



# San Francisco Food, Nutrition, and Agriculture Directory, 3<sup>rd</sup> Edition



# FOREWORD



The “**San Francisco Food, Nutrition and Agriculture Directory**”, 3<sup>rd</sup> edition (2005) (FNAD) provides a listing of useful resources and services available to San Francisco residents. We have made an effort to include resources for low income, mostly Food Stamp eligible residents. The purpose of this directory is to assist health care and community service providers, service agencies and educational institutions, help their clients to:

- identify and use locally available food and nutrition resources
- learn about and advocate for change in their local food system

In addition, we want to provide resources for agencies to:

- purchase lower cost food
- receive food from the San Francisco Food Bank
- take food handling courses

The information listed in this directory was derived in part from the San Francisco Food and Nutrition Resource Directory 2<sup>nd</sup> edition (1997) and the San Francisco Food Systems Guidebook 1<sup>st</sup> edition (2003), both of which were used as a point of departure in gathering resources. All resources contacted were asked to refer us to any additional resources they were aware of.

No agency or resource listed in the San Francisco Food, Nutrition and Agriculture Directory pays for its listing. All information has been provided by the individual agency or resource and its listing here does not imply endorsement by the City and County of San Francisco Department of Public Health, the Department of Aging and Adult Services, San Francisco Food Systems, the California Department of Health Services, Cancer Prevention and Nutrition Section, or any of its directors or sponsors. An omission of any resource is just that, an omission. It does not imply any judgment of any organization or a resource’s merit.

**Corrections should be sent to:**

**Food, Nutrition and Agriculture Directory  
Feeling Good Project, Nutrition Services  
San Francisco Department of Public Health  
30 Van Ness Ave, Suite 3500  
San Francisco, CA 94102  
Tel. (415) 575-5689 Fax (415) 575-5798**

# INTRODUCTION



## **Who is the San Francisco Food, Nutrition and Agriculture Directory for?**

This Food, Nutrition and Agriculture Directory is intended for use by providers and organizations, rather than potential clients. By including information on eligibility, language capabilities and whether there is a fee, we hope to assist providers in guiding low income Food Stamp eligible clients to the most accurate and appropriate resources. To create a directory with the greatest longevity, we have in some cases omitted specific service sites and/or hours of operation. By calling the number listed or checking the website when available, the provider or client will be able to get the most current information available.

## **What's included in the San Francisco Food, Nutrition and Agriculture Directory?**

The Food, Nutrition and Agriculture Directory is divided into six major sections: **Food Resources** (Government Food Assistance Programs, Free Meals and Groceries, Meals and Food for Special Populations, Low Cost Food Resources, and Farmers Markets); **Nutrition Counseling** resources; **Weight Management** resources; **Nutrition Information and Education** resources; **Food Safety** resources and **Food Systems, Advocacy and Agriculture** resources.

## **How to use the San Francisco Food, Nutrition and Agriculture Directory**

We suggest users review the table of contents of the Food, Nutrition and Agriculture Directory (FNAD) ahead of time so that they are familiar with the range of organizations listed. There is a table of contents for the whole FNAD in the beginning. Organizations are listed alphabetically within each of the major sections and within each of the various sub-headings in the Food Resources and Food Systems, Advocacy and Agriculture sections. In addition, at the end of the directory there's an alphabetical index listing all the organizations in the FNAD.

# ACKNOWLEDGMENTS



## **Co-Editors San Francisco FNAD 3rd edition, Summer 2005 (alphabetical)**

### **Laura Brainin-Rodriguez, MS, MPH, RD**

Coordinator, Feeling Good Project

Nutrition Services, Maternal Child Adolescent Health Section

San Francisco Department of Public Health

Produced the 2<sup>nd</sup> edition of the San Francisco Food and Nutrition Directory; provided oversight for the review, production and formatting of the Nutrition Counseling, Weight Management and Nutrition Information and Education sections; compiled and edited the final draft of the FNAD 3<sup>rd</sup> Edition; oversaw the development of the CD-ROM version of the FNAD; oversaw printing and the production of the CD-ROM; fundraised for the printing of the FNAD 3<sup>rd</sup> edition; located the Eating Disorders resources and participated in both the FNAD work group and advisory committee.

