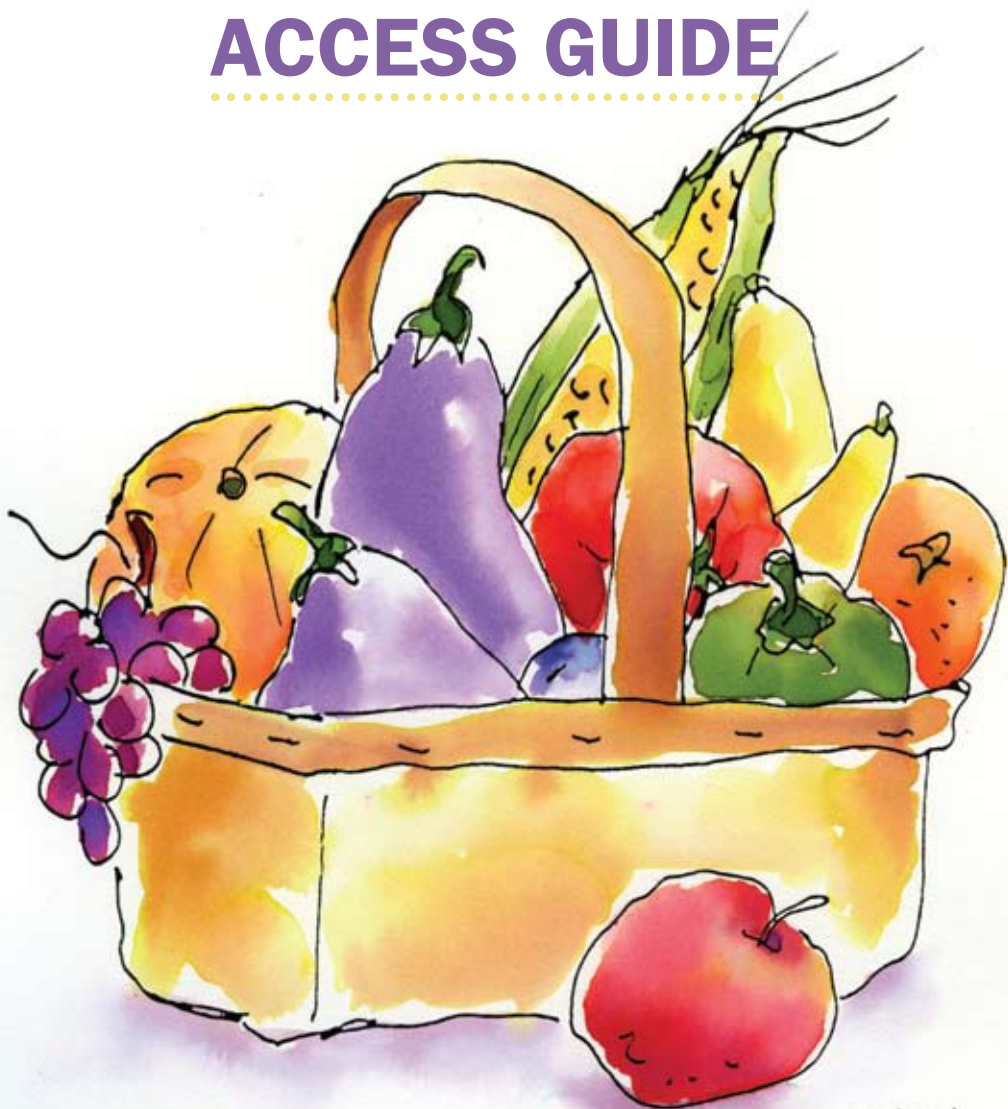
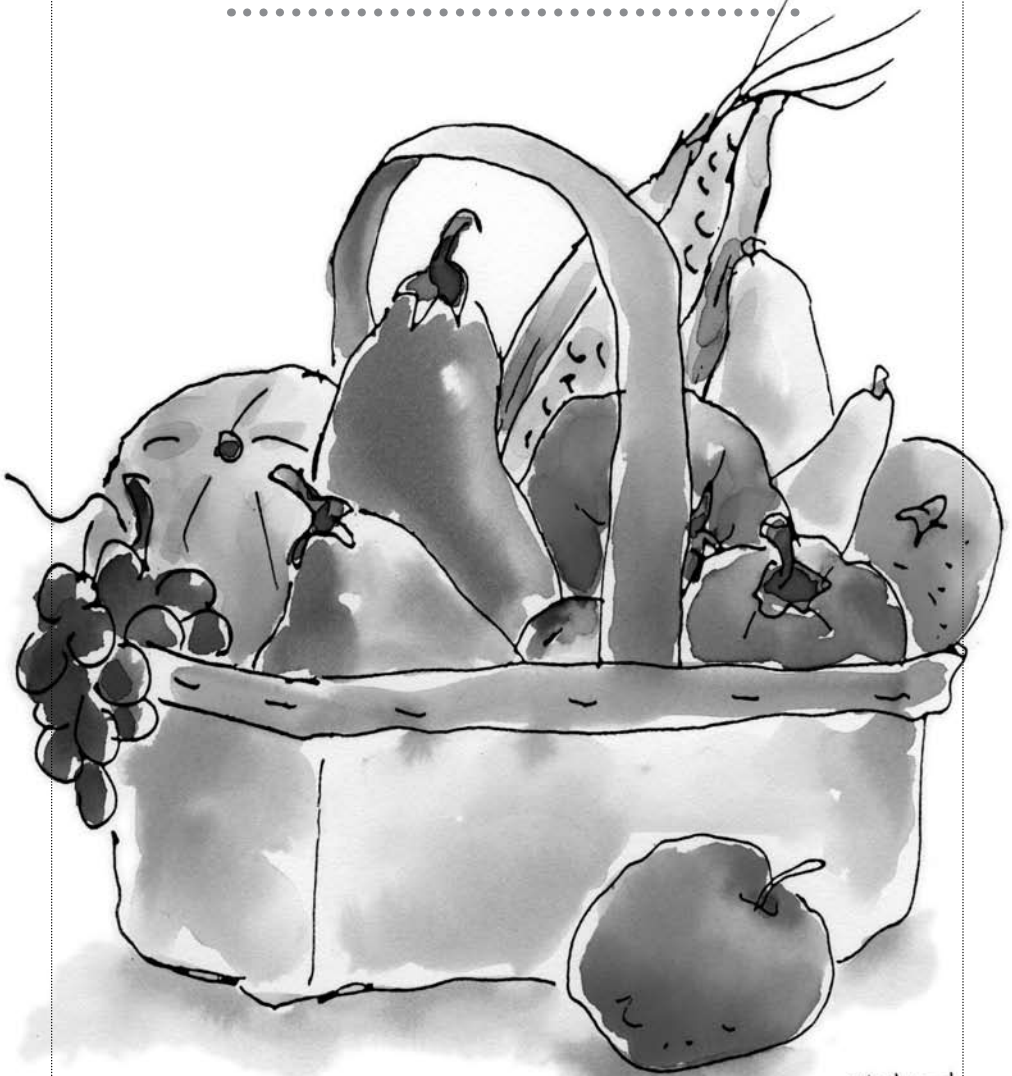


Los Angeles Fresh Food ACCESS GUIDE



Los Angeles Fresh Food ACCESS GUIDE

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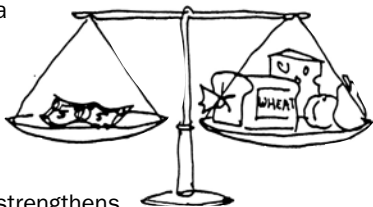


INTRODUCTION

Eating is... so much more than what to buy for dinner, how to prepare it in a tasty way, and how these choices will affect your family's nutritional and long-term health.

A Social Act

Eating is a social act when your food choices include consideration of who grows or makes your food and where it is produced. It is important that the companies that you support with your food dollar – growers, producers, processors, distributors – treat the people they employ in ways that support their well-being. These connections and relationships between employers and employees, and between you 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 food, your money stays in your community, helps to strengthen the local economy, creates and sustains local jobs, and ultimately benefits your family, neighbors, and friends. However, most food dollars support what is called the global food system, which involves multi-national corporations growing and producing food in distant places. This global food system creates tough competition for family farms and local food businesses. The choice of which businesses to support, local or global, makes eating an economic act.

An Environmental Act

Eating becomes an environmental act when you consider how many pesticides, growth regulators, and additives are used to produce much of the foods available in the U.S. Some food comes from farmers who use earth-friendly means to build natural nutrients in soil and to manage pests and weeds. Moreover, many foods are shipped from thousands of miles across the country or from other countries in trucks or planes that emit pollutants from the fossil fuels they burn. The foods that come from nearby farms in your county or state cause much less pollution to transport to you. It is the impact of where and how food is produced that makes eating an environmental act.

A Political Act

No matter what food choices you make, understanding the impact on yourself and the people and world around you is a shared responsibility. These choices help create the world we live in and make eating a political act. There are many choices to make, and we hope that this guide will help you find and choose locally grown fresh foods as well as stimulate thinking about how to get involved in shaping the kind of community and world we live in.

Maggie Haase, MPH, RD



Food matters. The foods you put into your body influence how much energy you have, how you look and feel, and your overall health. This matters not just today and tomorrow, but for the rest of your life. Eating lots of fruits and vegetables and exercising daily can help you to lead an active, 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 weight is one influence on health, 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.

Learn more about what a BMI is used for and use a BMI “calculator” to find your own BMI at Center for Disease Control and Prevention website: <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>.

BMI Categories:

Underweight = less than 18.5
Normal weight = 18.5-24.9
Overweight = 25-29.9
Obesity = 30 or more

Obesity in the United States is Rising

Obesity is the second leading cause of unnecessary deaths in the United States. Each year in the United States, more than 300,000 people die from obesity-related illnesses.

Today, 64.5% of all adult Americans (about 127 million people) are overweight, 60 million are obese, and 9 million are severely obese.

About 30.3% of children (ages 6 to 11) are overweight and 15.3% are obese. For teenagers (ages 12 to 19) 30.4% are overweight and 15.5% are obese. Overweight people are at risk for serious life-long diseases, such as diabetes, cardiovascular diseases (like high blood pressure), some cancers, and bone and joint disorders.

In Los Angeles:

- More than one third of all adults in Los Angeles are overweight (35%).
- 68.4% of Latinos, 67.1% of African Americans, 58.8% of American Indian and white/American Indian, 54.1% of Whites, and 33.4% of Asians are overweight or obese.



FOOD and HEALTH

- 25% of Los Angeles children are overweight. When young people are overweight, there is a greater chance they will have chronic diseases later in life. This is because people who become overweight as children usually have a less active lifestyle and eat more foods with lots of calories and fats.
- 25% of all the foods teenagers eat are “junk food,” like french fries, candy, and soda.

