

Los Angeles
Fresh Food
Access
Guide



This guide was produced by the Center for Food and Justice at Occidental College.

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Eating is....

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

A Social

Eating is a social act when your food choices include consideration of who grows or makes your food and where, or who you are supporting when you spend your food dollar, and when you consider the connection with these people and places that make you care about them. In a social sense, it is important that the companies that provide your food – growers, producers, processors, distributors – treat the people they employ in ways that support their well-being. It is these connections and relationships that make eating a social act.

An Economic Act...

Eating is an economic act when you consider where your food dollars go. When you spend your food dollar to support local businesses, your money stays in your community, city, or region - helping to strengthen the local economy, create and sustain local jobs, and in this way benefiting your family, neighbors and friends. However, most food dollars support what is called the *global food system*, which involves multi-national corporations growing and production in distant places by multi-national corporations. This global food system creates tough competition for family farms and local food businesses. The ability to buy local and support local farms and businesses make eating an economic act.

An Environmental Act...

Eating becomes an environmental act when you consider how much fertilizers, pesticides, growth regulators, or additives are used to produce the foods you eat. Some food comes from farmers who uses earth-friendly means to build natural nutrients in soil and to manage pests and weeds. Other foods get shipped thousands of miles across country or from another countries or continents, in trucks and planes that emit pollutants from the fossil fuels they burn. Some foods come from nearby farms in your county or state, which often means much less pollution occurs to transport the food to you. It is the impact of these practices that make eating an environmental act.

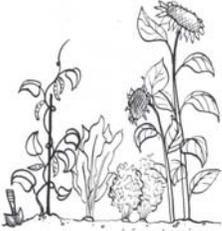
Eating is a Political Act...

No matter what food choices we make, understanding the impacts on ourselves and the people and world around us is our shared responsibility. It is these choices that help create the world we live in – that make eating a political act. We hope that this guide will serve as a useful resource for helping people gain access to more fresh foods – and that the information will also stimulate thinking about how to get involved in shaping the kind of community and world we live in.

Maggie Masch, MPH, RD
Director, Center for Food and Justice



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Community Food Systems

What is a "food system?"

It has to do with nutrition, food, health, community economic development and agriculture. **The food system is all things that happen to keep people fed: growing, harvesting, processing, packaging, transporting, marketing, consuming and disposing of food.** The food system affects social, economic and natural environments. Each part of the food system depends on people for labor, research and education.

In a *community food system*, food is produced, processed, distributed and consumed in ways that create environmental, economic, social and nutritional health for a community or area. A community food system can cover a small area such as a neighborhood, or larger areas like towns, cities, counties, or regions. Sometimes the terms "local" or "regional" food systems are used in place of "community food systems" -- but using the word "community" means that the relationships between all parts of the food system are important. This type of system supports the long-term health of the local economy, the environment, and the social well being of the community.





Four things make community food systems different from the globalized food system that supplies most of the food Americans eat: food security, proximity, self-reliance and sustainability.

- **Community food security** is a main goal of community food systems. Community food security means that communities have access to all the affordable, healthy, culturally-appropriate foods they need to be healthy.
- **Proximity** (distance) -- In community food systems, the distances between these parts of the food system are usually shorter than those in the dominant or global food system. This makes it easier and more likely that lasting relationships will form between the people involved, like the farmers, processors, retailers, restauranteurs, consumers, etc.
- **Self-reliance** (how much a community meets its own food needs) -
- The aim of community food systems is not total *self-sufficiency* (where all food is produced, processed, marketed and consumed within a defined area), but increasing the ability of a community to meet its own food needs is an important part of a community food system.
- **Sustainability** – The long-term health of the food system is increased when lots of different foods are grown near communities that are buying these foods, when fewer non-renewable resources are used for each part of the food system, when farms use less agricultural fertilization and pest control, and when there is greater citizen participation in food system decision-making.



Goals of Community Food Systems:

- Support healthy people, reduce the risk of diet-related chronic diseases and increasing enjoyment of food among community members.
- Eat foods that are in season and produced/processed locally.
- Improve access for all community members to an adequate, affordable, nutritious diet.
- A stable (or growing) number of family farms that produce foods in ways that keep the environment clean and healthy, use as many local resources as possible, and try to use fewer agri-chemicals and energy.
- Marketing and processing that create more direct links between farmers and consumers, and by shortening the distance between these partners, conserves resources needed for transporting food.
- Encourage food-related businesses that create jobs and keep money within the community, like food processing or value-added processing to increase opportunities for locally produced food to be eaten locally.
- Community participation in creating policies that promote local food production, better access to local food and food processing opportunities, and more institutions (like schools) buying local foods.

Los Angeles Nutrition & Health Facts:

- 58% of African Americans, 54% of Latinos, 44% of whites and 25% of Asians are overweight
- 25% of Los Angeles children are overweight, the result of a less active lifestyle and a greater intake of foods high in calories and fats
- 14.1% of low-income Latino children under 12 years old are overweight compared to 10.1% of low-income non-Hispanic White children
- 25% of what adolescents eat is “junk food,” such as french fries, candy and carbonated soft drinks
- 2/3 of Californians fail to eat 5 servings of fruits and vegetables a day and one in three eat 2 servings or fewer

Source: Department of Health Services; Nutrition and Health Facts and Figures 2002



Obey Your Thirst®?

Americans are popping open cans, twisting off caps, and slurping more soda than ever before. In 1997 the industry produced 14 billion gallons of soft drinks, twice as much as in 1974. That is equivalent to 576 12-ounce servings per year or 1.6 12-ounce cans per day for every man, woman, and child¹. The dramatic increase in soda consumption is partly due to extensive advertising by major soft drink corporations. Soft drink companies also offer appealing financial incentives to schools in exchange for exclusive rights to sell and advertise their products on campuses. In a 12 year period, school districts decreased the amount of milk they bought by almost 30% and increased the purchase of soft drinks by 1,100%². The over consumption of soda is associated with a number of health problems including obesity, diabetes, tooth decay, and osteoporosis. Healthy alternatives such as water, milk, soy or rice milk, and 100% fruit

juice provide many important nutrients and health benefits that sodas do not.

- Sarah Pope

Things You Can Do To Eat Well:

1. Eat a variety of foods
2. Eat at least 5 servings of vegetables and fruits a day
3. Eat whole grain breads and cereals
4. Select low-fat or non-fat dairy products
5. Trim fat and skin off of meats
6. Drink more water and juice and drink less sodas, coffee and alcohol
7. Use vegetable oils like olive, corn, safflower or canola

¹ Liquid Candy Highlights

² Marion Nestle, Food Politics

® Trademark of the Coca-Cola Company



Nutrition labels allow consumers to easily access the information they need to make informed food choices. The label provides information on the calories and nutrients in the product, and how this fits into an overall daily diet.

Serving size tells the recommended or average amount people eat of the item.

Calories
Calories measure how much energy you get from a food. The label shows how many calories in one serving come from fat. Dietary guidelines recommend that people get no more than 30% of their calories from fat.

Sodium is found in many foods. Some people are very salt sensitive. Others can eat sodium without ill effects.

Footnote
Health agencies set out these guidelines, which do not change, for people eating a 2,000 calorie diet. These numbers do not represent what is in the food, but what a healthy diet should contain.

Amount Per Serving		% Daily Value*	
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	60%
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
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Try to limit your total daily intake of fat, saturated fat, sodium and cholesterol to less than 100% DV.

Percent Daily Value
% Daily Values are based on recommendations for a 2,000 calorie diet; however, this is just a reference amount. The percentage shows you how much of the recommended daily amount of a nutrient is in a serving of food.

Protein is the building material of our bodies.

Vitamins & Minerals
These numbers represent the percentage of the US Recommended Daily Allowance for these nutrients. Eating enough of these nutrients is essential, as they can improve your health and reduce the risk of some diseases and conditions.

Reading Nutrition Labels



What does it mean to be **organic**?

Organic refers to the method of growing and processing foods that rely only on the earth's natural resources. Pests and weeds are managed using earth-friendly means such as beneficial insects, biodiverse planting, crop rotation and mechanical controls. Instead of using synthetic fertilizers, organic farmers work to build natural nutrients in soil through means such as composting and cover crops.

Source and for more information: The California Certified Organic Farmers
Web Address: www.ccof.org
Phone: 1-888-423-CCOF

Helpful Definitions

What is **Genetic Engineering (GE)** ?

Genetic engineering is a new technological process in which scientists combine the genetic material from different organisms in order to create a product that has traits of both. The newly created organism is referred to as a genetically modified organism (GMO). Food items are created this way in the hope that the food will be more resistant to pests, have a higher yearly yield, or last longer in transportation and storage. An example would be putting the genetic material of a tomato and an arctic fish together, hoping to produce a tomato that is resistant to cold temperature. Unlike many other countries, the US does not require labeling of GMOs, and seventy percent of foods in supermarkets now contain genetically engineered ingredients. Consumer and environmental groups are concerned about the long-term consequences of genetically modified organisms since they have not been fully tested.