### **Linda Lau, RD, MPH**

Nutritionist, Office on the Aging

San Francisco Department of Aging and Adult Services

Brought together the people who developed the Food and Nutrition Directory and the San Francisco Food Systems Guidebook, leading to the collaboration now known as the Food, Nutrition and Agriculture Directory for the City and County of San Francisco (FNAD); provided oversight for the review, production, editing and formatting of the Food Resources section; oversaw the development of the first draft of the interactive electronic version of the FNAD; fundraised for the printing of the FNAD 3<sup>rd</sup> edition and participated in both the FNAD work group and advisory committee.

### **Leah Rimkus, MPH**

Program Manager, San Francisco Food Systems (a project of The San Francisco Foundation Community Initiative Funds)

Developed the San Francisco Food Systems Guidebook 1<sup>st</sup> edition; provided oversight for the review, production, editing and formatting of the Food Safety and Food Systems, Advocacy and Agriculture sections; provided administrative support for the development and production of the FNAD; coordinated communication with the Advisory Committee; fundraised for the printing of the FNAD 3<sup>rd</sup> edition and participated in both the FNAD work group and advisory committee.

## **Special Thanks to the following individuals whose work made this directory possible: (alphabetical)**

**Julie Engberg, RD** – Nutrition Education Coordinator, SF WIC Program - Researched and provided the Weight Management Information and Vegetarian Diet Information entries and resource lists.

**Angelica Ibarra** – Health Worker, Feeling Good Project - Contacted listings in the Nutrition Counseling and Nutrition Information and Education sections and formatted these for inclusion in the FNAD; researched listings on the internet to update; tracked agencies and organizations via phone, email and fax for updates; and edited and formatted entries and Table of Contents to reflect changes.

**Paula Jones** - Director, San Francisco Food Systems (a project of The San Francisco Foundation Community Initiative Funds) - Compiled and reviewed the information in the Food Systems, Advocacy and Agriculture section; fundraised for the printing of the FNAD 3<sup>rd</sup> edition.

**Janice Lee** – Assistant Health Educator, Feeling Good Project - Contacted listings in the Nutrition Counseling, Weight Management sections and formatted these for inclusion in the FNAD; researched listings on the internet to update; tracked agencies and organizations via phone, email and fax for updates; edited and formatted entries and Table of Contents to reflect changes; cross-checked websites from the Eating Disorders Resources section to ensure accuracy; assisted with the editing of the final draft; created and completed the final draft of the interactive electronic version of the FNAD; compiled the index; designed the cover and spine; coordinated printing and the production of the CD-ROM.

**Suzanne Malone RD** – Nutritionist, Feeling Good Project - Field tested every listing in the FNAD, including contact information, service descriptions, and other fields; verified the format of the FNAD 3rd edition final draft; and compiled the Nutrition Information and Education Internet Resources.

**Larry Pong, REHS** - Principal Inspector & Manager of Training, Occupational and Environmental Health Section, SF Department of Public Health – Compiled and reviewed the information in the Food Safety section.

**Food, Nutrition and Agriculture Directory (FNAD) Advisory Group (alphabetical)**

The following individuals provided input on format and content of the FNAD, field-tested and reviewed the first and final drafts and provided valuable input and support through the process of developing this directory.

**Betty Creary** - Information and Referral Associate, HELPLINK United Way Community Information Center Special thanks for guidance on what it takes to produce accurate community databases, nomenclature and willingness to share skills and experience in the area of Information and Referral services.

