worker that you have an emergency and need assistance right away.

Once your case has been approved, you will receive an EBT card and a PIN number in the mail. This card will work like a debit card and will allow you to make purchases at grocery stores and farmers' markets that accept EBT. Please see the farmers' market section of this guide to find out which markets accept EBT.



CalFresh benefits restrictions

Your EBT card may be used to buy food, as well as plants and seeds to grow food. It may not be used to purchase alcohol, tobacco, pet food, household cleaning supplies, paper supplies, toiletries, cosmetics, medicines, vitamins, food to eat in the store, or hot food.

You have the right to:

- Receive an application when you ask for it.
- Turn in your application the same day you receive it.
- Receive CalFresh benefits (or be notified that you are not eligible for the program) within thirty days of turning in your application.
- Receive emergency CalFresh benefits within a few days if you are eligible.
- Have a fair hearing if you disagree with any action taken on your case.

If you believe that you or any group of individuals have been discriminated against by SNAP or CalFresh because of age, sex, race, handicap, religious creed, national origin, or political beliefs, write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

If you would like more information on CalFresh eligibility and the application process in LA County, please call the Los Angeles County Department of Public Social Services at (626) 569-4298 or visit dpss.lacounty.gov/. For information on the CalFresh program, visit www.calfresh.ca.gov/.

MARKET MATCH PROGRAM

The Market Match program gives \$5-\$10 vouchers weekly or monthly to people who receive CalFresh, WIC, or SSI. Vouchers can only be used on fruits, vegetables, and nuts from certified growers. For more information, contact Hunger Action Los Angeles at (213) 388-8228 or visit www.hungeractionla.org/marketmatch/.



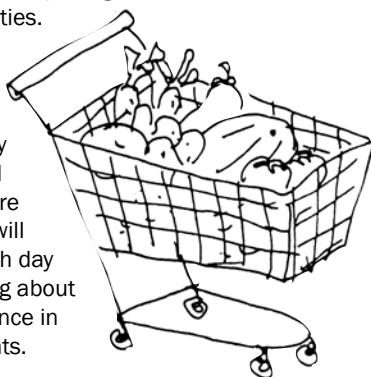
CHILD AND ADULT CARE FOOD PROGRAM

The Child and Adult Care Food Program (CACFP) is a federal program designed to provide healthy meals at reasonable prices for children up to age 12 and functionally impaired adults in day care facilities. The program provides meals to 3.3 million children and 120,000 adults daily.⁴⁹

All non-residential child and adult care centers are eligible for the program, including family or group day care centers, after-school programs, Head Start, and community centers. Residential homeless shelters are also eligible. For eligible programs, the government will provide funding for up to two meals and a snack each day for participants. CACFP also includes ongoing training about the nutritional needs of children, and on-site assistance in meeting the program's strong nutritional requirements.

Studies have shown that children who receive meals through CACFP eat better and are healthier in general. Children in participating institutions have higher intakes of key nutrients and fewer servings of fats and sweets than children in non-participating care.⁵⁰

For more information or a list of participating child and adult care centers, contact the Nutrition Services Division of the California Department of Education at (800) 952-5609 or www.cde.ca.gov/ls/nu/cc/.



MEALS FOR SENIORS

The Los Angeles County Area Agency on Aging (AAA) administers several food programs for seniors. The Meals for Seniors program provides sit-down and home-delivered meals for seniors. Over 200 locations in Los Angeles serve Meals for Seniors, usually at churches, synagogues, and community centers. The AAA also distributes vouchers that seniors can use to buy fruits and vegetables at participating farmers' markets. Find out more by contacting the Los Angeles County AAA at (800) 510-2020 or css.lacounty.gov/aaa.aspx. In addition, there are several Senior Brown Bag programs that bring free groceries, including produce, to seniors. You can locate a Brown Bag site near you by calling the Los Angeles Regional Food Bank at (323) 234-3030.

SUMMER FOOD PROGRAM

Through the Summer Food Program, school-aged children can eat free meals while they are on summer vacation. All children under the age of 18 are invited regardless of family income or immigration status. The program is free, although the food is only for children and it can't be taken off-site. Meals are served at over 750 locations across Los Angeles County each summer, including parks, schools, recreation centers, churches, housing projects, and summer camps. For more information,

⁴⁹ "Child & Adult Care Food Program." *United States Department of Agriculture*. 25 September 2012. Web. 23 February 2013. <http://www.fns.usda.gov/cnd/care/CACFP/aboutcacfp.htm>.

⁵⁰ "Healthy Foods: CACFP." Center for Best Practices. No Kid Hungry, n.d. Web. 23 February 2013. <http://bestpractices.nokidhungry.org/healthy-foods/cacfp>.



contact the Nutrition Services Division of the California Department of Education at (800) 952-5609 or www.cde.ca.gov/ls/nu/.

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

Women, Infants, and Children (WIC) Program is a USDA nutrition program that provides food vouchers, nutrition education, and counseling to help low-income pregnant mothers, new mothers, young children, and infants eat well and stay healthy. The food vouchers can only be used for WIC-approved foods like cereal, juice, eggs, milk, cheese, peanut butter, and beans. The list of approved foods was recently expanded to include more fruits and vegetables, as well as whole grain bread, tofu, and dairy substitutes. WIC also offers Fruit and Vegetable Checks (FVC) to buy fresh, frozen, or canned fruits and vegetables, as well as Farmers' Market Nutrition Program vouchers, which allow participants to buy fresh produce from farmers' markets during the peak growing season.