Source: GE Free LA, California Certified Organic Farmers
Web Address: www.gefree.org



The advantages of buying in bulk are lower prices, the elimination of wasteful packaging and quantity control. Most grocery stores buy processed/packaged food products in mass quantities and pass along the quantity discount to the consumer. These products may seem like a value, but if you consider the added sugar, salt, artificial coloring or flavoring and preservatives - they are not. The best way to save money is to avoid processed foods, choose foods in their most natural state and buy in bulk. Whole foods retain most of their vitamins and minerals and have no need to be artificially "enriched". Basic staples such as whole grains, beans, nuts and seeds, dried herbs, spices, dried fruit and vegetables can be purchased in bulk.

Also, by bringing your own containers from home or reusing paper or plastic bags to fill with bulk items, you are helping keep paper and plastic waste out of landfills and helping save precious resources like wood pulp and fossil fuel. Buying in bulk helps support a sustainable food system and a healthy environment!

-Daisy Tonantzin

Stores where you can buy in bulk:

A-Z Nut Wagon
816 S. Lorena Street
East Los Angeles
(323) 267-1695

Grand Central Market
317 S. Broadway
Los Angeles
(213) 624-2378

Nature Mart - Bulk Bins
2080 Hillhurst Ave.
Los Angeles
(323) 667-1677

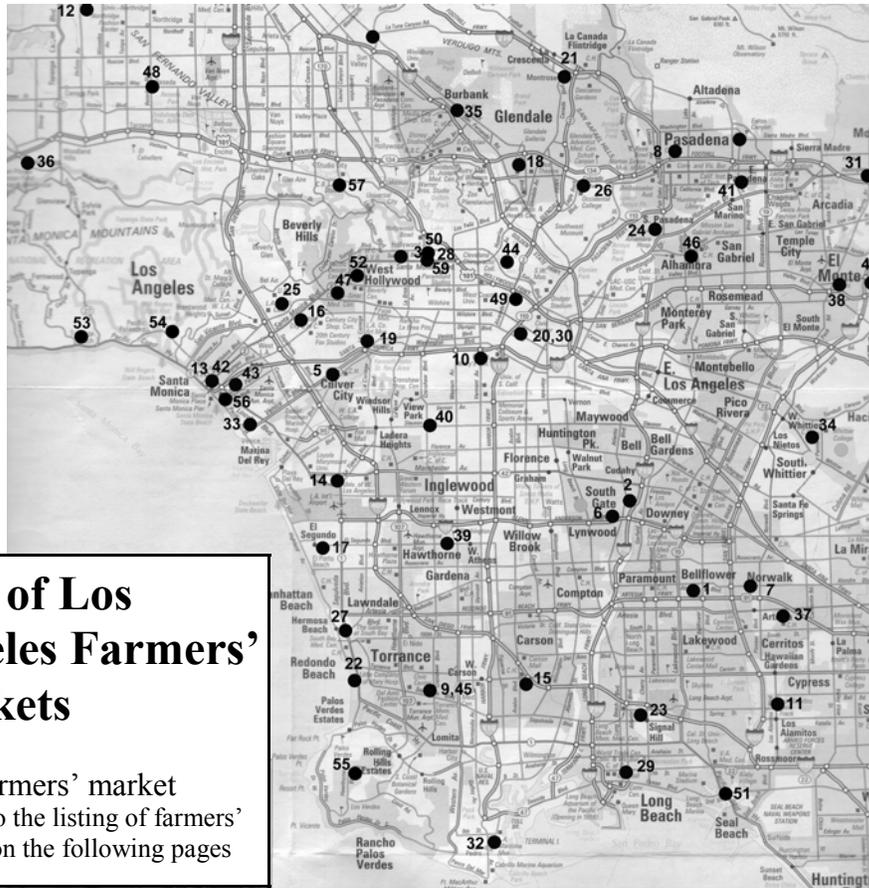
Wild Oats Markets
1-800-494-WILD
Call for locations nearest you.

Whole Foods
1-888-SHOP-WFM
Call for locations nearest you.

Buying in Bulk



Farm-Direct Food Access



Map of Los Angeles Farmers' Markets

- = farmers' market
- # refers to the listing of farmers' markets on the following pages



Farmers' markets are a great way for people who live in the city to purchase local, fresh food in their neighborhoods directly from farmers.

In and around Los Angeles, there are more than a hundred farmers' markets - many in low-income areas.

Food stamps are accepted at most farmers' markets, and many markets accept WIC Farmer's Market Coupons or other coupons for senior citizens.

For an updated listing of California certified farmers' markets watch *The Los Angeles Times* Food section, or contact Southland Farmers Market Association at: (310) 481-0167 www.cafarmersmarket.org

5 Reasons to Shop at Farmers' Markets

Fresh produce- the produce at farmers' markets comes directly from the farm, so there are no middlemen or long transportation routes between farm and consumer.

Save money- farmers' markets offer great produce at cheaper prices because the farmers can set their own prices and don't have to go through other people or grocery stores.

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.

Community building- many farmers' markets are a hub of activity for neighborhoods and provide a space for community members to interact.

Connect to food- buying from people who have a personal commitment to the food they grow helps facilitate an understanding of the food system- from farm to table.

Farmers' Markets



Los Angeles Area Farmer's Markets:

MONDAYS

1. **Bellflower**– John Simms Park, Oak and Clark Streets, 9 am to 1 pm
2. **South Gate**– South Gate Park, Tweedy Blvd. and Walnut Avenue, 9 am to 1 pm
3. **West Hollywood**– Plummer Park, Fountain Avenue and Vista Street, 9 am to 2 pm

TUESDAYS

4. **Baldwin Park**– Caesar Chavez Drive, 4-9 pm
5. **Culver City**– Main Street between Culver and Venice boulevards, 3-7 pm
6. **Lynwood**– Martin Luther King Blvd and Caesar Chavez Lane, 12-5 pm
7. **Norwalk**– Alondra Boulevard, west of Pioneer Boulevard, 9 am-1 pm
8. **Pasadena (Villa Park)**– 363 E. Villa St. at Garfield Avenue, 8:30 am-12:30 pm
9. **Torrance**– Wilson Park, 2200 Crenshaw Blvd. between Carson Street and Sepulveda Blvd., 8 am-1 pm

WEDNESDAYS

59. **Hollywood**– 5601 Santa Monica Blvd. between Wilton and Western, 1:30-5:30 pm
10. **Los Angeles**– St. Agnes Church, Adams Blvd. and Vermont Ave., June through August, 1-6 pm, Sept. through

may 2-5 pm

11. **Long Beach North East**– Wardlow Rd and Norwalk Blvd., 10 am-2 pm
12. **Northridge**– Northridge Fashion Center, Tampa Avenue south of Plummer Street, April through Oct., 5-9 pm
13. **Santa Monica**– Arizona Avenue between 2nd and 3rd streets, 9 am-2 pm
14. **Westchester**– 6200 block of West 87th St. at Sepulveda Eastway, 8:30 am-1 pm

THURSDAYS

15. **Carson**– Carson Street at Civic Plaza Drive, 9 am-1 pm
16. **Century City**– Constellation Blvd. And Avenue of the Stars, 11:30 am-3 pm
17. **El Segundo**– Main Street between Grand and Holly avenues, 3-7 pm
18. **Glendale**– Brand Blvd. between Broadway and Wilson Avenue, 9 am-1:30 pm
19. **La Cienega**– Ward Plaza, 1801 S. La Cienega Blvd. at 18th St., 3-7 pm
20. **Los Angeles, Seventh Street**– 735 South Figueroa Street, 11 am -4 pm
21. **Montrose**– 2200 Block of Honolulu, 5-9 pm, May to November
22. **Redondo Beach**– Harbor Drive south of Redondo Beach Pier, 8 am-1 pm
23. **Signal Hill**– 27th Street between Walnut and Gundry avenues, April to Oct. 3-8 pm; Nov. to March, 2-7 pm



24. South Pasadena– Meridian Avenue at Mission Street, March to Dec., 4-8 pm

25. Westwood– Weyburn Avenue between Westwood Blvd. and Tiverton Ave., 2-7 pm

FRIDAYS

26. Eagle Rock– 2100 Merton Ave. at Casper Avenue, April to December, 5-9 pm

27. Hermosa Beach–Valley Drive between 8th and 10th streets, 12-4 pm

28. Hollywood- 1100 Block of Cole Avenue, 10:30 am- 3 pm

29. Long Beach (Downtown)- Promenade North between 3rd Street and Broadway, 10 am-4 pm

30. Los Angeles, Seventh Street- 735 South Figueroa Street, 12-4 pm

31. Monrovia– Myrtle and Olive avenues, 5-9 pm

32. San Pedro– Mesa Street between 6th and 7th streets, 9am-2 pm

33. Venice– Venice Blvd. at Venice Way, 7-11 am

34. Whittier– 12900 Bailey St. between Greenleaf and Comstock avenues, 8:30 am-1 pm

SATURDAYS

35. Burbank– Olive Avenue between Glen Oaks Blvd. and 3rd Street, 8 am-12:30 pm

36. Calabasas– 23504 Calabasas Road at El Canon Avenue, 8 am-12:30 pm

37. Cerritos- Park Plaza Drive and Town Center Drive, 8 am- 12 pm

38. El Monte- Center Avenue and Valley Blvd., 2-6 pm

39. Gardena– 13000 S. Van Ness Ave., south of El Segundo Blvd., 6:30 am -12 pm

40. Los Angeles- Crenshaw & Slauson, 10 am- 4 pm

41. Pasadena (Victory Park)- 2800 block of N. Sierra Madre Blvd., between Paloma and Washington avenues, 8:30 am-12:30 pm