Los Angeles Department of Health Services and Los Angeles County Health Survey, Office of Health Assessment and Epidemiology, Los Angeles County Dept of Public Health, 2007.

DIABETES

Today, over seventeen million American are living with diabetes. There are two types of diabetes, both caused by problems with insulin. Insulin is 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 enough 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 in people over 40, but now it is found in people of all ages.

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 90% of people with type 2 diabetes are overweight.

For more information about diabetes in English or Spanish, visit The National Institute of Diabetes and Digestive and Kidney Diseases website:
<http://www.niddk.nih.gov>.



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. Your liver makes all the cholesterol your body needs. Total cholesterol levels of less than 200 are optimal.

What is good cholesterol and bad cholesterol?

Everyone has two kinds of cholesterol. One is bad (LDL) and the other is good (HDL). The ratio of “bad” LDL to “good” HDL cholesterol should be kept lower than 5:1.



What is high blood cholesterol?

High blood cholesterol occurs when there is too much cholesterol (a fat-like substance) in the blood. The risk for getting heart disease or having a heart attack goes up when the cholesterol level is too high.

What affects cholesterol levels?

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

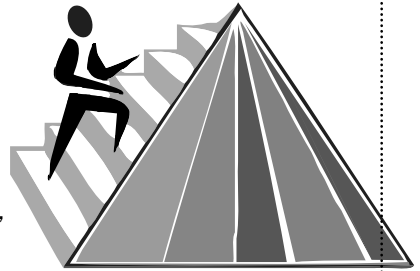
To lower high blood cholesterol and decrease the chance of heart disease you can improve your diet, lose weight, exercise more, and quit smoking. The National Cholesterol Education Program (NCEP) recommends that everyone over the age of 20 have their cholesterol checked every five years.

For more information, contact The National Cholesterol Education Program at (301) 592-8573 or nhlbiinfo@nhlbi.nih.gov or visit <http://www.nhlbi.nih.gov/about/ncep/index.htm>

MY PYRAMID

The United States Department of Agriculture (USDA) developed a new food pyramid in 2005 called MyPyramid. For the first time, USDA Food Guidance includes recommendations for physical activity and the idea that not everyone has the same nutritional needs. The MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, visit <http://www.mypyramid.gov/index.html>.

This can be done for adults, children, and for breastfeeding or pregnant women. In 2009, the USDA also developed, for the first time, a MyPyramid Plan for preschool-aged children (ages 2-5). A personalized plan can be made for a child at: <http://www.mypyramid.gov/preschoolers/index.htm>



For information in Spanish, visit <http://fycs.ifas.ufl.edu/pyramid/spanish.htm>

*These general guidelines the
from USDA are good
for all people!*

Grains - Make half your grains whole grains.

Vegetables - Vary your veggies.

Fruits - Focus on fruits.

Milk - Get your calcium-rich foods.

Meat and Beans - Go lean with protein.

Other Food Pyramids

Critics say the USDA pyramid is too heavy on meat- and dairy-products and is not a good fit for the foods of every culture. Other food pyramids have been created to address these concerns. In addition to the USDA Pyramid, there is a Vegetarian Pyramid, an Asian Pyramid, a Soul Food



FOOD and HEALTH

Pyramid, a Mediterranean Diet Pyramid, a Latin American Diet Pyramid, and a California Cuisine Pyramid.

For other food pyramids, check out

<http://www.oldwayspt.org/>

http://www.cellinteractive.com/ucla/center_overview/pyramid.html

<http://www.hsph.harvard.edu/nutritionsource/pyramids.html>

<http://www.mayoclinic.com/health/vegetarian-diet/Hq01596>

ADVERTISING, MARKETING AND THE MEDIA

Children spend a large amount of their time watching TV and commercials. An average child watches television for 28 hours a week and sees 20,000 commercials a year!

Commercials influence what children think they know about food and what foods they choose to buy or ask their parents to buy. Advertisers spend \$10 billion to \$15 billion a year on advertising directed at children and youth.

In 2002, children and teenagers spent over \$27 billion on food and beverages.



More than half of the television commercials directed at children are for unhealthy foods and beverages such as candy, fast food, snack food, soft drinks, and sweetened breakfast cereals that are high in calories and fat and low in fiber and other essential nutrients.

You can help the children in your life learn to eat right. Children need to see positive educational messages in multiple forms (TV, radio, Internet, print) on a daily basis so they learn to exercise and eat right on their own. You can help by teaching children about nutrition and helping them choose healthy foods.

-Preventing Childhood Obesity, Health in Balance, 2005, Institute of Medicine
<http://www.iom.edu>

For more information, contact the Campaign for Commercial-Free Childhood at 617-278-4172 or <http://www.commercialfreechildhood.org>



LEARNING ABOUT COMMUNITY FOOD SYSTEMS

Sometimes, no matter how much you know about making healthy food choices, it can be difficult to make those choices if healthy options are not available. Healthy 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 is all things that happen to feed people: growing crops, harvesting crops, processing crops into foods, 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 kind of jobs the people have who grow and make food, and the way food impacts the environment.

In a community food system, food is grown, processed, distributed, and consumed in ways that are good for environmental, economic, social, and nutritional health for a community or area. A community system supports the long-term health of the local economy, the 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, it is possible to buy healthy, inexpensive foods to replace the unhealthy foods in your diet. The average American spends 30 hours a week watching television. Why not spend less time watching television and more time doing some smart shopping for healthy foods? You might save some money and live a healthier life.

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, and vegetables. 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 prepackaged foods you can buy at the store are high in calories, fat, sodium, sugar, and cost. At home, you can cook foods that have a healthy nutritional balance – and save money. Packaged foods may save you time, but they are often less healthy and more expensive than making the same food yourself at home. One way to save money and gain nutrition is to buy dried beans instead of canned beans. Cooking dried beans may take longer than heating up beans from a can, but you save money and get a healthier meal by making your own 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 an item that is not on your list but you make a quick decision to buy 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 and add extra items to your cart.
- **Be careful with coupons.** Coupons can help you to 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 do not have enough time. Being hungry or rushed can lead you to make bad choices about what foods to buy and can result in you buying too much or the wrong products and wasting money.



FOOD from the STORE

- **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 what time of year. Fruits and vegetables that are “in season” (meaning they are being harvested from fields in the same season as you are shopping for them) are usually cheapest and highest 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 for every ounce or piece of the bulk item.
 - Know what type of storage is needed for the product and be sure you have enough space to store it.
 - Beware that buying in bulk can lead families to overeat or eat too quickly. If this happens, you could run out of food or money before the end of the month.



NUTRITION LABELS MADE EASY

It’s easier to make the most nutritious food choice when you know how to read the nutrition facts label found on packaged foods. Nutritional labels also make it easier for you to compare similar products. Be sure to look at the serving size when comparing nutrition facts.

- **Serving size.** This is the place to start when you look at the label. They are provided in familiar units, such as cups or pieces, followed by the metric amount (like the number of grams). Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, “How many servings am I consuming?” For example, if you eat half of the container, is that amount a $\frac{1}{2}$ serving, 1 serving, 2 servings, or more? If it is 2 servings, then you need to double the %DV numbers. If it is $\frac{1}{2}$ serving, you would divide the %DV numbers in half.

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%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram		
Fat 9	Carbohydrate 4	Protein 4



FOOD from the STORE

- **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 high or low quantity of a certain nutrient.

Do you need to know how to calculate percentages to use the %DV? No, the label (the %DV) does the math for you. It helps you interpret the numbers (grams and milligrams) by putting them all on the same scale for the day (0-100%DV). The %DV column doesn't add up vertically to 100%. Instead, each nutrient is based on the daily requirements for that nutrient (for a 2,000 calorie diet). This way you can tell high from low and know which nutrients contribute a lot, or a little, to your daily-recommended allowance.

- **Calories** provide a measure of how much energy you get from a serving of the food item. Many Americans consume more calories than they need without meeting recommended intakes for nutrients. The calorie section of the label can help you manage your weight (either gain, lose, or maintain.) Remember: the more servings you eat, the more calories you consume.



Limit these nutrients

Fat, cholesterol, and sodium are the nutrients listed first. Americans generally eat enough or too much of these. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of 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.

Get enough of these nutrients

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified at the bottom of the nutrition label. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that makes your bones brittle as you get older. A diet rich in fruits, vegetables, grain products that contain dietary fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

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.



-Source: Food and Drug Administration

For more information, contact the FDA at 1-888-INFO-FDA or <http://www.cfsan.fda.gov/label.html>, or the USDA at 1-800-535-4555 or <http://www.usda.gov/wps/portal/usdahome>.



NUTRITIOUS SNACKS

Most children need to eat a nutritious snack after school 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.

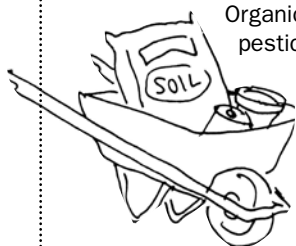
- **Dip.** Children can dip cut veggies, baked tortilla chips, whole-wheat crackers, or pita triangles into low-fat dressing, hummus, bean dip, or salsa. Sliced fruit can be dipped in flavored yogurt or applesauce. 
- **Freeze.** Most children think of frozen snacks as special treats. Instead of eating ice cream and snow cones, frozen treats can be made from fruit. For example, grapes and bananas can be frozen and dipped in chocolate sauce and chopped nuts. 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 some of the fat and 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 frozen into Popsicles. Angel food cake with fresh fruit is a good alternative to cake with 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! Prepare a variety of nutritious snacks ahead of time. 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 do not get bored of eating the same food and have a well-balanced diet. 

Other favorites

- **Fruit kabobs.** Prepare a variety of fruits like melon balls, berries, pineapple chunks, cubed peaches, pears, or apples. Spear the fruit onto toothpicks or skewers for fun fruit kabobs. Try to avoid canned fruits that are packed in syrup; instead pick canned fruit packed in 100% fruit juice or water. Fruit kabobs can help you meet at least 5 servings a day of fruits and vegetables.
- **Mini sandwiches.** Use ingredients for tasty sandwiches like lunchmeat, 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 eating healthy!
- **Popcorn.** Hot-air popcorn is inexpensive, high in fiber, and low in calories. Beware of adding too much butter, since it adds fat.



WHAT DOES IT MEAN TO BE ORGANIC?



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

From the USDA National Organic Program at: 202-720-3252 or
<http://www.ams.usda.gov/nop/indexIE.htm>.

Did you know?