**Cheryl Magid, RD** – Health and Nutrition Manager, Children’s Council of San Francisco

**Aida McIntyre** - Eligibility Worker Supervisor, San Francisco Department of Human Services, Food Stamp Program

**Rachel Thieme** - Program Coordinator, San Francisco Food Bank

**Lisa Yamashiro, RD** - Program Representative, UC Cooperative Extension, San Francisco-San Mateo, Nutrition Assistant Program Coordinator, City College of San Francisco Nutrition Assistant Program, Consumer Education Department

We would also like to thank all the organizations and individuals who gave of their time to provide and field test the information found in this directory. **The administration of this project and duplication of this directory were generously funded by:**

- **The U.S. Department of Agriculture’s Food Stamp Program**, an equal opportunity provider and employer, through the California Nutrition Network (CNN) for Healthy, Active Families. Staff time and funding for duplication provided by the CNN-funded Feeling Good Project and San Francisco Food Systems. Funding for duplication provided by the CNN-funded SFUSD Nutrition Education Project.
- **The San Francisco Human Services Agency, Department of Human Services, and Department of Aging and Adult Services**

The Food Stamp Program provides nutrition assistance for people with low income. It can help you buy nutritious food for a better diet. To find out more contact the San Francisco Food Stamp Program (415) 558-4186. For information on the California Food Stamp Program, call (800) 952-5253.

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## FOOD RESOURCES INTRODUCTION TO SECTION



The resources listed in this section provide information to help individuals or families with an **immediate need for food** or a need for supplemental food from various programs. The information is also subdivided to address special populations such as seniors, children, pregnant women, etc. The section “Low Cost Food Sources” includes resources to help individuals, families, or meal service agencies find low cost shopping around the city. Farmers Markets are listed since they are an excellent way to increase the community’s access to low-cost fresh produce.



**FOOD RESOURCES**  
**GOVERNMENT FOOD ASSISTANCE PROGRAMS**



**Child Care Food Program**

**Children's Council of San Francisco**

445 Church Street

San Francisco, CA 94114

**Phone: (415) 276-2900**

[www.childrenscouncil.org](http://www.childrenscouncil.org)

**Wu Yee Children's Services**

706 Mission Street

San Francisco, CA 94110

**Phone: (415) 677-0100**

<http://wuyee.org>

**Services Description**

- Licensed Family Day Care Providers participate in the Child Care Food Program, a federal program that provides healthy meals and snacks to children receiving day care
- Family Day Care Providers are reimbursed for serving nutritious meals which meet USDA requirements
- Family Day Care Providers maintain daily records including menus and attendance and are visited three times per year by program staff
- Family Day Care Providers benefit from on-going nutrition and health information and educational workshops
- Children are assured higher- quality food that contains essential nutrients such as dietary iron and vitamins A & C to promote proper growth and brain development

***Continued on next page***

### ***Childcare Food Programs, cont.***

#### **Eligibility Criteria**

- Family Day Care Homes which are licensed private residences
- Children age 12 and younger

#### **Languages Available**

Children's Council of San Francisco: English and Spanish

Wu Yee Children's Services: English and Cantonese

#### **Fees**

No Fee

## **FOOD RESOURCES**

### **GOVERNMENT FOOD ASSISTANCE PROGRAMS**



### **Food Stamp Program**

San Francisco Human Services Agency  
1235 Mission St. (between 8th and 9th Streets)  
San Francisco, CA 94102

### **Food Stamp Outreach Program**

**Phone: (415) 558-4186**

**Phone: (415) 558-1000**

[www.sfgov.org/site/dhs/](http://www.sfgov.org/site/dhs/)

#### **Services Description**

- Food Stamp Benefits Program provides assistance to low-income households, or individuals in the form of an Electronic Benefit Transfer (EBT) Card. The EBT plastic debit card is used to make purchases from stores that accept Food Stamp Benefits. The stores have machines called POS (Point Of Sales) machines, through which the customers swipe their EBT debit cards. The amount of the purchase will be automatically deducted from the Food Stamp EBT account.
- Food Stamp Benefits Program also offers a **Restaurant Meals Program for the Elderly, Disabled, and Homeless**. Participants of the Restaurant Meals Program for the Elderly, Disabled, and Homeless will receive a Restaurant Meals ID card along with their regular EBT card. In order to buy prepared (cooked) meals with food stamp benefits from authorized restaurants in San Francisco participants will need to present the EBT card along with the Restaurant Meals ID card.