42. Santa Monica (organic)- Arizona Avenue between 2nd and 3rd streets, 8:30 am-1 pm

43. Santa Monica (Pico and Cloverfield)- Pico and Cloverfield boulevards, 8 am-1 pm.

44. Silver Lake- 3700 Sunset Blvd. between Edgecliff and Maltman Avenues, 8 am-1 pm

45. Torrance– Wilson Park, 2200 Crenshaw Blvd., between Carson Street and Sepulveda Blvd., 8 am-1 pm

SUNDAYS

46. Alhambra– East Bay State and Monterey streets, 8:30 am-1 pm

47. Beverly Hills– North Canon Drive between Clifton and Dayton Ways, 9 am-1 pm

48. Encino– 17400 Victory Blvd. between Balboa Blvd. and White Oak Ave., 8 -1 pm

49. Hancock- Larchmont Village, Beverly Blvd. and West 1st Street, 10 am-2 pm

50. Hollywood– Ivar Ave. between Sunset and Hollywood Blvd., 8:30 am-1 pm



51. Long Beach (Marina)- Marina Drive just south of 2nd street, 9 am-1 pm

52. Los Angeles, Melrose Place- Melrose Place and Santa Monica Blvd., 9 am-1 pm

53. Malibu- LA Civic Center Complex, Webb Way and Cross Creek Road, 11 am-3 pm

54. Pacific Palisades- Swarthmore Avenue north of Sunset Blvd., 8 am-1:30 pm

55. Palos Verdes (Rolling Hills Estates)- Peninsula Center, Hawthorne Blvd. and Silver Spur Road, 9 am-1 pm

56. Santa Monica (Main Street)- 2640 Main St. at Ocean Park Blvd., 9:30 am-1 pm

57. Studio City- Ventura Place between Ventura and Laurel Canyon boulevards, 8 am-1 pm

58. West Lake Village- Lindero Canyon Road, 10 am-3 pm

Chart of Produce Seasonality for Southern California

	spring	summer	fall	winter
strawberries				
oranges			available from storage	available from storage
nectarines				
cherries				
apples	available from storage			available from storage
pears				
grapefruit				
plums				
carrots				
cauliflower				
lettuce				
peas				
spinach				
potatoes				
peppers				
tomatoes				
corn				
cabbage				
mushroom				
cucumbers				
broccoli				



= in season
 = available from storage



Juice Bars & Fruit Stands serving Los Angeles:

Antigua Natural Juices
1144 Vermont Ave
(323) 666-8329

Los Burritos - Juice Bar
4929 Sunset Blvd.
(323) 665-5585
7300 Santa Monica Blvd.
(323) 851-7485
3125 N. San Fernando Rd
(323) 258-4679

Velarde's Fruits
2201 Cesar Chavez Blvd, E
Los Angeles
(323) 263-7276

La Fuente de la Juventud
2333 E. 1st Street
(323) 881-4778

El Mercado del Este de Los Angeles
3425 E. 1st Street

Grand Central Market
(213) 624-2378

Nature Mart - Bulk Bins
(323) 667-1677

An easy and delicious way to consume fresh fruit and vegetables is by juicing. Juicing daily can increase energy, support the immune system, strengthen bones and reduce risk of disease. Although some of the fiber is removed when fruits and vegetables are juiced, highly concentrated nutrients are available to drink. Fresh juices may flush toxins from our body, and are good for our heart, circulation and overall well-being. Fiber is also essential for good health, so we must be sure to continue eating raw fruits and vegetables.

Juice bars usually have a good variety of healthy, delightful and nutritious smoothies and fresh juices. Fruit stands also have good variety of fresh fruits and vegetables to choose from. You decide what you like and they will chop it up and place it in a bag and you are ready to go. There are numerous juice bars and fruit stands throughout Los Angeles: they can be found along Cesar Chavez Blvd in East Los Angeles and along Broadway in Downtown and Lincoln Heights, and in Highland Park down Figueroa Street and the MacArthur Park area along Alvarado. Keep your eyes open for places that announce jugos naturales (natural juices), licuados (smoothies), cockteles o ensaladas de frutas y vegetales (fruit and vegetable salads or cocktails).

By Daisy Tonantzin

Juice Bars & Fruit Stands



Community Supported Agriculture (CSA)



Illustration by Joe Linton

The How-To Guide to Selecting a CSA:

Does the thought of a weekly fresh box of produce brought straight from the farm appeal to you? To get involved in a Community Supported Agriculture program, first contact several farms to request a list of the produce they offer, their prices for different sized boxes, and where their produce drop-sites are located. Ask questions about the farm, growing practices, history, etc. Choose a farm that suites your lifestyle (harvest size, varieties, distribution days and locations, location of farm, etc.). Make sure you ask about extras like newsletters and days you can work on the farm. See if you can try it out for a few weeks or a month. Keep in mind that CSA is fresh produce which is always dependent on what is in season, so be prepared to receive more during traditional harvest times and less during off season times.

CSA farms serving Los Angeles:

ABC Organics
(805) 675-8747
admin@abcorganics.com

Flora Bella
(559) 561-3613
brchfarm@inreach.com

Marian Farms
(559) 276-6185
Gena@marianfarmsbiodynamic.com

McGrath Family Farms
(805)983-1211
PMCFarms@aol.com
1012 W. Ventura Blvd
Camarillo , CA 93010

Tierra Miguel
(760) 742-1151
www.tierramiguel.org
TMiguelCSA@cts.com



Why is CSA Important?

1. Farmers receive the fairest return on their products, and consumers do not pay any added costs for transportation or middlemen.
2. The food dollars are kept in the local community, which contributes to the maintenance and establishment of regional food production.
3. With a “guaranteed” market for their produce, farmers can invest their time in doing the best job growing fresh, tasty produce rather than looking for buyers.
4. CSA supports biodiversity of a given area and the diversity of agriculture through the preservation of small farms producing a wide variety of crops.
5. CSA creates opportunity for dialog between farmers and consumers.
6. CSA increases understanding of how, where and by whom our food is grown.

For More Information on CSA, Check Out:

Alternative Farming Systems Information Center www.nal.usda.gov/afsic/
(301) 504-6559

Sharing the Harvest: A Guide to Community Supported Agriculture.

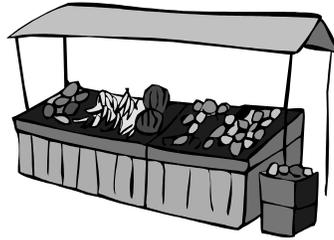
This book for both farmers and consumers lays out everything from starting a CSA farm to how to build supportive communities. Chelsea Green Publishing, (800) 639-4099; www.chelseagreen.com

TAKE ACTION!

There are hundreds of CSA's in the United States, but few in Southern California. Consumer demand would help increase number of CSA's in the area. Contact Community Alliance with Family Farmers (CAFF) for more information:

(530) 756-8518

www.caff.org



Farm Stands & Home Delivery

Farm stands usually sell fruits and vegetables in large quantities on the side of roads, so if you are looking to preserve foods or just need a lot of a particular item then farm stands are a nice outlet.

Home delivery is the easiest way to get fresh produce delivered directly to you. **Boxes of produce are delivered weekly or every other week (at your request) to either your home or office.** The boxes contain a range of seasonal produce, and you have the option to tell them what you do not want included. Most home delivery organizations sell only organic produce, with the majority of it grown locally, and the option of different sized boxes.

Farm Stands Serving Los Angeles:

McGrath Family Farms
(805) 983-1211
1012 W Ventura Blvd
Camarillo, CA 93010

Ojai Harvest Produce and Preserves
(805) 646-8308
751 Tico Road
Ojai, CA 93023

Juanita Farm
(909) 989-4576
1441 Tierra Rejada
Simi Valley, CA 93010

Home Delivery Organizations serving Los Angeles:

Organic Express
(310) ORG-ANIC
[(310) 674-2642]
PO Box 11328
Carson, CA 90749
Wwww.organicexpress.com

Los Angeles Organic Vegetable Express (LOVE)
1-877-LOVE 4 You
[1-877-568-3496]



U-Picks Serving Los Angeles:

Brian Ranch Airport Orchard
34810 Largo Vista Rd
Llano, CA
[www.members.nbc.com/
brianranch](http://www.members.nbc.com/brianranch)
(661) 261-3216

Four Apostles Ranch
80-700 Ave 38
Bermuda Dunes, CA
www.fourapostles.com
(760) 345-6171

Jaunita Farm-
1441 Tierra Razada
Simi Valley, CA 93065
(909) 989-4576

Morning Song Farm
2120 Rainbow Glen
Fallbrook, CA 92028
morningsongfarm@home.com
(760) 731-9566

McGrath Family Farms
1012 W.Ventura Blvd
Camarillo, CA 93010
(805)983-1211

McManigle Grove
1780 Rabbit Hill
Fallbrook, CA 92028

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.** Generally folks go to u-picks for a large volume of produce at a good price and to optimize freshness. U-pick farms are also something families can do together for fun. While picking fresh produce, you have the opportunity to see farms and talk to farmers. For questions, directions or locations go to: www.localharvest.org.

www.grovestand.net
(760) 723-2119

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

Tierra Miguel Farm
14910 Pauma Valley Dr
Pauma Valley, CA
www.tierramiguel.org
(760) 742-1151

U-Pick Operations



Grow Your Own



Map of Los Angeles Community Gardens

- = community garden
- # refers to the listing of community gardens on the following pages



Community gardens are public green spaces in urban areas utilized by people of the surrounding neighborhood to grow produce, flowers and plants. Individuals or groups sponsor or purchase the use of a plot of land year by year. Having control over their plot of land provides community residents the freedom to grow fresh, traditional, and cultural produce of their own choosing.