The Environmental Working Group (<http://www.foodnews.org>) researched which types of fruits and vegetables had the most pesticide residues. Pesticide residues are pesticides that are still on the food when you buy it. They identified the 12 most contaminated foods and the 12 least contaminated foods. If you can, buy organic versions of the most contaminated food items. However, remember that it's always good to eat fruits and vegetables, even if you can't get organic.

12 Most Contaminated Foods

Buy organic whenever possible!

- | | | |
|----------------------|----------------|---------------------|
| • Peaches | • Nectarines | • Grapes (imported) |
| • Apples | • Strawberries | • Pears |
| • Sweet bell peppers | • Cherries | • Spinach |
| • Celery | • Lettuce | • Potatoes |

12 Least Contaminated Foods

- | | | |
|-----------------------|-----------------------|------------|
| • Onions | • Mango | • Bananas |
| • Avocado | • Sweet peas (frozen) | • Cabbage |
| • Sweet corn (frozen) | • Asparagus | • Broccoli |
| • Pineapples | • Kiwi | • Eggplant |



COOPERATIVES/CO-OPS

Buying clubs are groups of people who cooperate to put their money together to order fruits, vegetables, and other groceries at bulk prices. Buying clubs are a great way to purchase fresh food and get to know your neighbors. A buying club can help you get better quality produce, better prices, bulk goods and healthy organic food. 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.

Join a Buying Club today!

You can contact a Buying Club distributor if you are interested in starting a buying club or becoming part of an existing club.



Distributors for Buying Clubs in Southern California

Tucson Cooperative Warehouse

350 South Toole
Tucson, AZ 85701
(520) 884-9951
<http://www.tcwfoodcoop.com/>

United National Food

1303 29th NW
Auburn, WA 98001
(800) 679-8735



Or for more general information contact:

National Cooperative Business Association (NCBA)

(202) 638-6222; <http://www.ncba.org>

Rural Cooperative Center at UC Davis

(530) 752-2408; <http://cooperatives.ucdavis.edu>

TRANSPORTATION

Many people in Los Angeles depend upon public transportation to get around and do grocery shopping. 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 1-800-COMMUTE or <http://www.mta.net/default.asp>.

In addition to metro buses and trains, some stores offer a free shuttle home from the store. There are several stores in Los Angeles that offer a shuttle service for customers who purchase a certain dollar amount of groceries. You can ask your local grocer if they offer this option. Stores that offer shuttle service at the time of this publication are listed below.

Superior Grocer — free shuttle service with a minimum purchase of \$40 at the following locations:

10211 S. Avalon Blvd.
Los Angeles, CA 90003
(323) 241-6789

133 W. Avenue 45
Los Angeles, CA 90065
(323) 223-3878

3600 Cesar E. Chavez Ave.
Los Angeles, CA 90063
(323) 269-1790

7316 S. Compton Ave.
Los Angeles, CA 90001
(323) 589-6411

5824 S. Vermont Ave.
Los Angeles, CA 90044
(323) 541-0107

9801 Laurel Canyon Blvd.
Pacoima, CA 91331
(818) 897-2604

Food 4 Less

5420 W Sunset Blvd
Los Angeles, CA 90027
(323) 871-8011



FOOD from the FARM



Locations and times of farmers' markets are subject to change, especially during the different seasons. However, most farmers' markets are open rain or shine. For an updated listing of California certified farmers' markets watch **The Los Angeles Times Food section**, contact **Southland Farmers Market Association** at (310) 481-0167 or <http://www.cafarmersmarkets.org>, or **SEE-LA** at <http://www.farmernet.com/events/cfms>.

NOTE: We've done our best to ensure the accuracy of this list. However, please call first to confirm the market times and locations.

EBT = Farmers' markets where electronic benefits transfer cards are accepted. For more information about EBT, see Food Assistance Programs.

WIC = Farmers' markets where WIC is accepted.

FARMERS' MARKETS IN LOS ANGELES:

MONDAY

Bellflower – John Simms Park, Oak and Clark Streets, 9 am-1 pm, (562) 866-7510, South Gate – South Gate Park, Tweedy Boulevard and Pinehurst Avenue, 9 am-1 pm, (323) 774-0159, WIC

West Hollywood – Plummer Park, North Lot, 1200 North Vista Street and Fountain Avenue, 9 am-2 pm, (323) 848-6502, WIC

TUESDAY

Baldwin Park – Cesar Chavez Drive and Ramona, April to October 4-9 pm, (626) 960-4011 ext. 495

Culver City – Main Street between Culver and Venice Boulevards, 2-7 pm, (310) 253-5775, WIC

Irvine – Historic Park at the Irvine Ranch, 13042 Old Myford Road, 9 am-1 pm, (714) 573-0374



Lynwood – Martin Luther King Boulevard and Cesar Chavez Lane, 12-5 pm, (310) 885-3751

Manhattan Beach – 13th St. and Morningside Dr., 12-4 pm Regular Hours, 12-5pm Summer Hours, Memorial Day thru Labor Day, (310) 379-9901
<http://www.mbfarmersmarket.com>

Norwalk – Alondra Boulevard, west of Pioneer Boulevard, 9 am-1 pm, (562) 929-5580, EBT, WIC

Old Los Angeles (Highland Park) – N. Ave 57 and Marmion Way, 3-8 pm, (323) 255-5030, <http://www.oldla.org>

Pasadena (Villa Parke Center) – 363 E. Villa Street at Garfield Avenue, 8:30 am-12:30 pm, (626) 449-0179, EBT, WIC, <http://pasadenafarmersmarket.org/>

Torrance – Wilson Park, 2200 Crenshaw Boulevard between Carson Street and Sepulveda Boulevard, 8 am-1 pm, (310) 328-2809, WIC

WEDNESDAY

Chino – Chino City Hall, 13220 Central Ave., June through August, 5-8:30 pm, (310) 621-0336, <http://www.chinofarmersmarket.com>

Chino Hills – McCoy Equestrian Center, 14280 Peyton Drive, 4:00-8:30 p.m. April 2 through Sept. 24, (909) 548-0868.

Fullerton – Independence Park, 801 W.Valencia Ave. (next to DMV), 8 am-2 pm, (714) 871-5304, EBT

Gardena La Salle – Parking lot on the northwest corner of 162nd Street and La Salle Avenue, 7:30am-11:30am, (310) 217-6169, WIC

Huntington Park – Salt Lake City Park, Bissell at East Florence Avenue, 9:30 am-1:30 pm, 1-866-GOOD-VEG, EBT, <http://www.goodveg.org>

La Cienega (Kaiser) – Kaiser West L.A., 6041 Cadillac Ave., Los Angeles, 9 am-1:30 pm, (562) 495-1764, EBT, WIC

Los Angeles Adams/Vermont – St. Agnes Church, 1432 West Adams Boulevard at Vermont Avenue, 1 pm-6 pm June-August, 2pm-5pm, September-May (323) 777-1755, EBT, WIC

Los Angeles (Downtown) – 650 W. 5th Street, 11:30 am-2 pm, (818) 591-8161, EBT, WIC

Northridge – Northridge Fashion Mall, Tampa Avenue south of Plummer Street, April-October, 5-9 pm, (805) 643-6458

San Dimas – 245 Bonita Avenue, Iglesia & Walnut, 4:30-8:30 pm, April-September, (909) 581-4744, <http://www.sandimasfarmersmarket.com/>

Santa Ana – **TEMPORARY FARMERS' MARKET CLOSURE** Fiesta Marketplace parking lot, North Bush and East 3rd streets, 3-7 pm, (714) 542-9392, EBT, <http://www.grainproject.org>

Santa Monica – Arizona Avenue between 2nd and 3rd Streets, 8:30 am-1:30 pm, (310) 458-8712, EBT, WIC, http://www.smgov.net/farmers_market



FOOD from the FARM

Tustin – El Camino Real and 3rd Street, 9 am-1 pm, (714) 573-0374

Westchester –7000 W. Manchester Ave. Intersection Of: Lincoln Blvd & La Tijera Across from Otis College, 8:30 am-1 pm, (310) 582-5850,
<http://www.westchesterfarmersmarket.com>

Whittier – Greenleaf Avenue between Philadelphia and Hadley, March 5 through 3rd week in October, 5-9 pm, (562) 696-2662.

Lawndale – 147th St. & Hawthorne Blvd, 2-7pm (310) 679-3306

THURSDAY

Bellflower – Oak and Bellflower Blvd, July-September, 6-9 pm, (562) 804-1424 x255

Carson – Community Center parking lot, East Carson Street between Bonita Street and Avalon Boulevard, 9 am-1 pm, (310) 847-3584, WIC

Century City – Constellation Boulevard, between Avenue of the Stars and Century Park East, 11:30 am-3 pm, (818) 591-8161 EBT, WIC

El Segundo – Main Street between Holly and Pine avenues, 3-7 pm, (310) 615-2649

Fullerton – Wilshire Avenue between Harbor Boulevard and Pomona Avenue, April through November, 4-8:30 pm, (714) 738-6545

Glendale – 100 block of North Brand Boulevard, between Broadway and Wilson Avenue, 9:30 am-1:30 pm, (818) 548-3155
<http://www.downtownglendale.com/farmersmarket.html>

Glendora – In front of the Glendora City Hall/Library, 140 S. Glendora Ave, May-Aug, 5-9 pm, (626) 593-9254, <http://www.glendorafarmersmarket.com>

La Cienega – 1801 South La Cienega Boulevard at 18th Street, 3-7pm, (562) 495-1764, EBT, WIC

La Verne – Old Town La Verne, D street and Bonita Avenue, May-August 28, 5:30-9 pm, (866) 440-3374

LA (Chinatown) – 727 North Hill and Alpine, 4-8 pm, (213) 680-0243, WIC,
<http://www.chinatownla.com>

LA (Downtown Arts District/Little Tokyo) – City Hall South lawn, between Main and Spring Streets, 10 am-2 pm, (323) 660-8660,
<http://www.downtownfarmersmarket.org>

LA (Seventh Street) – 725 South Figueroa Street, 10 am-4 pm, (213) 955-7176

Long Beach Uptown – 46th Street and Atlantic Avenue, 3-6:30 pm, 866-466-3834, EBT

Newhall – Market, between Walnut and Main, 3-7 pm, (661) 286-4037

Orange – 143 S. Lemon St., American Legion Hall parking lot, 2-6 pm, (951) 532-2822

Redondo Beach – Adjacent to Veterans Park, 309 Esplanade at the pier, 8 am-1 pm, (310)-372-1171 ext. 2252



Signal Hill – Walnut Avenue and East 27th Street 3-7 pm, (562) 433-3881, EBT, <http://www.harborareafarmersmarkets.org>

South Pasadena – Meridian Avenue at Mission Street, 4-8 pm, (818) 786-6612

Westwood – Sepulveda Blvd at Constitution Ave (just north of Wilshire), 12-6 pm, (310) 861-8188, <http://www.westwoodfarmersmarket.com>