#### **Eligibility Criteria**

Applicant must:

- Meet income and resource guidelines - gross income is evaluated based on household size and allowable deductions. Resources limit is \$2000; \$3000 if age 60 or over.

***Continued on next page***

### ***Food Stamps Program, cont.***

- Applicants may own the home in which they live
- Live in San Francisco
- Not be an SSI recipient
- Be a citizen or legal permanent resident (Children of undocumented residents or SSI recipients may be eligible)

### **Enrollment Procedures**

- Apply in person at the following locations:

**Main Office:** 1235 Mission Street

**Families:** 3120 Mission Street or 170 Otis Street

**Aged/Disabled:** 1440 Harrison Street

### **When applying bring:**

- photograph identification
- birth certificates for all applicants
- proof of legal residence (green card)
- school verification for all children
- rent and utility receipts
- proof of income including wage stubs
- bank statements
- unemployment, disability, and medical expenses.
- Parents and their children 22 years of age or younger who live together must apply together.
- If unable to apply in person, an authorized representative who knows the client's circumstances may apply and be interviewed on behalf of the applicant.
- If the applicant is unable to designate an authorized representative, is disabled or has work/childcare schedules that make it difficult to apply in person, call 558-4186 to apply by mail or for a special intake appointment.

### **Languages**

Outreach phone line has messages in English, Spanish, Cantonese, Russian, Tagalog, and Vietnamese

Services available in English, Chinese, Spanish, Russian and Vietnamese

Translators available for other languages, as needed

Written materials in English, Chinese, Spanish, Russian and Vietnamese

# **FOOD RESOURCES**

## **GOVERNMENT FOOD ASSISTANCE PROGRAMS**



### **National School Breakfast and Lunch Program**

San Francisco Unified School District, Student Nutrition Services

841 Ellis Street

San Francisco, CA 94109

**Phone: (415) 749-3604**

[www.sfusd.edu](http://www.sfusd.edu)

#### **Services Description**

- The National School Breakfast and Lunch Programs and After School Snack Program help provide nutritious meals to school children each school day; these meals are aimed at providing an important contribution to good nutrition and to educate the children on proper dietary practices.
- Students with food allergies need to bring a letter from their physician specifying dietary restrictions. The National School Breakfast and Lunch Program and After School Snack Program will then meet their diet requirements.

#### **Eligibility Criteria**

Depending on household income and family size, breakfasts and lunches are provided free, at a reduced price or for the prices indicated under fees.

#### **Enrollment Procedures**

Application and income guidelines are mailed home, are available at the school sites, and available on the following website (as of March 2005): [www.sfusdfood.org](http://www.sfusdfood.org)

#### **Languages Available**

Applications are available in English, Spanish, and Chinese

*Continued on next page*

***National School Breakfast and Lunch Program, cont.***

**Fees**

Any student may purchase a school breakfast and/or lunch. Prices (as of August 2005):

- Breakfast    \$1.00
- Elementary school lunch \$1.75
- Middle & high school lunch    \$2.00

# **FOOD RESOURCES**

## **GOVERNMENT FOOD ASSISTANCE PROGRAMS**



### **Special Assistance for CALWORKS Recipients on Therapeutic Diets**

San Francisco Human Services Agency  
170 Otis Street, 1st Floor  
San Francisco, CA 94103  
**Phone: (415) 557-5723**

#### **Services Description**

- This is a special recurring needs allowance for CALWORKS recipients who need to be on special diets; allowance can be up to \$10 per month or up to the highest amount for certain diets or combination diets. For information specific to your case, call your case worker.