The University of Illinois at Champaign did a study on urban gardens and found that there are an estimated 10,000 community gardens within U.S. cities, cultivated by over two million community gardeners. Community gardens are often owned by non-profit entities or run as part of a city's public park system. The gardens can be built in any type of vacant lot as long as there are resources available to clear the cement, clean up the garbage, and put in new soil.

Community Gardens & Their Locations:

- 1. Alhambra**
Mission and Granada
Alhambra, CA
(626) 570 3242
- 2. Altadena**
Palm & Lincoln
Altadena, CA
(626) 791 3936
- 3. Argyle**
1938 N Argyle
Hollywood, CA
(323) 469 0710 x19
- 4. Arleta**
8800 Canterbury

Arleta, CA
(818) 997 3832
5. Bethesda House
832 James M. Wood
Blvd.

more...



Benefits of Community Gardens:

- √ Fresh food source
- √ Community building activity
- √ Lower food budget
- √ Beautify blighted vacant lots
- √ Exercise and fresh air
- √ Place for children to play
- √ Reduce crime rate

Community Gardens



...continued
Los Angeles, CA
213) 896 9155 x262
6. Burlington
409/415 Burlington
Ave.
Los Angeles, CA
(213) 620 5371
7. Carmelitos
851 Via Carmelitos
Long Beach, CA
(562) 423 0509
8. Casa Heiwa
231 E. Third St.
Los Angeles, CA
(323) 473 1602
9. Century Freeway
600 block E. 118th Pl.
Los Angeles, CA
(323) 751 6177
10. Columbia Park
190th near Prairie Ave.
Torrance, CA
(310) 618 2930
11. Crenshaw
1423 Crenshaw Blvd.
Los Angeles, CA
(323) 293 2789
12. Culver City
10860 Culver Blvd.
Culver City, CA
(310) 253 6724
13. Delores Mission

Women's Cooperative
159 S. Gless Street
Los Angeles, CA
(323) 936 4141
14. Detroit
1257 N. Detroit St.
West Hollywood, CA
(323) 848 6502
15. Dome Village
847 Golden Ave.
Los Angeles, CA
(213) 892 9011
16. Echo Park
2223 W. Sunset Blvd.
Los Angeles, CA
(323) 663 6580
17. Eco Village
117 S. Bimini Pl.
Los Angeles, CA
(213) 738 1254
18. Ford Park
8000 S. Scout Ave.
Bell Gardens, CA
(562) 806 7650
19. Francis Avenue
2909 Francis Ave.
Los Angeles, CA
(213) 387 3296
**20. Fremont Hope Van
Meter**
Los Angeles, CA
(323) 789 4975
21. Good Earth

**Boden & Clyde (near
La Cienega)**
Los Angeles, CA
(323) 935 8754
**22. Granada Hills
Salad Bowl**
16003 Rinaldi
Granada Hills, CA
(818) 368 8630
**23. Halifax
Apartments**
Cahuenga & Yucca
Los Angeles, CA
(323) 463 7872
**24. Havenhurst
Garden**
1351 Havenhurst Dr.
West Hollywood, CA
(323) 848 6502
25. Howard Finn
(818) 353-1855
26. Hudson
Webster and Hill
(310) 421 9431
**27. Independent
Square**
2455 St. Andrews Pl.
Los Angeles, CA
(323) 730 2920
28. Lago Seco
Prairie Avenue and
190th St.
Torrance, CA



(310) 618 2930
29. Lakewood
 Candlewood between
 Woodruff and Palo
 Verde
 Lakewood, CA
 (562) 429 0548
30. La Mirada Park
 13518 Biola Ave.
 La Mirada, CA
 (562) 941 0638
**31. La Tierra de la
 Culebras**
 240 S Avenue 57
 Los Angeles, CA
 (213) 617 3876
32. Lemon Grove
 Romaine & Hobart
 Los Angeles, CA
 (323) 463 9755
33. Little Tokyo
 112 Judge John Aiso St.
 Los Angeles, CA
 (213) 636 4019
34. Long Beach
 7600 Spring St.
 Long Beach, CA
 (562) 597 0926
**35. Los Angeles
 Regional Food Bank**
 1743 E. 41st St.
 Los Angeles, CA
 (323) 234 3030 x15

36. Manhattan Beach
 Driveway between 424
 S. Meadows Mira
 Costa High School
 Manhattan Beach, CA
 (310) 545 7708
**37. Mar Vista Family
 Instruction Center**
 5075 Slauson Avenue
 Culver City, CA
 (310) 390 9607
**38. Normandie Village
 Green**
 1747 Normandie Ave.
 Los Angeles, CA
 (323) 937-6468 x200
**39. North Hollywood
 Apartments**
 Kitteridge/ Bakeman
 Garden
 (818) 769-3617
40. Norwalk
 12719 Studebaker Rd.
 Norwalk, CA
 (562) 377 1226
41. Norwich Garden
 417 Norwich Ave.
 West Hollywood, CA
 (323) 848 6565
42. Oakland
 Oakland and Maple
 Pasadena, CA
 (626) 796 6878

43. Ocean View Farms
 3300 Centinela Blvd.
 Los Angeles, CA
 (310) 826 4067
44. Orcutt Ranch
 23600 Roscoe Blvd.
 West Hills, CA
 (818) 883 6641
45. Paramount
 Garfield & Peterson St.
 Paramount, CA
 (562) 220 2121
46. Paramount
 Cortland & Orange St.
 Paramount, CA
 (562) 220 2121
47. Park La Brea
 Howser & Lindenhurst
 Los Angeles, CA
 (323) 634 7404
48. Parkman
 20800 Burbank Blvd.
 Woodland Hills, CA
 (818) 887 6048
49. Pea Patch
 Between 424 S. Mead-
 ows and Mira Costa
 High School
 Manhattan Beach, CA
 (310) 545 9701
**50. Pico Rivera
 (Beverly)**
 8606 Beverly Rd.



...continued
 Pico Rivera, CA
 (562) 949 7631
51. Pico Rivera (Arma)
 8527 Arma
 Pico Rivera, CA
 (562) 949 7631
52. Pico-Union
 1136 S Union Ave.
 Los Angeles, CA
 (213) 380 1940
53. Place Called Home
 2830 S. Central Ave.
 Los Angeles, CA
 (323) 232 7653
54. Porter Jr. High Garden Club
 15960 Kingsbury St.
 Granada Hills, CA
 (818) 891 1807
55. Proyecto Jardin (White Memorial Medical Center)
 1710 Bridge St.
 Los Angeles, CA
 (310) 452 2196
56. Pueblo del Rio
 1838 East 54th
 Los Angeles, CA
 (323) 588 2599
57. Richland Colby/ Brookhaven

Los Angeles, CA
 (310) 479 2529
58. Rosecrans Farms
 146 Denver Avenue
 Compton, CA
 (310) 603 2627
59. Rosewood
 Rosewood Ave. &
 Heliotrope Dr.
 Los Angeles, CA
 (323) 661 2747
60. San Pedro (Gaffe)
 1400 N.Gaffe
 San Pedro, CA
 (310) 831 0967
61. San Pedro Neighbor- Hood (Harbor)
 1401 Harbor Blvd.
 San Pedro, CA
 (310) 831 0967
62. Santa Fe Springs
 10145 Pioneer Blvd.
 Santa Fe Springs, CA
 (532) 868 7665
63. Santa Monica (Broadway)
 2337 Broadway
 Santa Monica, CA
 (310) 458 8974
64. Santa Monica (Main)
 2300 Main St.

Santa Monica, CA
 (310) 458 8974
65. Sepulveda Center
 16633 Magnolia Blvd.
 Encino, CA
 (818) 784 5180
66. Sheenway
 10101 S. Broadway
 Los Angeles, CA
 (213) 757-8359
67. Sierra Madre Park
 232 W. Sierra Madre
 & Mariposa
 Sierra Madre, CA
 (626) 355 7135
68. SIPA Garden
 1644 Beverly Blvd.
 Los Angeles, CA
 (213) 382 1819
69. Solano Canyon
 545 Solano Ave.
 Los Angeles, CA
 (213) 892 9011
70. Sojourn Shelter
 5th and Ocean Park
 Santa Monica, CA
 (818) 763 5700
71. St. Vincent's
 3rd and Grandview
 Los Angeles, CA
 (213) 353 9659
72. Summit Garden
 1276 Summit Ave.
 Pasadena, CA



...continued

(626) 599 2078

73. Sunshine Mission

2600 S. Hoover St.

Los Angeles, CA

(323) 731 1408

74. Ujima Village

941 E. 126th St.

Los Angeles, CA

(213) 564 2548

75. Van Nuys Airport

16400 Chase St.

Van Nuys, CA

(818) 891 8463

76. Vermont Square

4712 S. Vermont

Los Angeles, CA

(323) 296 0137

77. Vernon Central

1136 E. 27th St.

Los Angeles, CA

(323) 846 2505

78. Wattles Farm

1757 Curson

Los Angeles, CA

(323) 663 7441

79. Watts Family

Grape & 102nd

Los Angeles, CA

(323) 752 1643

80. Westside Food

Bank

Van Nuys, CA

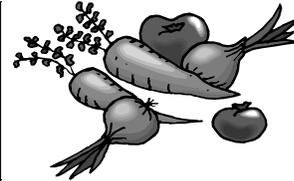
(818) 901 1812

81. Whittier

12902 Penn St.

Whittier, CA

(562) 696 9849



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

University of California Cooperative Extension Common Ground

(323) 838-4532

LACC Green Bank

Los Angeles Conservation Corps Greenbank can provide labor support for building and keeping up community gardens. Community garden groups can go to the Green Bank to get or borrow supplies like seeds, tools, soil, compost, lumber, etc.