Wilmington – Avalon Boulevard and L Street, 9 am-1 pm, (562) 449-9299, WIC

FRIDAY

Baldwin Park Kaiser – 1011 Baldwin Park Blvd., bi-weekly 8 am-2 pm (909) 869-2189

Covina – Civic Center Park, Citrus Avenue and East San Bernadino Street, 5-9 pm April – December, (626) 588-1112, WIC, <http://www.covinafarmersmarket.com>

Eagle Rock – 2100 Merton Avenue at Casper Avenue, 5-8:30 pm, (323) 225-5466, WIC

Echo Park – Parking lot No. 663 on Logan Street, south of Sunset Boulevard, 3-7 pm, (323) 463-3171, EBT

Hermosa Beach –Valley Drive between 8th and 10th Streets, 12-4 pm, (310) 379-0951, WIC

LA Wilshire Center – South Mariposa Avenue and Wilshire Blvd, 11:30am-3pm, (818) 591-8161

Long Beach (Downtown) – City Place Center, at Promenade N. and E. 4th Street, 10 am-4 pm, (866) 466-3834, EBT, <http://www.harborareafarmersmarkets.org>

Los Angeles (Downtown) – Bank of America Plaza at 333, at S. Hope Street, 11am-2pm, (818) 591-8161, EBT, WIC

Venice – Venice Boulevard at Venice Way, 7-11 am, (310) 399-6690, <http://www.venicefarmersmarket.com>

SATURDAY

Burbank– East Olive Ave and North Glenoaks Blvd, 8 am-12:30 pm, (626) 308-0457, EBT, WIC

Calabasas Old Town – Calabasas Road & Mulholland Drive, 8 am-1 pm, (818) 591-8161, EBT, WIC

Cerritos – Park Plaza Drive and Towne Center Drive near the Performing Arts Center, 8 am-12 pm, (1-866-GOOD-VEG), EBT, <http://www.Harborareafarmersmarkets.org>

Chatsworth – MetroLink Train Station Parking Lot off Devonshire St, between Topanga Canyon Blvd and Canoga Ave, 8 am-1 pm, (818) 470-0808

Diamond Bar – Brea Cayon Cutoff Road and Colima Road, 9 am-2 pm, (909) 860-1904, EBT, WIC

Gardena – Hollypark United Methodist Church parking lot, 13000 S. Van Ness Ave, 6:30 am-12 pm, (323) 777-1755, EBT, WIC



FOOD from the FARM

Hacienda Heights – Gale and S. Stimson Avenues, 8 am-12 pm,
(626) 934-7041

LA – McKinley Avenue and Vernon Avenue, 8am-12pm, (323) 463-3171, EBT, WIC

LA Central Avenue – 42rd Street and Central Avenue, 9am-1pm,
(323) 463-3171, EBT, <http://www.farmernet.com>

LA Harambee – Crenshaw and Slauson, 10 am-4 pm, (323) 292-5550

LA Silverlake – 3700 Sunset Boulevard, 8 am-12 pm, (323) 661-7771

La Canada Flintridge – Beulah and Foothill Avenue. Across the street from Memorial Park, just north of Verdugo Road, 8 am-12 pm, (818) 591-8161, EBT, WIC

La Verne – D Street and Bonita Avenue, 9 am-1 pm, (909) 592-3002,
<http://www.cafarmersmarkets.com>

Leimert Park – 43rd and Degnan, 10 am-3pm (323) 463-3171, EBT, WIC

Monterey Park – Parking lot at the corner of Lincoln Ave and Garvey Ave,
9 am-2 pm, (310) 633-3966

North Hollywood Valley – Bellingham Avenue at Victory Boulevard, 9 am-1 pm,
(818) 995-4365)

Pasadena (Victory Park) – 2800 block of North Sierra Madre Boulevard, between Paloma and Washington Avenues, 8:30 am-1 pm, (626) 449-0179, EBT, WIC

Pomona Valley – East Pearl Street and North Garey Ave, 7:30 am-11:30 am,
(310) 621-0336, EBT, WIC

Santa Monica (organic) – Arizona Avenue between 2nd and 3rd Streets,
8:30 am-1 pm, (310) 458-8712, EBT, WIC

Santa Monica (Pico and Cloverfield) – Virginia Avenue Park, corner of Pico and Cloverfield boulevards, 8 am- 1 pm (310) 458-8712, EBT, WIC

Torrance – Wilson Park, 2200 Crenshaw Boulevard, between Carson Street and Sepulveda Boulevard, 8 am-1 pm, (310) 328-2809, WIC

Walnut – Southlands Christian Schools campus, 1920 S. Brea Canyon Cutoff Road, 8 am-1 pm, (909) 860-1904

Watts – Ted Watkins Memorial Park at 103rd Street and Central Avenue,
10am-2pm, (323) 463-3171, EBT, WIC

Westchester – The Promenade at Howard Hughes Center (6081 Center Drive),
8:30 am-1 pm, (310) 582-5850, www.westchesterfarmersmarket.com

West Covina – 1000 West Covina Parkway and California Avenue, 8 am-2 pm,
(626) 338-8496, WIC

Woodland Hills – 6200 block of Topanga Boulevard, 8 am-4 pm

SUNDAY

Alhambra – East Bay State and Monterey Streets, 8:30 am-1 pm,
(626) 570-5081, EBT, WIC

Atwater Village – 3250 Glendale Blvd at Brunswick in the Wells Fargo Bank Parking Lot, 10am-2pm, (323) 463-3171, EBT, WIC



Beverly Hills – 9300 Block Civic Center Drive behind City Hall, 9 am-1 pm, (310) 550-4796

Brentwood – Gretna Green and San Vicente, 9 am-1 pm, (818) 591-8161, EBT, WIC

Claremont – 2nd and Yale Ave, 8 am-1 pm, (714) 345-3087, WIC

Encino – 17400 Victory Boulevard between Balboa Boulevard and White Oak Avenue, 8 am-1 pm, (818) 708-6611, EBT

Hollywood – Ivar Avenue between Sunset and Hollywood Boulevards, 8 am-1 pm, (323) 463-3171, EBT, WIC, <http://www.hollywoodfarmersmarket.net>

Larchmont Village – Larchmont Boulevard between 1st Street and Beverly Boulevard, 10 am-2 pm, (818) 591-8161, EBT, WIC

Long Beach (Marina) - E 2nd St and Pacific Coast Hwy, 9 am-2 pm, (1-866-GOOD-VEG, EBT, <http://www.harborareafarmersmarkets.org>

Malibu – LA Civic Center Complex, 10 am-3 pm, (310) 457-4537
<http://www.malibufarmersmarket.com>

Mar Vista – Grandview Blvd between Pacific and Venice Avenues, 8:30 am-2 pm, (310) 861-4444, EBT, WIC, <http://www.marvistafarmersmarket.org>

Melrose Place - Melrose Place & Croft, between La Cienega and Orlando, 9 am-2 pm, (818) 591-8161, EBT, WIC

Montrose Harvest Market – Honolulu and Ocean View Blvd, 9 am-2 pm, (805) 637-6635

Pacific Palisades – Swarthmore Avenue, between Sunset Boulevard and Monument, 8 am-1 pm, (818) 591-8161, WIC

Palos Verdes (Rolling Hills Estates) – Peninsula Shopping Center, Hawthorne Boulevard and Silver Spur Road, 9 am-1 pm, (310) 324-3994

Santa Clarita – College of the Canyons Lot #8 off Valencia Boulevard, 8:30 am-12 pm, (805) 529-6266

Santa Monica (Main Street) – 2640 Main Street at Ocean Park Boulevard, 9:30 am-1 pm, (310) 458-8712, EBT, WIC

Studio City – Ventura Place between Ventura and Laurel Canyon Boulevards, 8 am-1 pm, (818) 655-7744.

Toluca Lake – Sancola Avenue and Riverside Drive, 9:30 am- 2:30 pm, (818) 260-8795, EBT, WIC

West LA – 1645 Corinth Ave, 9 am-2 pm, (310) 281-7855, WIC,
<http://www.westlafarmersmarket.com/>

Westwood Village – Broxton Avenue between Weyburn and Kinross Avenues, 10 am-3 pm, (310) 739-5028



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 offer great produce at good prices because the farmers can set their own prices and the food doesn't go through a distributor or retailer, which can add to the price of the food.
- 3. Variety of Options** — Farmers' markets usually offer a wider range of produce than is available at grocery stores, including specialty items such as persimmons and lemon cucumbers and many culturally specific foods.
- 4. Community-Building** — Many farmers' markets are a hub of activity for neighborhoods and provide a space for community members to interact.
- 5. Connection with Food** — 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.



COMMUNITY SUPPORTED AGRICULTURE (CSA)

Community Supported Agriculture (CSA) programs are another way to support local agriculture and eat fresh 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, or every other week.

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, growing practices, and history. Choose a farm that suites your lifestyle according to harvest size, varieties, distribution days and locations. Some CSA farms offer other bonuses such newsletters and workdays on the farm. See if you can try it out for a few weeks or a month to decide if you like it.



CSA Farms Serving Los Angeles

Marian Farms

(559) 276-6185

info@marianfarmsbiodynamic.com

<http://www.marianfarmsbiodynamic.com>

Shipments start throughout the year and continue every other week for 30 weeks. The farm is based in Fresno. \$50.00 plus freight.



McGrath Family Farms

1012 W. Ventura Boulevard

Camarillo, CA 93010

(805) 983-1211

<http://www.mcgrathfamilyfarm.com>

Certified Organic. Deliveries happen each Thursday to sites with at least 30 subscribers. Call the farm for more information.

Tierra Miguel

(760) 742-4213

csa@tierramiguelfarm.org

<http://www.tierramiguelfarm.org>

Tierra Miguel grows certified organic herbs, vegetables, and fruits. They also provide information and recipes for cooking and eating the foods, and open the farm to visitors the first Saturday of each month.

Tanaka Farms

(949) 653-2100

TanakaFarmsCSA@AOL.com

<http://www.tanakafarms.com>

Located on historic Irvine Ranch land in Irvine CA, Tanaka Farms grows fresh and delicious sustainably raised foods. The CSA is delivered to multiple sites in LA. Tanaka Farms also provides a unique school fundraiser CSA.

South Central Farmers'

<http://www.southcentralfarmers.com>

Relocated to Bakersfield, CA the South Central Farmers' Cooperative has found a new way to provide the LA community with fresh fruits and vegetables, through a CSA. This CSA combines food grown by multiple farmers from the co-op, highlights unique Latin food flavors, and is priced just right for a healthy and responsible food shopper on a budget.