WIC and Farmers' Markets

There are two ways WIC participants can purchase fruits and vegetables from farmers' markets. Since 1992, the WIC Farmers' Market Nutrition Program (FMNP) has provided supplemental vouchers to WIC participants to purchase fresh produce at farmers' markets from May to November each year. The WIC FMNP vouchers are given to participants in addition to their WIC food checks. The program has been very successful, bringing new business to farmers' markets during peak months and encouraging low-income families to shop at farmers' markets.

You can also now use WIC Fruit & Vegetable Checks (FVC) at authorized farmers' markets. At the time of publication, there were eleven markets authorized to accept WIC FVC in Los Angeles. For a list of markets that accept WIC vouchers, see the Farmers' Market section of this guide, or visit www.wicworks.ca.gov/.

"WIC-only" Voucher Stores

Participants in the WIC program can also shop at "WIC-only" stores, which stock only items approved for purchase with WIC vouchers. They generally accept EBT and cash purchases in addition to WIC vouchers, acting as neighborhood grocers. Some "WIC-only" stores have started stocking locally grown seasonal produce. In Los Angeles, Fiesta Plaza Nutrition, Mother's Nutritional Center, and Prime Time Nutrition provide fresh, locally sourced food at affordable prices. For more information on Farm-to-WIC in Los Angeles, contact the Urban and Environmental Policy Institute at (323) 259-2991, or visit www.uepi.oxy.edu/our-projects/farm-to-wic/.

WIC Eligibility

WIC is available to low-income women who are pregnant, breastfeeding and who just had a baby, as well as to infants and children less than 5 years of age (including foster children). Working families may also qualify. WIC has over 100 offices in Los Angeles. Call (888) WIC-WORKS or visit www.wicworks.ca.gov for program locations and application information.



FOOD PANTRIES

Food pantries provide bags of food to families and individuals. Most food pantries are small and are operated at churches or other community sites by volunteers. Each distribution program has its own rules about service limitations. Many food pantries only serve people who live in a particular area, and some require identification and proof of income.

Due to limitations in money, time, and volunteers, most food pantries can only serve people once per month, and often don't have enough healthy foods to meet the demands of the people they serve. Foods distributed most often include beans, bread, canned foods, cereal, rice, and produce. Free hot meals are offered at many food pantries and soup kitchens.

For a list of food pantries in your area, dial 211, or visit the LA Food Bank Pantry Locator at www.lafoodbank.org/pantry-locator.aspx.



FOOD BANKS

Food banks supply food pantries with government-subsidized food, as well as privately donated or purchased goods, at very low cost.

Food Banks Serving Los Angeles County

- **Los Angeles Regional Food Bank.** (323) 234-3030. www.lafoodbank.org/.
- **Westside Food Bank.** (310) 828-6016. www.westsidefoodbankca.org/.
- **Foodbank of Southern California.** (562) 435-3577. www.foodbankofsocal.org/.
- **Food Finders Inc.** (562) 598-3003. www.foodfinders.org/.
- **Children's Network International.** (323) 980-9870. www.helpthechildren.org/.
- **World Harvest Foodbank.** (213) 746-2227. www.worldharvestfoodbank.org/.
- **Shepherd's Pantry.** (626) 852-7630. www.shepherdspantry.com/.
- **Hawaiian Garden Food Bank Inc.** (562) 860-9097.

WHAT CAN YOU DO TO HELP FIGHT HUNGER AND FOOD INSECURITY?

- Support the Supplemental Nutrition Assistance Program by asking your state and federal representatives to improve the benefits that the program provides and reduce the barriers to accessing these programs.
- Vote in ways that help protect programs that serve the elderly and disabled.
- Donate time, money, or food to local food banks, food pantries, and soup kitchens.



- Demand that public transportation serve the needs of low-income people, and that supermarkets in your area are clean and meet local needs.
- Encourage policies and laws that create jobs and that demand employers pay living wages.
- Fight unjust laws that prevent groups from feeding homeless persons in public.
- Help grow sustainable food systems in your community by buying local products from farmer's markets, participating in food cooperatives, and growing your own food in community gardens or at home.

RESOURCES

- **California Food Policy Advocates** is a statewide policy organization dedicated to increasing access to nutritious affordable food. For more information, call (213) 482-8200 or visit www.cfpa.net/.
- **Food Link** helps businesses, schools, and civic and religious organizations “adopt” a food pantry, collecting and delivering food to them on a monthly basis. To join, call (213) 389-9949 or visit <http://www.hope-net.info/foodlink.html>.
- **Gleaning** is the collecting of leftover food from farms, restaurants and other food service operations. The US Department of Agriculture gives information and guidelines on the operation of gleaning programs. For information, call (800) GLEANIT or download the USDA’s gleaning toolkit at www.usda.gov/documents/usda_gleaning_toolkit.pdf.
- **Greater West Hollywood Food Coalition** serves hot, nutritious meals to the homeless and hungry, seven days a week. For more information, visit www.gwhfc.org/.
- **Hunger Action Los Angeles** works to end hunger and promote healthy eating through community education, outreach, and networking to empower low-income people. They administer the Market Match program, which gives people who receive CalFresh (food stamps), WIC, Social Security, or SSI weekly vouchers to buy fruits, vegetables, and nuts at participating farmers’ markets. For more information, call (213) 388-8228 or visit www.hungeractionla.org/.





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