(213) 362-9000 x201

Los Angeles Community Garden Council

Representatives from community gardens in the area meet to discuss garden issues and policy issues.

(323) 663-6580

American Community Gardening Association

(215) 988-8785

www.communitygarden.org



How to Start a Community Garden

Adapted from The Los Angeles Greening Guide

1. Talk to your neighbors to determine who is interested in the garden project. Form a garden club that meets to plan the garden and share the workload.
2. Contact community gardens to learn from their experiences.
3. Find a suitable location for the garden. Contact the city's Public Works, Bureau of Street Services at (213) 485-5675 for available city-owned sites, or look around your neighborhood for a vacant lot that receives at least six hours of sun per day.
4. Determine who owns the land, and write a letter requesting permission to use the site. You can look up the owner of the land with the Los Angeles County Tax Assessor's Office. Make sure you highlight the benefits of a community garden when making your case with the land owner.
5. Try to negotiate a lease for at least three to five years. Often a group can lease land for a community garden for \$1 per year.
6. Before finalizing the lease, check the soil conditions and water availability at the site. The Department of Water and Power can conduct a site investigation to see if there is access to water, and the Natural Resources Conservation Service can provide you with a list of labs that perform testing and analysis of soil.
7. Obtain insurance for the garden. Inexpensive insurance is available, based on the number of gardeners at the site. Contact the American Community Garden Association (215) 988-8785, or locally, Metropolitan Neighborhood Gardens and Farms Inc. (323) 876-6040, a non-profit organization that sponsors several Los Angeles gardens.
8. Plan and plant your garden!! Involve all interested community members in the design of the garden (plot sizes, location, community areas, pathways, compost bins, tool shed, etc.).

NOTE: You can approach local businesses and fundraise to get donations to get the garden started, or look for grant opportunities. Contact LACC Green Bank at (213) 362-9000 ext. 201 to get labor, materials, and technical assistance for your garden. Common Ground Garden Program (323) 838-4532 www.celosangeles.ucdavis.edu/garden/index.html or the Garden Council at (323) 663-6580 provide information to help neighborhood groups start and sustain community gardens.



Health Benefits of a Green Thumb

Exercise is an important part of a healthy lifestyle. Gardening provides an avenue for people of all ages to be physically active. Half an hour in the garden doing different activities is great for your health and peace of mind.

Source: National Gardening Magazine

ACTIVITY	Calories burned per 30 minutes
Sleeping	36
Sitting quietly	40
Watering lawn or garden	61
Mowing lawn, riding a power mower	101
Trimming shrubs with a power tool	142
Raking	162
Bagging leaves	162
Planting seedlings	162
Mowing lawn, pushing a power mower	182
Planting trees	182
Trimming shrubs with a manual tool	182
Weeding	182
Clearing land	202
Digging, spading, tilling	202
Laying sod	202
General gardening	202
Chopping wood	243
Gardening with heavy power tools	243
Mowing lawn with a push mower	243
Double Digging	344



Many people arrive in Los Angeles from more rural parts of the United States or from other countries where home gardens are the norm. Memories of the taste of their grandfather’s tomatoes, the scent of their mother’s prizewinning roses or herb gardens can make them nostalgic. Gardening in front yards, backyards and in containers is one way for city dwellers to help cure this longing.

With gardens, the color of flowers or the taste of homegrown vegetables can be as close as a back porch or a window box. They can be as elaborate as a series of raised beds in different geometric patterns, or as simple as planting cherry tomatoes in a hanging bucket. Almost anything can be grown in a container as long as enough sun, space, water and nutrients are provided.

Plant containers

for planting can be objects you already have lying around. You can use discarded flowerpots or buckets. You can purchase recycled wine barrels or window boxes, or you can create them from scratch with wood, old tires, or trash cans.

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

For more information about home gardening, visit your local library or independent bookstore for titles such as

- *Movable Harvests: The Simplicity & Beauty of Container Gardens* by Chuck & Barbara Crandall
- *Container Plants: For Patios, Balconies and Window Boxes*, by Halina Heitz
- *The Complete Guide to Container Gardening*, by Stephanie Donaldson

And a children’s story book with lore, gardening tips and a moral:

- *The Green Truck Garden Giveaway: A Neighborhood Story & Almanac*, by Jacqueline Briggs Martin



Gardening TIPS:

- ✓ Before you plant, consult seed packages, seed catalogues or reference books for information about seed spacing and depth of planting.
- ✓ Containers don't usually hold water or nutrients as well as beds. They must be watered more often than flower or vegetable beds, especially in hot, dry weather. One way to return lost nutrients is to use a weak solution of mild organic fertilizer when watering. Seaweed extract and fish emulsion are two good fertilizers for container gardens.
- ✓ Many containers are portable. If the original space you choose for your plant does not get enough sunlight, move it to a sunnier spot. Choose the sunniest spot in your yard for front or backyard gardens.
- ✓ Grouping plants in one container can be an efficient way to maximize space. Lettuce, for example, can be partnered with carrots, onions, radishes, chives, garlic or strawberries with great results!
- ✓ Grouping containers with like plants or plants with similar watering needs can be another way to ensure gardening success.

- Alicia de Soto-Foley



School Gardens

Many public schools in Los Angeles have gardens where the students grow a variety of vegetables, herbs and flowers as part of their education. The gardens provide a "learning by doing" educational tool where teachers can use the garden to teach science, nutrition, ecology, math, and more. It also gives students access to grow fresh and healthy food. Larger gardens even teach business skills if the school chooses to sell the produce at a farmers' market.

The State Board of Education is expanding school gardens with the goal of every school in California to having a garden. Through the Board's program, Gardens for Kids LA, funding will be available for plants, tools, and materials to create new school gardens.

TAKE ACTION!
To start a garden at your school, talk to the principal or contact the LAUSD Garden in Every School Initiative at (818) 762-1156 for more information. You can also contact Gardening Angels to find out how to be a volunteer school gardener at (323) 838-4543. Some lessons about barriers and opportunities for school gardens can be found in a report by the Center for Food and Justice titled: *A Place to Grow and to Learn: School Gardens in the Los Angeles Unified School District*. Call 323-341-5099 to get a copy.



Cooperatives

What is a Cooperative or co-op?

A cooperative is a business controlled by the people who use it. It is a democratic organization whose earnings and assets belong to its members. By buying from and becoming an active member of a co-op, you gain the power to shape that business. You help control the politics and economics of what is truly your organization.

This localized member control allows co-ops to be as varied as the people they serve. Food co-ops are one type of cooperative enterprise.

Adapted from:
General Information about Co-Ops
NASCO
PO Box 7715
Ann Arbor, MI 48107
Phone: (734) 663-0889



Why Cooperatives?

Cooperative enterprises have many benefits, including:

1. Cooperatives save money.

There is no owner/operator to take a profit from the customer: the customer IS the owner of a cooperative. Members ensure that their cooperative business provides the best quality products and services at the lowest possible cost.

2. Cooperatives demonstrate economic democracy.

In an investor-owned corporation the people who have the most money and shares have the most control over the way the business is run. In a cooperative each member has an equal share and one vote when decisions are made. This is known as economic democracy.

3. Cooperatives operate for the benefit of member/owners.

In a cooperative, those with similar needs act together and pool their resources for mutual gain. As a democratic entity, a cooperative changes with the changing needs of its members.

4. Cooperatives are non-profit.

In a cooperative no one person reaps the benefits if the business has been profitable. After bills are paid and money is set aside for operations and improvements, all profits are returned to co-op members. In a co-op, the purpose is not to make money, but to save it.

Benefits such as these have served to empower and to enrich the lives of co-op members and the society at large. Examples include: the food co-op pioneering of natural foods retailing and food content labeling; the student co-op provision of housing which enabled many students to remain in school during the Great Depression; and generations of social and political activism which have grown out of co-ops and co-op communities.

Adapted from:
General Information about Co-Ops
NASCO
PO Box 7715
Ann Arbor, MI 48107
Phone: (734) 663-0889



Buying clubs are a type of consumer cooperative where groups of people put their money together to order produce and groceries at cheaper bulk prices. Buying clubs are a great way to purchase fresh food and get to know your neighbors. People who belong to a buying club generally are looking for better quality produce, bulk goods, healthy organic food, better prices, or a way to get better acquainted with the members of their community.