JR Organics

Joan E. Marrero

714-235-3219

Pick-up at farmers' markets throughout the week in West LA.



Workplace CSAs

Underwood Family Farm

(805) 389-7305

<http://www.underwoodfamilyfarms.com>

This CSA currently serves Kaiser Permanente employees at select locations in Los Angeles.

SEE-LA Market Baskets

(323)463-3171

<http://www.see-la.org/>

Drop off at Venice Family Clinic, Rand Corporation. SEE-LA is interested in expanding its Market Basket Service to new areas. Call SEE-LA if you are interested in participating.



Fairview Gardens

csa@fairviewgardens.org

(805) 967-7369

Fairview Gardens is seeking collaborators for workplace CSAs. 15-20 members needed to set-up. Email or call for more information

HOME DELIVERY ORGANIZATIONS SERVING LOS ANGELES

Auntie Em's

(323) 255-0800,

contact@auntieemsdelivery.com

<http://www.auntieemsdelivery.com>

Auntie Em's Restaurant builds baskets of fresh, local and sustainability raised foods from Los Angeles farmers' markets and delivers them directly to your door.

Los Angeles Organic Vegetable Express (LOVE)

(310) 821-LOVE

<http://www.lovedelivery.com>

Organic produce delivered to your home or office. Some customization of box contents is available.

Organic Express

(310) ORGANIC [(310) 674-2642]

customerservice@organicexpress.com

<http://www.organicexpress.com>

Organic Express sells local foods, which they define as from within 500 miles and tropical foods from Mexico.

Paradiseo

(562) 229-2096

service@paradiseo.com

<http://www.paradiseo.com/>

Delivers a customizable fruit/veggie box on a weekly or bi-weekly basis, and offers other fresh produce delivery options. All produce is organic. Local sourcing may be requested by customer.



U-PICK OPERATIONS

U-pick operations are yet another way to purchase local and seasonal food directly from farmers. U-picks let you pick specific fruits and vegetables yourself. People go to u-picks to get a large volume of produce at a good price and to get the freshest produce. Picking fresh produce can be a fun activity for the whole family.



U-Picks Serving Los Angeles

All dates are approximate because the start and end of harvest season varies from year to year. Call first to confirm availability.

Brian Ranch Airport Orchard

34810 Largo Vista Road
Llano, CA
(661) 261-3216

<http://www.brianranch.com/page0006.html>

Starting June 1st cherries

Starting July 1st apricots

Starting July 15th apples, nectarines, and peaches

Starting August 1st Asian pears and pears

McGrath Family Farms

1012 W. Ventura Boulevard
Camarillo, CA 93010
(805) 983-1211

<http://www.mcgrathfamilyfarm.com>

Organic vegetables, strawberries, and lemons

Rancho Paradiso Organic Farms

2252 Gird Road
Fallbrook, CA 92028
(760) 451-2370
rrnurmi@aol.com

Avocados, citrus and cherimoyas

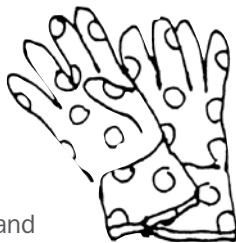


For more information about Home Delivery, U-Pick Operations, or farms in general, visit <http://www.localharvest.org>.



Community gardens

are public spaces often found in urban areas used by a group of people to grow flowers, fruits, and vegetables. Individuals or groups usually pay a small fee for the use of a plot of land year by year. Community gardens give people the opportunity to grow the foods they love most – sometimes they grow foods from their own cultures that aren't as easy to get in the U.S. Community gardens create space for people to grow their own food, and gardening is good exercise!



To find out where community garden space is available, or to get advice, materials, and seeds, contact the following organizations:

- **University of California Cooperative Extension Common Ground**
(323) 260-3348 or
<http://celosangeles.ucdavis.edu/garden/pubs/index.html>
- **LACCGreen Bank**
Los Angeles Conservation Corps Greenbank can provide labor support for building and maintaining community gardens. Community garden groups can go to the Green Bank to get or borrow supplies like compost, lumber, seeds, soil, tools, etc.
(323) 526-1460 or
<http://www.ciwmb.ca.gov/CALMAX/Creative/2000/Fall.htm>
- **Los Angeles Community Garden Council**
Representatives from community gardens in the area meet to discuss garden issues and policy issues.
<http://www.lagardencouncil.org/index.php>
- **American Community Gardening Association (ACGA)**
ACGA is a nonprofit membership organization of professionals, volunteers and supporters working together to increase and support community gardens.
(877) ASK-ACGA or <http://www.communitygarden.org>



COMMUNITY GARDENS IN LOS ANGELES COUNTY

Altadena

Palm and Lincoln
Altadena, CA 91001
(626) 398-9840, (310) 637-1151

Arleta

8800 Canterbury
Arleta, CA 91331
(818) 391-4927, (818) 894-3717

Baldwin Park

13067 Bess Ave
Baldwin Park, CA 91706
(626) 574-9928, (626) 705-5950

Baldwin Park WIC

3601 Puente Ave
Baldwin Park, CA 91706
(323) 833-3730, (626) 338-3258

Bell Gardens

7800 Scout Ave
Bell Gardens, CA 90201
(562) 806-7655

Bougainvillea (formerly the Watts Family Garden)

2008 102nd St (102nd and Grape St)
Los Angeles, CA 90002
(323) 497-7722

Central Hollywood Neighborhood Council

1259 Mansfield Ave (Fountain St at
Mansfield)
Hollywood, CA 90038
(323) 868-1703

Columbia Park

4045 E. 190th St
Torrance, CA 90504
(310) 781-7520

Crenshaw

1423 Crenshaw Blvd
Los Angeles, CA 90019
(323) 307-1777

Culver City

10860 Culver Blvd
Culver City, CA 90230
(310) 253-6729

Dan McKenzie Community Garden

4324 160th St. (160th and Sombra)
Lawndale, CA 90260
(310) 973-3270

Eagle Rockdale Community Garden and Art Park

1003 Rockdale Ave (Off N. Figueroa
at La Loma)
Los Angeles, CA 90041
(323) 344-8426



El Sereno

5454 Huntington Dr. (just before
Maycrest)
El Sereno, CA 90032
(323) 227-1409

Enrique Noguera

6614 Fountain Ave
Hollywood, CA 90028
(323) 465-1320 x 108,
(323) 465-1720

Francis Ave

2910 Francis Ave
Los Angeles, CA 90005
(213) 572-0188 ext. 206,
(213) 572-0192

Good Earth

Across from 5571 Boden St, near
La Cienega and Jefferson
Los Angeles, CA 90016
(323) 935-2466



FOOD from the GARDEN

Granada Hills Salad Bowl Garden Club

16003 Rinaldi St
Granada Hills, CA 91344
(818) 368-4533, (818) 368-4572

Greater Watts

600 block E. 118th Pl
Los Angeles, CA 90059
(323) 376-3905

Howard Finn

7747 Foothill Blvd
Tujunga, CA 91042
(818) 352-4405, (818) 353-0741



Hudson

2335 Webster (Webster and Hill)
Long Beach, CA 90810
(562) 428-8820, (562) 544-4325

Jardin del Rio

2363 Riverdale Ave
Echo Park, CA 90031
(310) 233-2002

John S. Gibson Senior Garden

1401 S. Harbor Blvd
San Pedro, CA 90731
(310) 833-9577

Lakewood

5200 Carfax (Candlewood and Carfax)
Lakewood, CA 90713
(562) 858-2239

La Madera

3805 La Madera Ave (La Madera and Ramona)
El Monte, CA 91732
(562) 686-2446, (626) 419-1436

La Mirada

13518 Biola Avenue
La Mirada, CA 90638
(562) 941-2861

Lago Seco

3920 235th St
Torance, CA 90504
(310) 781-7520, (310) 328-1746

Loma Alta

3330 N. Lincoln Ave
Altadena, CA 91001
(626) 794-6826

Long Beach

7600 Spring Street
Long Beach, CA 90815
(562) 597-0926

Manzanita

4107 W. Sunset Blvd
Los Angeles, CA 90029
(323) 954-2103, (323) 371-1104

Mar Vista

5075 Slauson Avenue
Culver City, CA 90230
(310) 390-9607, (310) 390-4888

Milagro Allegro

115 S. Ave 56
Highland Park, CA 90042
(323) 244-6039

Monterey Eco-Community Garden

870 Monterey Road
Glendale, CA 91206
(818) 259-0108

Norman Harrington

2037 Sanborn Ave., east of Hillhurst
Franklin Hills, CA 90027
(323) 663-5303

North Hollywood High School

11800 Weddington St
North Hollywood, CA 91601
(213) 712-2478



North Long Beach

6895 N. Myrtle Ave
Long Beach, CA 90805
(562) 630-5829

Norwalk

12739 Studebaker Rd
Norwalk, CA 90650
(562) 864-0059

Norwich

417 Norwich Dr
West Hollywood, CA 90048
(323) 848-6502

Oakland

Oakland and Maple
Pasadena, CA 91101
(626) 796-6878

Ocean View Farms

3300 Centinela Blvd
Mar Vista, CA 90066
(310) 915-1123

Orcutt Ranch

23600 Roscoe Blvd
West Hills, CA 91304
(818) 883-6641, (818) 756-8838

Palmer Park

610 East Palmer Ave
Glendale, CA 91205
(818) 548-2054

Paramount (Cortland)

7200 Cortland Ave. (Corner of Cortland
and Orange Street)
Paramount, CA 90723
(562) 220-2121, (562) 630-2713

Parkman

20800 Burbank Blvd (De Soto and
Burbank Blvd)
Woodland Hills, CA 91367
(818) 887-6048

Pico Rivera (Beverly)

8606 Beverly Rd.
Pico Rivera, CA 90660
(562) 801-4470, (562) 692-0247



Pomona WIC

1120 W. Fremont Ave
Philips Ranch, CA 91766
(626) 856-6650 x 213,

Project Youth Green

12467 West Osborne St
Pacoima, CA 91331
(818) 890-2928, (818) 834-5186

Proyecto Jardin

1710 Bridge St
Boyle Heights, CA 90033
(323) 774-7824

Raymond Avenue Neighborhood Garden

2632 Raymond Ave
Los Angeles, CA 90007
(323) 633-4118, (323) 737-6611

Rosecrans Farms

14600 Denver Ave
Compton, CA 90248
(310) 603-2627

Rosewood

Rosewood Ave and Heliotrope Dr
Los Angeles (Koreatown), CA 90004
(323) 821-7748

San Pedro (Gaffey)

1400 N.Gaffey
San Pedro, CA 90731
(310) 533-9536, (310) 549-0355

Santa Fe Springs

10145 Pioneer Blvd
Santa Fe Springs, CA 90670
(562) 868-7665, (562) 864-7971

Santa Monica (Park Drive)