In buying clubs, people pool their time, resources, and buying power to purchase high quality healthy foods at affordable wholesale prices. A buying club consists of 12-16 community members that come together and order food directly from a wholesaler. In doing so, the club members are able to receive food at lower prices by buying in bulk. The food order is delivered together and then the members divide it up among themselves. The biggest consideration to creating, running, or being a member of a buying club is the time spent organizing. It is often required that members of the club volunteer a little of their time to cover different tasks. It is helpful to have a person to oversee the running of the club, a few people to compile orders, a member who is centrally located to offer the drop spot for the order, people to sort and divide the order, and a treasurer. The most successful buying clubs involve all the members in the entire process.

TAKE ACTION!

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

For more resources or information to get started check out:

National Cooperative Business Association (NCBA)
(800) 636- NCBA; www.ncba.org

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

Buying Clubs



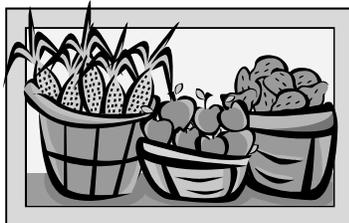
2 Ways to Run a Buying Club:

Cooperative model- Members of the buying club work together by taking on different roles and being responsible for completing the task on time. Decisions are usually made as a group, and the skills and knowledge needed to run the club are shared among all the members.

Coordinator model- One person takes the lead organizing the club. He or she is the one who makes the key decisions, and is responsible for the majority of the work, although he or she can delegate tasks as well. To compensate for time spent and work done, a coordinator may charge a fee to each of the members of the group.

The Self Help and Resource Exchange (SHARE) is the largest buying club in Southern California. In the SHARE program, subscribers pay \$14 or \$15 in cash or food stamps and do two hours of community service per month. In exchange subscribers receive a package of food that has a retail value of between \$30-\$40. To find the SHARE location nearest you, or for more information, call 1-800-773-SHARE.

* Information on the SHARE Food Coop provided by the LA Coalition to End Hunger & Homelessness



Distributors for Buying Clubs in Southern California:

Mountain People's Warehouse
12745 Earhart Ave.
Auburn, CA 95602
(800) 679-8735

Tucson Cooperative Warehouse
350 S. Toole
Tucson, AZ 85701
(520) 884-9951

Islam Box of Produce
8713 South Vermont Ave.
Los Angeles, CA
(323) 751-1283
\$45 for produce and staples
\$55 for staples and meat
\$72 for everything



Consumer food cooperatives are essentially consumer-owned grocery stores created by concerned and motivated consumers for the purpose of providing people with nutritious food at the lowest practical cost. Many cooperative supermarkets began as buying clubs that grew and expanded into a storefront as membership increased.

Because co-ops are based around members, they often reflect certain member needs or demands. For instance, the co-op could make all of its purchases from local farmers or buy only organic produce. Either way, food co-ops often have a large selection of fresh and nutritious produce.

The benefit of operating as a supermarket is that natural, organic, and specialty items can be purchased in bulk, which allows the prices to be competitive with those in large food chains. One of the greatest benefits food co-ops have over large supermarkets is the co-ops' ability to buy and sell specialty items. Items like homemade jams or a local farmer's organic heirloom tomatoes are more likely to be found in food co-ops than in large chain stores that must purchase items in huge quantities.

At most co-ops, members and non-members alike may shop, but the benefits of membership include a voice in co-op policy, discounts or rebates for patronage, and other specialized services.

Food Cooperatives in the Los Angeles area:

Co-Opportunity
Consumers'
Cooperative, Inc.
1525 Broadway
Santa Monica, CA 90404
310-451-8902

Venice Ocean Park Food
Co-op
839 Lincoln Blvd.
Venice, CA 90291
(310) 399-5623
www.venicecoop.org



Food Cooperative Stores



Mercado la Paloma

Mercado La Paloma is a comprehensive community development project of Esperanza Community Housing Corporation (ECHC). The development of the Mercado is an essential element of ECHC's strategy to revitalize our neighborhood, bringing together new economic, health, social, and cultural resources under one roof. The project involves the redevelopment of a vacant, deteriorated 34,000 square foot, two-story warehouse and adjacent 1/2 acre plaza and parking area into a premier neighborhood gathering place. The ground floor public marketplace will provide a safe, family-oriented, community gathering place and offer a supportive venue for emerging entrepreneurs, health educators, and artists to sell or share their homemade/handmade goods and services. The second floor houses local non-profit organizations dedicated to ensuring access to health and social services for low-income families.

Source: <http://www.mercadolapaloma.com/>

Food From the Hood

Food From the 'Hood, is the nation's first student-managed natural food products company, was born on October 3, 1992 in response to the Los Angeles Uprising. Food from the 'Hood is a unique non-profit organization dedicated the empowerment of at-risk youth through the development of real-world, entrepreneurial employment. We have experienced significant success with our hands-on training model, creating new career and educational opportunities for disadvantage youth in the trouble Crenshaw community in Los Angeles. The program combines work-based skills training, academic tutoring, life skills development and practical business experience working with seasoned entrepreneurs. The mission of the organization is to foster business, academic, and life skills for at-risk youth, impacting the students' ability to become self-sufficient, contributing adults. Additionally, we are committed to supporting students in business ventures, which are socially responsible, environmentally sound, and neighborhood-friendly, promoting a spirit for cooperation and responsibility.

Source: <http://www.sidewalkvending.com/>



Café Luna Tierra Sol

Café Luna Tierra Sol is a unique Mexican all-vegetarian worker owned cooperative café that provides healthy food to the people of Los Angeles, within an alternative, respectful work environment. The owners believe in the promotion of culture and history, the betterment of our communities, and community based business.

Mama's Hot Tamales Café

Mama's Hot Tamales is an apprentice-operated business and job training restaurant that provides hands-on and classroom instruction designed to train low-and-moderate-income vendors in the disciplines necessary to begin a career path toward success in the culinary world. Participants acquire the knowledge, abilities, and skills to pursue opportunities in the food service and hospitality industry as bakers, cooks, caterers, hosts, restaurant owners or managers, wait staff, or permitted sidewalk vendors. Featuring authentic presentations of regional dishes from throughout the Americas, this unique dining experience engages patrons as valuable participants in the education training process of our future culinary professionals.

Mama's Hot Tamales Café is component of VEND (Vital Economic Neighborhood Development), a project of the Institute for Urban Research and Development. VEND promotes sidewalk vending as a means of facilitating neighborhood revitalization through entrepreneurial training and small business development for community residents. The overall goal of this program is to create model environments for neighborhood economic activity, empowering local residents and merchants to create neighborhood centers not only for economic enterprise, but also for family recreation and entertainment, community multi-cultural activities and access to primary community-based resources and social services.

Cooperative Restaurants in Los Angeles:

Café Luna Tierra Sol
2501 W. Sixth St.
(213) 380-4754
www.lunatierrasolcafe.com

Mercado La Paloma
3655 S. Grand Ave.
Phone: (213) 748-1963
Fax: (213) 748-9962
www.mercadolapaloma.com

Mama's Hot Tamales Café
2124 W Seventh St
One half block west of Alvarado Street
(213) 487-7474

Institute for Urban Research and Development
2122 W. 7th Street
Phone: (213) 487-4300
www.iurd.org/
www.sidewalkvending.com



The Chef's Collaborative is a group of chefs, restaurateurs, and other culinary professionals across the country that promote sustainable cuisine and stress the importance of eating local, clean food. The group works to connect culinary professionals with farmers in their area to create relationships and partnerships, to establish a sustainable food system.

Contact
Chef's Collaborative
for a listing of member
restaurants in
Los Angeles:

Chef's Collaborative
441 Stuart Street, #716
Boston, MA 02116
(617) 236-5200
www.chefnet.com

Chef's Collaborative Statement of Principals

Preamble: We, the undersigned, acknowledge our leadership in the celebration of the pleasures of food, and recognizing the impact of food choices on our collective and personal health, on the vitality of cultures and on the integrity of the global environment, affirm the following principles:

1. Food is fundamental to life. It nourishes us in body and soul, and the sharing of food immeasurably enriches our sense of community.
2. Good, safe, wholesome food is a basic human right.
3. Society has the obligation to make good, pure food affordable and accessible to all.
4. Good food begins with unpolluted air, land and water, environmentally sustaining farming and fishing, and humane animal husbandry.
5. Sound food choices emphasize locally grown, seasonally fresh and whole or minimally processed ingredients.
6. Cultural and biological diversity is essential for the health of the planet and its inhabitants. Preserving and revitalizing sustainable food and agriculture traditions strengthen that diversity.
7. The healthy, traditional diets of many cultures offer evidence that fruits, vegetables, beans, breads, and grains are the foundation of good diets.
8. As part of their education, our children deserve to be taught basic cooking skills, and to learn the impact of their food choices on themselves, on their culture, and on their environment.



Nutrition Education

See-LA (Sustainable Economic Enterprises of Los Angeles) has a Farm to Table Program that aims to teach food and nutrition education to increase the consumption of fruits and vegetables among low-income families. Farm to Table couples a six-week nutrition and cooking class series with small farmers' markets in accessible locations. Using fresh, seasonal produce from farmers' markets, each class demonstrates recipes that show how easy it is to include more fresh fruits and vegetables in family meals. Each class is taught in an interactive style and introduces a key concept, such as the food pyramid, food label reading, portion sizes, or the health implications of different food groups. The classes feature easy, economical recipes to fit working families' schedules and budgets. Main dishes cost no more than \$1.25 per serving to prepare with ingredients readily available from local markets and farmers' markets. All classes are located in neighborhood sites around LA such as housing complexes, WIC offices, schools and group homes. Classes are taught in Spanish and English.

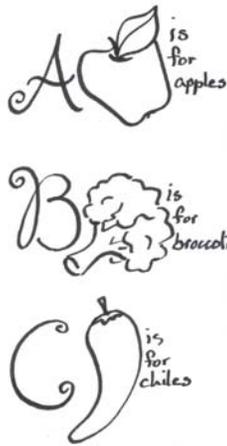
**For more
information
contact:**

See-LA
6541 Hollywood Blvd.,
2nd Floor
(323)463-3171
www.farmernet.com

See-LA Farm to Table Program



UCCE Food Stamp & Nutrition Education Program



Contact the UCCE Food Stamp and Nutrition Education Program for more information at: UCCE FSNEP 2 Coral Circle Monterey Park, CA 91755 (323) 838-8352 http://fsnep.ucdavis.edu/

The University of California Cooperative Extension (UCCE) provides nutrition education to persons who apply for or receive Food Stamps in Los Angeles County. Many families are unsure of the amount and type of food to buy to ensure that their food supply will last until the next month's food stamp allotment is received. The Food Stamp Nutrition Education Program (FSNEP) is designed for Food Stamp recipients to improve nutrition related skills, especially skills related to selecting, purchasing, and preparing a low-cost nutritional diet for themselves and their families. The program also works to address:

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

The goal is to teach families to eat better for less money.



Community Health Promoters Programs or *Promotoras* provide health education and counseling in their communities. There are *Promotoras* in South Central, Central, and Northeast Los Angeles. They offer bilingual education programs (Spanish/English) including nutrition education, to groups at churches, schools, community centers, etc. The *Promotoras* range in age from 18 to 60 years old, with a new group of Community Health Promoters being trained every year. The main objectives of the *Promotoras* are:

- To empower residents to lead the community toward improved health
- Enhance community health by increasing residents' access to health care and facilitating their use of preventive health measures
- Forge partnerships with health clinics, hospitals, non-profits, and public agencies to improve the system of medical care

The CHPP trainings and other health-related activities take place at the Senderos Community Training Center.



**For more
information
contact:**

Esperanza Community
Housing Corporation
(EHC)
(213) 748-7285
2337 South Figueroa St.
Los Angeles, CA 90007

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

Community Health Promoters Program



Federal Food Programs

What is food insecurity? How can Federal Food Programs help?

In recent years, residents of low-income communities in Los Angeles have identified hunger, food access, food quality, and food price as key concerns.

Despite the abundant food supply in the United States, the USDA estimated that 31 million people in the United States experienced food insecurity in 2000. Food insecurity is defined as households lacking access to enough food to meet their basic nutritional needs. In California, 1.3 million Californians experience hunger with 4.4 million people considered food insecure. California ranked as the 11th worst state for hunger, and according to LA County Department of Health Services, as many as 15% of LA County residents may be food insecure – double the national average.

Pregnant women, children and elderly persons are more susceptible to the problems associated with food insecurity, although it impacts people of all ages. Food insecurity leads to vitamin and mineral deficiencies, which can cause malnutrition. It can reduce a child's ability to learn, weaken people's resistance to disease and decrease a worker's productive energy. The following resources list ways to access nutritious food through federal programs.



Food Stamps provide an average of \$75 a month per person and can be used at grocery stores and farmers markets, allowing people to select the type of food appropriate for them.

Qualifying families and individuals include people with low incomes and limited assets, who do not receive SSI (Supplemental Security Income). Over the last 5 years, food stamp usage has declined in large part because many families and individuals who qualify for the assistance either have been reluctant to apply or do not know they are eligible. For instance, **most legal immigrants and many working poor households are in fact eligible to receive food stamps** despite the common misconception that they are not. 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**.

Starting in 2003, LA County is changing the look of their food stamps as they switch over to EBT. This entails replacing the current paper coupons with a plastic card users will be able to swipe at the grocery store and other places that accept Food Stamps (including some farmers' markets).

Food Stamps

If you have this many persons in your family:	You are eligible for Food Stamps if your monthly net income is less than:	The maximum* amount of the stamps your family can get:
1	\$ 739	\$139
2	\$ 995	\$256
3	\$ 1,252	\$366
4	\$ 1,509	\$465
5	\$ 1,765	\$553
6	\$ 2,022	\$663
7	\$ 2,279	\$733
8	\$ 2,535	\$838
Each additional person:	\$ 257	

*Most people do not receive the maximum.
Food Stamp Income Guidelines October 1, 2002-September 30, 2003.



The National School Lunch Program insures school-aged children lunch at free or reduced prices. Across Los Angeles Unified School District, 74% of school-aged children are certified eligible (the actual number of eligible may be much higher) for free or reduced priced lunches. The USDA has specific regulations for the nutritional content of full meal lunches, so children are guaranteed to receive a minimum amount of key daily nutrients and vitamins. Your child automatically qualifies for free meals if you receive CalWORKS, or Food Stamps. If you don't, you should be given an application at the beginning of the school year, or you can ask for one at any time during the year. **Contact Los Angeles Unified School District Food Services Branch at (213) 633-7064 to find out if your children qualify.**

School lunches, however, are not always able to emphasize the importance of fruits and vegetables in the daily diet of children. To improve fresh food access for children, many individuals, groups and organizations in Los Angeles have been working with school districts to start up farmers' market salad bars and regular salad bars in local schools. These salad bars are available to students who are part of the school lunch program, and they contain seasonal produce grown locally by farmers and sold directly to schools. LAUSD piloted farmers' market salad bars in some of its elementary schools and operates dozens of salad bars using conventionally purchased produce. Contact the LAUSD Nutrition Network at (818) 762-1156 to start a Nutrition Network team and get a salad bar on your campus.

Healthy Farms, Healthy Kids is a publication of the Community Food Security Coalition (CFSC) which describes seven projects from around the country that are working to create connections between the cafeteria, the classroom and the farm. The report provides plenty of information to start a project in your community. For a copy call CFSC at (310) 822-5410.

**TAKE ACTION!**

The Healthy School Food Coalition (HSFC) is a group of committed parents, students, and community members working to develop a comprehensive food and nutrition policy in the Los Angeles Unified School District. As well as believing there is a direct correlation between what kids eat and how they perform in the classroom, the HSFC is concerned about the increasing rates of childhood obesity and other health related diseases due to poor nutrition. The HSFC is working to change this by creating strong, district-wide policies to:

- Serve fresh, good-tasting, nutritious and culturally appropriate foods in the cafeteria;
- Make sure students of all income levels receive the same high-quality food;
- Remove the stigma of eating in the cafeteria;
- Serve more food grown in school gardens and on local farms;
- Integrate eating and learning through nutrition education programs.

Our strength is in our organizing. Join the HSFC in making LAUSD a healthier place to learn. For more information on how you can help, call Francesca de la Rosa at 323-341-5097 or email her at: fdlr@oxy.edu.

The National School Breakfast Program was developed as a way to provide nutritious breakfast to schoolchildren and must include 1/4 of the key daily nutrients. Studies have shown that children have a higher attention span, increased capacity to learn, improved behavior, and better classroom performance after eating breakfast. Just like the National School Lunch Program, children are served free, reduced-price, or full-priced meals based on their family income. Contact your child's school to ensure this program is available and well-used.

National School Breakfast Program



The Child and Adult Care Food Program (CACFP) is designed to assure nutritious meals at affordable 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, including all group or family day care centers, Head Start, recreation centers,

settlement houses and after-school programs. These organizations are reimbursed by the government for serving up to two meals and a snack per day. Anyone attending the care facility is entitled to the food. Contact California Department of Education for information on nearby child care homes or an application to participate: (800) 952-5609.

Child and Adult Care Food Program
& After School Snack Program

After school snacks are available through USDA to programs where supervised enrichment activities are offered to school-aged children in low-income areas. **The snacks are offered at no cost to the children or their families and contain two meal components, such as milk and a piece of fruit.** This program is available to after school programs operating at school sites, as well as community locations, such as parks and churches. For information on the snack program and an application to participate, contact California Department of Education at (800) 952-5609 or contact your local school.

Programs operating on LAUSD campuses can get snacks through the district food services. The Center for Food and Justice is developing a resource guide for after school programs to increase access to nutritious snacks, including fruits and vegetables from local farmers' markets, as well as how to conduct nutrition education activities. For a copy, contact The Center for Food and Justice at (323) 341-5099.



Through the Summer Food Program, **school-aged children can eat free meals while they are on vacation from school. The program is 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 parks, recreation centers, schools, and summer day camps. This program is also available to communities with year-round schools. For site location and additional information, contact California Food Policy Advocates at (213) 252-8233.