2337 Broadway
Santa Monica, CA 90404
(310) 458-8300, (310) 395-9683



FOOD from the GARDEN

Santa Monica (Main)

2300 Main St
Santa Monica, CA 90405
(310) 458-8300, (310) 395-9683

Santa Monica (Euclid Park)

1525 Euclid Ave
Santa Monica, CA 90403
(310) 458-8300, (310) 395-9683

Sepulveda Center

16633 Magnolia Blvd
Encino, CA 90436
(818) 784-5180

Solano Canyon

545 Solano Ave
Los Angeles, CA 90012
(323) 525-7411, (323) 276-9931

South Central City Farm

6004 S. Broadway
South Los Angeles 90003
(323) 556-5561, (323) 966-1742

Stanford-Avalon

658 E. 111th Pl.
Los Angeles, CA 90059
(323) 666-2137

Summit Ave

1282 Summit Avenue
Pasadena, CA 91103
(626) 599-2078

Union Ave/Cesar Chavez

1136 S. Union Ave
Los Angeles, CA 90015
(213) 380-4783, (323) 224-2550
x200

Urban Oasis Food Forestry Program

5010 11th Ave
Los Angeles, CA 90043
(323) 296-5370 ext. 2639

Van Nuys

16400 Chase St
North Hills, CA 91343
(818) 893-7002

Verdugo Park

1621 Canada Blvd.
Glendale, CA 91208
(818) 548-2054

Vermont Square

4712 S. Vermont
Los Angeles, CA 90037
(323) 276-9931, (323) 294-1275

Vista Hermosa

1509 East 114th St.
Watts, CA
(323) 566-1416

Wattles Farm

1714 Curson Ave
Los Angeles, CA 90046
(323) 663-7441

Whittier

12902 Penn St
Whittier, CA 90602
(562) 223-0880

Winston Smoyer Memorial

1006 Clay Ct.
Alhambra, CA 91801
(626) 570-3208

Yamazaki Memorial Community Garden

961 S Mariposa Ave
Los Angeles CA, 90006
(213) 387-1334





For more information about community gardens in Los Angeles County contact:

University of California Cooperative Extension Common Grounds Garden Program at http://celosangeles.ucdavis.edu/Common_Ground_Garden_Program/ or (323) 260-3348 or gimitche@ucdavis.edu; or Los Angeles Community Garden Council at <http://www.lagardencouncil.org/> or gdake@pacbell.net.

Benefits of Community Gardens:

- Sources 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
- Give children a safe place to play
- In some neighborhoods, having a garden reduces amount of local crime

GARDENS AT HOME

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. Be 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 or buckets, recycled wine barrels or window boxes, or create containers from scratch with wood, old tires, or trash cans.

Some sources for inexpensive containers include garage sales, thrift stores, and plant nurseries where you may be able to obtain discarded plastic pots for free. Be sure there are holes at the bottom of your container to let excess water flow out.



GET INVOLVED AT A COMMUNITY OR SCHOOL GARDEN TODAY

Master Gardener Volunteers are people who are trained to help communities start their own community gardens. Master Gardeners come to communities and offer workshops to teach people about successful gardening. If you would like more information on becoming a Master Gardener Volunteer, call (323) 260-3348.

Gardening Angels School Garden Consultants are Master Gardeners with extra training that work with teachers and other youth professionals to help start school and youth gardens in their communities. If you'd like help with your project, call (323) 260-3348.

Fresh From the Garden Volunteers are Master Gardeners with extra training that teach workshops to community groups, helping to educate the public on how to safely prepare vegetables. For more information, call (323) 260-3348.





Children

spend a large amount of time each day at school, and they eat a lot of meals there too! Some children eat breakfast, lunch, and a snack through a school meal program. School meals can make up a large part of a students' overall diet.

NATIONAL SCHOOL LUNCH PROGRAM

The National School Lunch Program is a government program that provides free and reduced price lunch to students. Schools that offer free and reduced price lunches to students must serve lunches that meet the government's nutrition standards. The program is available in almost 100,000 public and non-profit private schools. Twenty-six million children receive free and reduced price lunches every school day. The National School Lunch Program is probably operating at your child's school and your children may qualify for free or reduced price lunch.

How to qualify

There are a few ways to qualify to receive free or reduced price lunches. To get free or reduced lunch for your kids, you must fill out an application and submit it to the school. Here are the things that will help you know if your family will qualify for free or reduced price lunches:

- If your household currently receives Food Stamps, TANF (Temporary Assistance for Needy Families), or participates in the Food Distribution Program on Indian Reservations (FDPIR), the children in that household are automatically eligible for free school meals.
- Foster, homeless, runaway, and migrant children are also automatically eligible for free school meals.
- If a household's total income is below a certain amount, the children in that household can eat free or at reduced price. To receive free meals, household income must fall below 130 percent of the federal poverty level. For reduced-



FOOD at SCHOOL

price meals, household income must be between 130 and 185 percent of the federal poverty level.

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 Branch at (213) 241-3185 to request an application or for more information. You can also visit <http://cafe-la.lausd.net> or call (Meal-programs/Meal-Applications) 800-300-FOOD

NATIONAL SCHOOL BREAKFAST PROGRAM

The National School Breakfast Program was developed as a way to provide nutritious breakfast to schoolchildren. A school breakfast must include $\frac{1}{4}$ of their key daily nutrients. School 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 and after filling out an application. One application works for both the National School Lunch and Breakfast Programs.

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 meal parts – 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, such as churches and parks. There are no application forms for parents or guardians to fill out for the snacks, if the program operates in the attendance area of a school in which at least 50 percent of the enrolled children are eligible for free or reduced priced meals. For information on the snack program or an application for an eligible program you know of that would like to participate, contact the Nutrition Services Division with the California Department of Education at 800-952-5609, visit <http://www.cde.ca.gov/ls/nu/sn/snack.asp> or contact your local school.

Teaching children how important fruits and vegetables are is important for kids and for their families. To help kids get more fruits and vegetables every day, people in Los Angeles are trying to start salad bars in their local school cafeterias. The salad bars are available for regular price and for kids who receive free or reduced priced lunches. The produce the salad bars serve is purchased from local farmers and help support the local economy. One example of a program like this is the Farm to School Program.

FARM TO SCHOOL PROGRAMS

Farm to school programs are spreading to schools all over the U.S. These programs connect schools with local farms to bring kids healthy meals, teach them about health and nutrition, and support local farmers.

In California, dozens of different school districts have farm to school programs serving students every weekday. Schools buy and feature seasonally available



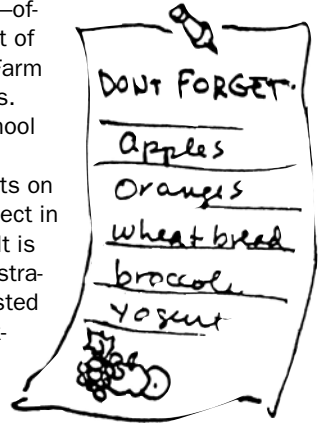
farm fresh foods on their menus; teach kids about nutrition; and teach students about food with activities like farm visits, gardening, and recycling programs. The programs help farmers because they can sell their produce to schools and get in touch with their community by helping teach kids about where food comes from.

For more information about Farm to School programs,

contact Moira Beery at (323) 341-5099 or visit

<http://www.farmtoschool.org/> and <http://www.cafarmtoschool.org>

Eating habits are established at a very young age—often before children even reach kindergarten. As part of the effort to prevent obesity in young children, the Farm to School program is being extended into preschools. The Farm to Preschool program seeks to link preschool sites with locally sourced fresh food for meals and snacks, and to educate the children and their parents on healthy eating. Farm to Preschool is a new pilot project in Los Angeles that is only offered at a few locations. It is expected that by 2010, there will be several demonstration sites where child care providers who are interested in learning more about the program can attend workshops and trainings.



For more information about the Farm to Preschool program,

contact Zoë Phillips at (323) 341-5098 or email her at phillipsz@oxy.edu.

That's not all... You can even find farm fresh food in some local colleges, hospitals, and restaurants. For more information about farm to college programs, visit <http://www.farmcollege.org>. For farm to hospital information, visit <http://www.noharm.org>. and <http://departments.oxy.edu/uepi/cfj/f2h.htm>.

HEALTHIER SCHOOLS

The Los Angeles Unified School District is the second largest school district in the country, with almost 700,000 students, and serves over half a million meals every weekday. Over 70% of students in LAUSD qualify for free or reduced price meals at school, but around half of those students aren't eating what's being served. Additionally, 40% of students in LAUSD are overweight or obese. 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 and Food Coalition have come together to make some ground-breaking changes in LAUSD's school food and nutrition policies.

HEALTHY SCHOOL FOOD COALITION

The Healthy School Food Coalition (HSFC) is a group of parents, students, and community members committed to developing better food and nutrition policy in the Los Angeles Unified School District.



Healthy school food policy in LAUSD

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.

Obesity Prevention Motion

This policy was passed in October 2003 and calls for many changes to improve the school meal program. The motion banned “junk food” and other high fat, high calorie snacks. Healthier snacks that meet specific nutritional guidelines are now available during the school day and for half an hour after school has ended. The policy also called for one vegetarian option at each meal and salad bars at schools that have the capacity.



Cafeteria Improvement Motion

The Cafeteria Improvement Motion passed in December 2005 and it calls for improving the nutritional content of the foods schools serve and makes sure 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. Also, it has a provision to make sure schools keep cafeterias acceptably clean and serve food at appropriate times.

Your support is very important... for more information or ways to get involved, please contact Elizabeth Medrano of the Healthy School Food Coalition at (323) 341-5097 or e-mail emedrano@oxy.edu.



SCHOOL GARDENS

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

School gardens benefit students by

- Promoting good nutrition
- Increasing physical activity
- 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 or for more information, contact the City of Los Angeles Environmental Affairs Department at (213) 978-0888, the Los Angeles Conservation Corps at (213) 362-9000 x 201, or the LAUSD Nutrition Network at (323) 263-1916.



FOOD EDUCATION



COOPERATIVE EXTENSION FOOD STAMP & NUTRITION EDUCATION PROGRAM

The University of California Cooperative Extension (UCCE) provides nutrition education to low-income families and youth in Los Angeles County. Many families could use help in making healthy and affordable food purchases. Their programs help food stamp and food stamp eligible people how to improve skills related to selecting, purchasing, and preparing a low-cost nutritious diet for themselves and their families. The program also teaches:

- Self-sufficiency
- Food budgeting
- Managing resources
- Food preparation skills
- Food safety and sanitation
- Feeding infants and children
- Physical activity

For more information, call (323) 260-3350 or visit <http://celosangeles.ucdavis.edu/>

COMMUNITY HEALTH PROMOTERS

Community health promoters or *promotoras* provide health education and counseling in their communities. There are *promotoras* in central, south, and east Los Angeles. They offer Spanish and English education programs, including nutrition education to groups at schools, churches, community centers, etc. The main objectives of the *promotoras* are to:



- Teach people to improve their health
- Increase peoples' access to health care and preventive health measures
- Work with health clinics, hospitals, non-profits, and public agencies to improve the system of medical care

For more information contact:

Hathaway Family Resources Center
(323) 257-9600
840 North Avenue 66
Los Angeles, CA 90042

Esperanza Community Housing Corporation (EHC)
(213) 748-7285
2337 South Figueroa Street
Los Angeles, CA 90007
<http://www.esperanzacommunityhousing.org/>

Focus on a Health Promoter Program EsperanSalud

EsperanSalud is a project of Esperanza Community Housing Corporation. EsperanSalud is a free and easily accessible health education and information center on the first floor of the Mercado La Paloma (located at 3655 S. Grand Avenue in Los Angeles and open daily from 8:30 am to 6 pm). Their promotoras can provide information and make referrals to different services. The promotoras have also organized a monthly community calendar of nutrition classes and physical fitness, including yoga classes. They are bilingual.

For more information, contact EsperanSalud at (213) 765-0573.



FOOD ASSISTANCE PROGRAMS

Food insecurity

happens when a family does not

have enough food to meet its needs and family members go hungry or have poor nutrition. California has a higher percentage of families with food insecurity than most states.

Residents of Los Angeles communities are concerned about hunger, access to healthy, high-quality food, and the price of food. Almost $\frac{1}{4}$ of low-income families (400,000 households) in Los Angeles experienced food insecurity in 2002-2003.

Food Insecurity and Weight Gain

Low-income adults and children have gained the most weight in recent decades. Food insecurity can lead to weight gain and obesity, here are some of the possible reasons why.

- 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 also are the ones that cause children to gain the most weight.
- Families with low-income must try to get as much food as possible but often can't afford to worry about the quality of the food they eat.
- Low-income communities have less access to a variety of healthy foods. Low-income neighborhoods are more likely to have more fast food and convenience stores and less full service grocery stores.
- In households that sometimes have money and sometimes have no money, they may eat a lot when food is available. Eating too much at once and nothing at other times is called “binge eating” and can cause people to gain weight.
- When you are hungry or worried about food, you may feel stressed, which can contribute to weight gain.



FOOD STAMPS

Food stamps are monthly coupons made available to eligible low-income families to purchase food. The electronic benefit transfer system (EBT) is quickly replacing the use of paper coupons. EBT is like a bank or debit card and requires a personal identification number (PIN) to use. The USDA reports that all 50 states, DC, and Puerto Rico are now using EBT systems. Many farmers' markets also accept EBT – check the directory of farmers' markets to find a market near you.

Eligibility for the Food Stamp Program is based on financial and non-financial factors. Generally, you may be eligible for Food Stamps if you...



FOOD ASSISTANCE PROGRAMS

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

# of People in Household	Maximum Gross Monthly Income Allowed
1	\$1,107
2	\$1,484
3	\$1,861
4	\$2,238
5	\$2,615
6	\$2,992
7	\$3,369
8	\$3,746
Each person over 8	+ \$377

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. This chart shows the maximum gross income per month allowed for a household of a given size.

Qualifying for food stamps

Not sure if you qualify for food stamps?

Use the Internet tool located at <http://www.foodstamps-step1.usda.gov> to find out if you are eligible to receive food stamps. Call or visit your local food stamp office. If you need help finding your local food stamp office call 877-847-FOOD (3663).

10 Steps to Receive Food Stamps

- Get an application from your local food stamp office or ask a worker to mail the application to you.
- Fill out the application. Ask the food stamp worker any questions you might have.
- Return the application form to the food stamp office.
- Make an appointment for an interview. Ask what you will need to bring with you.



FOOD ASSISTANCE PROGRAMS

- Get your papers and other information together.
- Go to the interview. Ask the food stamp worker to make copies of your papers, but keep the originals. A family member or friend may come to the appointment to help.
- If you are approved for food stamps, go grocery shopping and buy healthy food including lots of fruits, vegetables, and whole grain foods.
- If you are not approved, ask why.
- The entire process must be done in 30 days, but in case of emergency, it can be done in 3 to 7 days.
- Food stamps can be used at grocery stores and farmers' markets to buy food for humans (not pets) and plants and seeds to grow food. Food stamps may not be used to purchase alcohol, tobacco, pet food, household cleaning supplies, paper supplies, grooming supplies, 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 your food stamps (or be notified that you are not eligible for the program) within 30 days after you turn in your application.
- Receive food stamps within a few days if you are eligible and have little or no money.
- 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 the Food Stamp Program because of age, sex, color, 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 food stamps eligibility

and locations to apply please call the Los Angeles County Department of Social Services Health and Nutrition Hotline at 1-877-597-4777. You may also request to have your application mailed to you.

For more information check out <http://fns.usda.gov/fsp/>, <http://govbenefits.gov>, or <http://lacounty.info>.

CHILD AND ADULT CARE FOOD PROGRAM

The Child and Adult Care Food Program (CACFP) is designed to provide healthy meals at reasonable prices for children up to age 12 and functionally impaired adults in day care facilities. All non-residential child and adult care centers are eligible for the program. This includes all family or group day care centers, after school programs, Head Start, recreation centers, and settlement houses. The



FOOD ASSISTANCE PROGRAMS

government pays for eligible programs to provide up to two meals and a snack each day for their participants. CACFP also includes ongoing training about the nutritional needs of children, and onsite assistance in meeting the program's strong nutritional requirements. Anyone attending the care facility is entitled to the food. CACFP really helps keep good-quality care for preschool and school age children affordable. 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.



Contact the California Department of Education and Nutrition Services for information on nearby childcare homes currently participating in CACFP or for an application to participate call (800) 952-5609.

MEALS FOR SENIORS

Meals for Seniors Programs provide sit-down meals and home-delivered meals for seniors. There are over 200 locations that serve meals to seniors in Los Angeles, most of them at churches, synagogues, and community centers. Both programs can be located by calling the Area Agency on Aging at (213) 738-4004. Some programs also provide coupons that seniors can use at farmers' markets. In addition, there are several Senior Brown Bag programs that bring free groceries, including produce, to seniors. You can locate a Brown Bag program by calling the LA Coalition at (213) 439-1070.

SUMMER FOOD

Through the Summer Food Program, school-aged children can eat free meals while they are on vacation from school. This program is widely underused; less than a third of the children who ate a free or reduced price lunch during the school year receive lunch at summer school or a community center during the summer months. 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 the site. Meals are served at over 750 locations across Los Angeles County each summer, including Boys and Girls Clubs, houses of worship, housing projects, Indian reservations, migrant centers, parks, playgrounds, recreation centers, schools, summer day camps, and YMCAs. This program is also available to communities with year-round schools.

For an application or more information, contact the California Department of Education and Nutrition Services at (800) 952-5609 or the California Food Policy Advocates at (213) 482-8200. You can also call 211 for information about a summer food program near you.

WIC

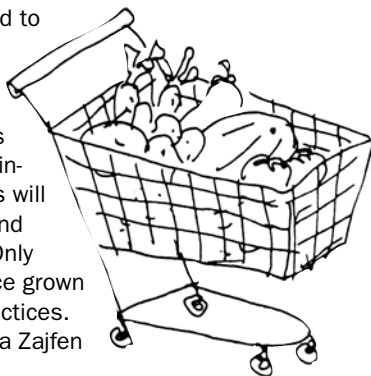
Woman, Infant and Children Program (WIC) is a USDA nutrition program that provides targeted food vouchers and nutrition education. WIC is available to help pregnant mothers, new mothers, and young children and infants eat well and stay



FOOD ASSISTANCE PROGRAMS

healthy. WIC food packages have recently changed to include more fruits, vegetables and whole grain bread, as well as the option of purchasing dairy substitutes. These changes were made to reflect new nutrition standards, potential allergies and the diverse cultures of WIC participants. Beginning in October 2009, eligible California residents will receive Cash Value Vouchers to purchase fruits and vegetables through the WIC program. A few WIC-Only stores in Los Angeles have started selling produce grown by local farmers who use sustainable growing practices.

For a list of participating stores, contact Vanessa Zajfen for a list of participating stores: (323) 341-5092.



WIC provides a number of services including:

- Vouchers for nutritious foods, such as cereal, cheese, dry beans and peas, eggs, juice, milk, and peanut butter
- Information about nutrition and breastfeeding
- Assistance finding affordable or no-cost health care and other services
- The Farmer's Market Nutrition Program which allows participants to purchase fresh, unprepared locally grown fruits and vegetables from approved farmer's markets
- Counseling for groups and individuals

WIC is available to low-income women who are pregnant, breastfeeding, just had a baby, or have children less than 5 years of age (including foster children). Working families also may qualify. You qualify for WIC if you receive Food Stamps, Cal WORKS, or full Medi-Cal. WIC has over 100 offices in Los Angeles. Call 1-888-WIC-BABY for program locations and application information.

FOOD PANTRIES

Food pantries provide bags of food to families and individuals. Most food pantries are small and operated at churches or other community sites by volunteers. Each distribution program have their 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. These programs often do not have enough healthy foods to serve all people that need them. Foods distributed most often include beans, bread, canned foods, cereal, rice, and occasionally produce items. Free hot meals are offered at many food pantries and "soup kitchens."

For a list of food pantries and free meal locations in your area call the InfoLine for Los Angeles by dialing 211. Or, call the LA Coalition to End Hunger and Homelessness: (213) 439-1070 or online at <http://www.lacehh.org>. When you call be prepared to give your zip code.



FOOD BANKS

Food Banks supply food pantries with government (US Department of Agriculture) subsidized food, as well as privately donated or purchased goods at very low cost.

Food Banks Serving Los Angeles

Children's Network International

5600 Rickenbacker Road.

Bell, CA 90201

(323) 980-9870

<http://www.childrensnetworkinternational.org>

Foodbank of Southern California

1444 San Francisco Avenue

Long Beach, CA 90813

(562) 435-3577

<http://www.foodbankofsocal.org>

Food Finders Inc.