Women, Infant and Children Program (WIC) is a USDA nutrition program to help combat hunger. WIC's purpose is to provide targeted food vouchers and nutrition education. **WIC is available to help pregnant mothers, new mothers, and young children eat well and stay healthy.** WIC provides a number of services including:

- Vouchers for nutritious foods, such as milk, juice, eggs, cheese, cereal, dry beans and peas, and peanut butter;
- Information about nutrition and breastfeeding;
- Assistance finding affordable or no-cost health care and other services;
- Summer vouchers for farmers' market fruits and vegetables

WIC is available to low-income women who are pregnant, breastfeeding, or just had a baby, and children less than 5 years of age (including foster children). Working families also may qualify. Call **1-888-WIC-BABY** for program locations and application information.

Summer Food & Women, Infant and Children Program



Emergency Food

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

Due to limitations in time, money and volunteers, most food pantries can only serve people once per month. These programs often do not have enough healthy foods to serve all who need it. Foods distributed most often include canned foods, rice, beans, bread, cereal, and occasionally produce items. Free hot meals are offered at many food pantries and "soup kitchens".

Food Pantries

For a list of food pantries and free meal locations in your area call:
The InfoLine for Los Angeles: (323) 686-0950
Or LA Coalition to End Hunger & Homelessness: (213) 439-1070
When you call be prepared to give your zip code.

For an extended list of pantries, senior meals, and food resources for persons with AIDS, refer to *Food 2000; The 2000 Directory to Free and Low-Cost Food Resources in LA County*, created by the Los Angeles Coalition to End Hunger & Homelessness; (213) 439-1070.



Food Banks Serving Los Angeles:

Los Angeles Regional Foodbank
1734 East 41st Street
Los Angeles, CA 90058
(323) 234-3030
www.lafightshunger.org

Foodbank of Southern California
1444 San Francisco Avenue
Long Beach, CA 90813
(562) 435-3577

Children's Network International
5600 Rickenbacker Rd.
Bell, CA 90201
(323) 980-9870

Food Finders
3541 Daffodil Circle
Seal Beach, CA 90740
(562) 598-3003

South Central Food Distributors
600 N. Alameda Street, Suite 118
Compton, CA 90221
(310) 635-7938

Westside Food Bank
P.O. Box 1565
Santa Monica, CA 90406
(310) 828-6016

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.

Meals for Seniors

Programs provide sit-down meals and home delivered meals for seniors. 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 Farmer's Markets. In addition, there are several Senior Brown Bag programs which distribute free groceries, including produce, to seniors. You can locate a Brown Bag program by calling the LA Coalition at: (213) 439-1070.

Food Banks & Meals for Seniors



The Charitable Distribution Facility

This is a dock at the produce market (downtown Los Angeles) where non-profit groups can pick up surplus vegetables and fruit free of charge. For information, call (213) 622-0822.



World Opportunities

Provides surplus produce and fruit free of charge. In addition to these items, World Opportunities distributes free English muffins and periodically other items, to participating agencies. For information, call (213) 466-7187.

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 which 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 the information and guidelines on the operation of gleaning programs. For information, call 1-800- GLEANIT.

Source: Los Angeles Coalition to End Hunger & Homelessness

**TAKE ACTION!**

It's helpful that there are so many food pantries, so many people helping others in need...but it's not great that we have such a need for food pantries! It's a sign that there are real problems that require long-term solutions.

Many problems lead to hunger, including:

- Cuts in government funded food assistance programs such as the National Food Stamp Program - an important anti-hunger program
- Lack of living wage jobs-working people make up the greatest number of new participants at food pantries
- High housing costs, and lack of affordable housing
- Disabled and elderly persons having to live on a fixed income
- Lack of transportation to affordable food outlets
- Lack of lower-cost supermarkets in many areas of the city

It's helpful to do food drives, but we also need to take other actions:

- 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.
- Encourage policies that create jobs and demand employers to pay living wages.
- 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.
- Demand that public transportation serve the needs of low income people, and that supermarkets in our area are clean and meet local needs.
- Help protect programs that serve the elderly and disabled.
- Fight unjust laws that prevent groups from feeding homeless persons in public.

-Frank Tamborello



Resource Guide for Action



Farm-Direct Access

Community Alliance with Family Farmers *California Farm Fresh Guide* is a guide to California Farms and Locally Grown Products. It provides extensive information on all the farm direct opportunities in California.

www.caff.org

Toll-Free Order Line: (800) 852-3832

You can also become a member of CAFF by calling (530) 756-8518

Southland Farmers' Market Association
(213) 244-9190

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.



Community Gardens

American Community Gardening Association
(213) 988-8785

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 and encouraging research and conducting educational programs.

Biodynamic Farming & Gardening Assoc.
(888) 516-7797

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.

Common Ground Garden Program; UCCE
(323) 838-4539

<http://celosangeles.ucdavis.edu/garden/>

Volunteers of the program help limited-resource county 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.

Los Angeles Garden Council
(323) 663-6580

Members of community gardens meet to problem solve and help 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. It is a project of the LA Conservation Corps and the LA Community Garden Council. LA Grows serves community garden groups that benefit residents of targeted low-income neighborhoods.



School Gardens



Within LAUSD: Garden in Every School Program
(818) 762-1156

Outside of LAUSD:
California Department of Education
Garden Enhanced Nutrition Education
(916) 322-4792



Cooperatives

Buying Clubs; "For Access to Healthy Food at Low Prices, Start a Food Buying Club"
Kim De Lallo, Buying Club Member Rep.
(800) 387-0354 ext. 33
Email: onfc@pathcom.com

Foodclub.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.

National Cooperative Business Association
(800) 636-NCBA

For information on how to start a food co-op or find one in your community.

Healthy School Food



LAUSD Nutrition Network
(818) 762-1156

Healthy School Food Coalition
(323) 341-5097

See-LA
(323) 463-3171

Coordinates school purchasing of farmers' market produce for classroom nutrition education and health fairs in LAUSD.

Nutrition Education



5-A-Day for Better Health Campaign
California Department of Health Services
(916) 323-0594

Adult and Children 5-A-Day Campaigns to eat 5 servings of fruits and vegetables through motivational and fun activities.

AIDS Project LA Nutrition & HIV Program
(323) 993-1611
Community nutrition education presentations and forums, individual HIV/AIDS nutrition counseling, etc.

California Nutrition Network
(916) 323-0594
www.ca5aday.com/programs/nutrition/nutrition.htm

The Network represents the state's largest nutrition coalition, bringing together like-minded state agencies, public entities, nonprofit



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

Expanded Food & Nutrition Education Program, UCCE Los Angeles
(323) 838-8321

Los Angeles Project Leaders Encouraging Activity and Nutrition (LEAN)
(213) 250-8621
Aiding the population of LA County through health and business partnerships which promote low-fat eating to improve health and reduce the risk for major diet related chronic diseases.

National Health Video, Inc.
(800) 543-6803
Specializes in nutrition for the "Over 50 Gang;" food labeling, food pyramid programs and diabetes programs.

Promotoras; Community Health Providers

- Mercado la Paloma
(213) 765-0573
- Hathaway Family Resources Center
(323) 257-9600

See-LA
(323) 463-3171
www.farmernet.com
Provides access to fresh produce through certified farmers' market in Los Angeles communities. Promotes buying direct from the farmer.

Federal Food Programs



Los Angeles Coalition to End Hunger and Homelessness
(213) 439-1070
www.lacehh.org, www.peoplesguide.org
Working to eliminate hunger and homelessness through public education, technical assistance, public policy analysis, advocacy, organizing, and community action. Publications include: How to Get Food and Money (multiple languages), Directory to Los Angeles County Food Pantries and Food Banks.

LA County Health and Nutrition Hotline
1-877-597-4777

California Food Policy Advocates
(800) 218-3663

Women, Infant, & Children (WIC)
1-888-WIC-BABY



Emergency Food

Adult Day Health Centers
These centers provide medical, social, psychological, meals and nutrition services for older adults.

AltaMed ADHC	(323) 728-0411
Casa Colina ADHC	(909) 596-7733
Central ADHC	(213) 250-7778
El Arca ADHC	(323) 223-3079
Golden Age ADHC	(310) 632-0415
Henry Mayo Newhall Memorial Hospital ADHC	(805) 253-8926
SANAR ADHC	(310) 495-2249
Valley Storefront ADHC	(818) 766-0397

The focus of the Center for Food and Justice is the development of a more just, democratic and sustainable food system. Founded in 1994, strategies include developing and evaluating pilot programs; grassroots organizing and coalition building; and conducting research, evaluation and policy analysis. Center programs are aimed at improving access to fresh and healthy foods in all communities, particularly those where access is most limited. CFJ seeks to make direct connections between farmers and local institutions such as schools. The Center has helped to facilitate environmental, health, community development, social justice, and land use strategies that strengthen the capacity of small family farmers, empower local communities, and help establish a food ethic among those who produce and consume food.



The Urban & Environmental Policy Institute (UEPI) is a community oriented research and advocacy organization based at Occidental College in Los Angeles. It serves as the umbrella for a variety of affiliated programs (including the Center for Food and Justice) addressing work and industry, food and nutrition, housing, transportation, regional and community development, land use, and urban environmental issues. For more information contact us at:
Urban & Environmental Policy Institute
1600 Campus Road
Los Angeles, CA 90041
Phone: (323) 259-2991

“Actively contributing to the development of a more livable, just and democratic region through research, education, community partnerships, and policy analysis”



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