3434 Atlantic Ave

Long Beach, CA 90807

(562) 598-3003

<http://www.foodfinders.org>

Los Angeles Regional Foodbank

1734 East 41st Street

Los Angeles, CA 90058

(323) 234-3030

<http://www.lafightshunger.org>

South Central Food Distributors

407 S. Northwood Ave.

Compton, CA 90220

(310) 774-0159

Westside Food Bank

1710 W. 22nd St

Santa Monica, CA 90404

(310) 828-6016

<http://www.westsidefoodbankca.org>

World Harvest Foodbank

1014 Venice Blvd

Los Angeles, CA 90015

(213) 746-2227

Azusa Community Food Bank

501 E Foothill Blvd

Azusa, CA 91702

(626) 969-2397

Shepherd's Pantry

657 E Arrow Highway

Glendora, CA 91740

(626) 852-7630

<http://www.shepherdspantry.com>

Hawaiian Garden Food Bank Inc.

21500 Pioneer Blvd #103

Hawaiian Gardens, CA 90716

(562) 860-9097

MAK Foundation

607 N Vermont Ave

Los Angeles, CA 90004

(323) 644-6255

<http://makfoundation.com/>

APLA Food Bank

7336 Bellaire Ave

North Hollywood, CA 91605

(818) 255-0080

<http://www.apla.org/programs/nolp.html>



OTHER FOOD RESOURCES

The Charitable Distribution Facility

This is a dock at the produce market in downtown Los Angeles where non-profit groups can pick up surplus vegetables and fruit free of charge. For information, call (323) 980-9870.



Food Link

Join the County Food Assistance Network and learn how to involve businesses and community groups in your area with your own food distribution program. Your pantry can be adopted by an organization that will supply food on a monthly basis. For information, call (323) 260-2172.

Gleaning

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 1-800-GLEANIT.

Greater West Hollywood Food Coalition

The Greater West Hollywood Food Coalition recycles food from available Los Angeles food sources to ensure daily nutritious meals to feed the homeless seven days a week. For more information, contact Ted Landreth at (323) 934-6620. Address: 1040 N. La Brea, Los Angeles, CA 90038

Hunger and Homelessness

Hunger and homelessness continues to be a serious problem for Los Angeles. Every night 80,000 individuals in Los Angeles County are without a bed or home, 40,000 of these individuals in the city of Los Angeles. Food pantries, soup kitchens, and food banks are only short-term solutions... be a part of the long-term solution. End hunger & homelessness. The first step is to understand the problem.

Various problems lead to hunger...

- Cuts in government-funded food assistance programs such as the National Food Stamp Program, which is an important anti-hunger program
- Disabled and elderly persons having to live on a fixed income and not being able to afford the foods they need
- High housing costs and lack of affordable housing
- Lack of jobs that pay enough to afford life in Los Angeles— working people make up the greatest number of new participants at food pantries
- Lack of lower-cost supermarkets in many areas of the city
- Lack of transportation to affordable food outlets



YOU CAN

- Demand that public transportation serve the needs of low-income people, and that supermarkets in our area are clean and meet local needs.
- Encourage policies and laws that create jobs and demand employers to pay living wages.
- Fight unjust laws that prevent groups from feeding homeless persons in public.
- Help bring food prices down for everybody: buy local products from farmer's markets, participate in food cooperatives, and grow some food in community gardens or at home.
- Vote in ways that help protect programs that serve the elderly and disabled.
- Support the Food Stamp program: work to improve the benefits that the program provides and reduce the barriers to accessing these programs— such as simplifying the process of applying, letting families know they can qualify, and changing the negative public image about the program.



RESOURCE GUIDE for CHANGE

FOOD AND HEALTH

For General Information

- Center for Disease Control and Prevention
<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>
- The National Institute of Diabetes and Digestive and Kidney Diseases
<http://www.niddk.nih.gov>
- The National Women's Health Information Center 1-800-994-9662 or
<http://www.4woman.gov/>
- USDA's MyPyramid <http://www.mypyramid.gov/index.html> or for information in Spanish <http://www.mypyramid.gov/sp-index.html>



FOOD FROM THE STORE

For General Information

- Food and Drug Administration 1-888-INFO-FDA or
<http://www.cfsan.fda.gov/label.html>
- United States Department of Agriculture 1-800-535-4555 or
<http://www.usda.gov/wps/portal/usdahome>
- California Certified Organic Farmers (831) 423-2263 or <http://www.ccof.org>

Cooperatives

- National Cooperative Business Association (NCBA) (202) 638-6222 or <http://www.ncba.org>
- **Foodclub.org** – provides Internet software to assist in running a buying club. The software combines orders to send to the wholesaler, and then calculates how much everyone owes after the order comes in. The software can be downloaded for free, or it can be used directly from the Internet. It is set up so anyone can start their own food-buying club and use the site to process your orders.

Metropolitan Transportation Authority (MTA)

1-800-COMMUTE or <http://www.mta.net/default.asp>



FOOD FROM THE FARM

- Southland Farmers Market Association at (310) 481-0167 or <http://www.cafarmersmarkets.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.

General Information about farms...

- Local Harvest (831) 475-8150 or <http://www.localharvest.org>
- Community Alliance with Family Farmers (530) 756-8518 or <http://www.caff.org>



FOOD FROM THE GARDEN

- **University of California Cooperative Extension Common Ground Garden Program;** (323) 260-3348 or

<http://celosangeles.ucdavis.edu/garden/pubs/index.html>

Volunteers from the program help limited-resource residents grow and eat more nutritious vegetables and fruits. Programs include Master Gardeners Training, Fresh from the Garden cooking demonstrations, Master Food Preservers, Gardening Angels (school gardens), and assistance to groups starting Community Gardens.

- **LACC Green Bank** (323) 526-1460 or <http://www.ciwmb.ca.gov/CALMAX/Creative/2000/Fall.htm>

- **Los Angeles Community Garden Council** <http://www.lagardencouncil.org>

Members of community gardens meet to help residents overcome difficulties and build new community gardens.

- **LA GROWS**

Greening Hotline (213) 362-9000 ext. 201

LA Grows is a free program that helps neighborhood groups start and sustain community gardens in greater Los Angeles. LA Grows serves community garden groups that benefit residents of targeted low-income neighborhoods. It is a project of the LA Conservation Corps and the LA Community Garden Council.

- **American Community Gardening Association** (877) ASK-ACGA or <http://www.communitygarden.org>

ACGA supports community gardening by facilitating the formation and expansion of state and regional community gardening networks, developing resources in support of community gardening, encouraging research, and conducting educational programs.



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- **Biodynamic Farming & Gardening Assoc.** (888) 516 -7797 or <http://www.biodynamics.com>

The Biodynamic Farming and Gardening Association is a non-profit organization open to the public in order to foster, guide, and safeguard the Biodynamic method of agriculture (a method which relies on nature; it is the oldest non-chemical agriculture movement). The organization also keeps a list of Community Supported Agriculture farms.



FOOD AT SCHOOL

For information about Food Programs in LAUSD

- **Los Angeles Unified School District** Food Services Branch (213) 241-2985 or <http://cafe-la.lausd.k12.ca.us/>
Nutrition Services Division with the California Department of Education (800) 952-5609
- **Farm to School** Anupama Joshi (323) 341-5095 or <http://www.farmtoschool.org>
Farm to College (570) 658-2265 or <http://www.farmtocollege.org>
- **Healthy School Food Coalition** Elizabeth Medrano at (323) 341-5097 or emedrano@oxy.edu
- **School Gardens**
 - City of Los Angeles Environmental Affairs Department (213) 978-0888
 - The Los Angeles Conservation Corps (213) 362-9000 x 201
 - LAUSD Nutrition Network (323) 263-1916

FOOD EDUCATION

- **UC Food Stamp & Nutrition Education Program** <http://fsnep.ucdavis.edu>
- **Esperanza Community Housing Corporation** (ECHC) (213) 748-7285 or <http://www.esperanzacommunityhousing.org/>
- **Hathaway Family Resources Center** (323) 257-9600
- **EsperanzaSalud** (213) 765-0573
- **See-LA** (323) 463-3171 or <http://www.see-la.org>
- **Fruit, Vegetable, and Physical Activity Campaigns** (916) 449-5400 or <http://www.cdph.ca.gov/programs/CPNS/Pages/Campaigns.aspx>
Campaigns designed to promote fruit and vegetable consumptions and increased physical activity levels among low-income families.
- **California Nutrition Network** (916) 449-5400 or <http://www.dhs.ca.gov/ps/cdic/cpns/network/>
The Network represents the state's largest nutrition coalition, bringing together like-minded state agencies, public entities, nonprofit organizations, media



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outlets, business and industry partners to address and improve the health of Californians.

- **Los Angeles Project Leaders Encouraging Activity and Nutrition (LEAN)** (213) 351-7889 or <http://publichealth.lacounty.gov/nut/ProjectLEAN/ProjectLEANmain.htm>
Aiding the population of LA County through health and business partnerships that promote low-fat eating to improve health and reduce the risk for major diet-related chronic diseases.
- **National Health Video, Inc.** (800) 543-6803 or <http://www.nhv.com/>
Specializes in nutrition for the "Over 50 Gang" (people over the age of 50), educating them about diabetes programs, food labeling, and food pyramid programs.

Food Assistance Programs:

- **Food Stamp Enrollment** – Department of Public Social Services (DPSS)
There are offices throughout the county where you can go to apply for food stamps. Call Health and Nutrition Hotline (877) 597-4777 for more information and to get started in the process.
- **Los Angeles County Info line 211** or <http://info-line-la.org/Index.asp>
Has information on all kinds of resources in the county, including food pantries
- **Los Angeles Coalition to End Hunger and Homelessness**
People's Guide <http://www.lacehh.org/tpg/index.php> or call (213) 251-0041
- **California Department of Education and Nutrition Services** (800) 952-5609
- **Area Agency on Aging** (213) 738-4004
- **California Food Policy Advocates** (415) 777 4422
- **Women, Infant, & Children (WIC)** (888, WIC-BABY)
- **Hunger Action L.A.** (213) 388-8228, <http://hungeractionla.org>



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• Adult Day Health Centers

- Hollywood Day Care (213) 957-3900
- OPICA Day Care (310) 478-0226
- East Valley Day Care (818) 766-5165
- St. Barnabas Day Care (213) 388-4444
- El Arca Day Care (323) 223-3079
- Bradley Day Care (213) 563-5646
- Japanese Day Care (213) 680-1656
- Wise Care Center (310) 452-7802
- Alta-Med Day Care (323) 728-0411
- Bernardi Day Care (818) 781-1101
- Charles Drew Day Care (213) 563-4912
- South Bay Adult Day Care (310) 214-6963
- Autumn Cottage Day Care (323) 666-1121
- Salvation Army Day Care (310) 370-4515

These centers provide medical, psychological, and social help as well as meals and nutrition services for older adults.





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For more information contact:

uepi@oxy.edu | 323-259-2991 | www.uepi.oxy.edu

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