#### **Eligibility Criteria**

- Client must be receiving CALWORKS. Special diet needs must be recommended by a physician. If diet plan includes one or a combination of the following diets, the amount indicated for the highest cost diet may be allowed without verification of actual cost.
- \$15 per month maximum for one of the following diets:
  - Diabetic, 2,200 calories or more
  - High calorie-high protein (including special formula for infants)
  - Lactation
- \$9 per month maximum for one of the following diets:
  - Diabetic, under 2,200 calories
  - Bland
  - Low fat, low cholesterol
  - Pregnancy
  -

***Continued on next page***

## ***Special Assistance for CALWORKS Recipients on Therapeutic Diets, cont.***

### **Enrollment Procedures**

1. Obtain dietary enrollment form from the eligibility worker and fill out the eligibility worker's name, unit number, and phone number.
2. Fill out the Diet Recommendation form and make sure to:
  - a) Have the physician fill in the diagnosis and check off the appropriate diet
  - b) Include the physician's phone number
  - c) Have the physician sign the form
3. **Mail form to:**  
Human Services Agency  
P.O. Box 7988  
San Francisco, CA 94120  
Attn: applicant's eligibility worker unit #

**or**

**Hand deliver to:** Human Services Agency  
170 Otis Street  
San Francisco, CA 94103  
Mon - Fri , between 8:00 a.m. - 5:00 p.m.

### **Languages Available**

Services available in English, Cantonese, Cambodian, Russian and Vietnamese.  
Translators are available for other languages, as needed.

### **Fees**

No fee



# **FOOD RESOURCES**

## **GOVERNMENT FOOD ASSISTANCE PROGRAMS**



### **Supplemental Food Program (SFP)**

San Francisco Food Bank  
900 Pennsylvania Avenue  
San Francisco, CA 94107

**Phone: (415) 282-1900**

(Use by agencies with an account with SF Food Bank)

[www.sffoodbank.org](http://www.sffoodbank.org)

Consumers call the HELPLINK at:

**Phone: (415) 808-4357**

#### **Services Description**

- Provides a box of nutritious U.S. Department of Agriculture commodities each month
- Administered by the San Francisco Food Bank, which delivers food boxes to various agencies and drop-off sites throughout the city

#### **Eligibility Criteria**

- Low-income seniors over the age of 60
- Pregnant women, women up to one year postpartum
- Children under the age of six

#### **Enrollment Procedures**

Call HELPLINK at (415) 808-4357 for site locations and income guidelines

#### **Languages Available**

English, Spanish, and Cantonese services are available.

For information and assistance in Spanish, call (415) 808-4444

#### **Fees**

No fee

## **FOOD RESOURCES**

### **GOVERNMENT FOOD ASSISTANCE PROGRAMS**



### **Women, Infants, and Children (WIC) Supplemental Nutrition Program**

Administrative Office

30 Van Ness Avenue, Suite 220

San Francisco, CA 94102

**Phone: (415) 575-5788**

[www.dph.sf.ca.us/PHP/wic\\_program.htm](http://www.dph.sf.ca.us/PHP/wic_program.htm)

#### **Services Description**

This is a federal nutrition program for pregnant, breastfeeding or postpartum women and for children under 5 years of age. WIC provides:

#### **Nutrition Education**

- Individual dietary counseling of high-risk clients by nutritionist/registered dietitian
- Group/individual discussions on various nutrition topics with emphasis on behavior modification techniques

#### **Supplemental Foods**

- The WIC program issues vouchers every month redeemable at local retail food outlets. WIC foods provide Vitamins A, C and D, and iron, protein, and calcium.

#### **Breastfeeding Support**

- Manual breast pumps are given to breastfeeding women
- The WIC Program loans electric breast pumps to women meeting qualifying criteria
- Certified Lactation Educators are available to assist clients with lactation management and breastfeeding related issues
- Breastfeeding video loan program (English or Spanish)
- Breastfeeding classes for prenatal clients

***Continued on next page***

## ***Women, Infants, and Children (WIC) Supplemental Food Program, cont.***

### Referrals to Health Care and Social Services

- WIC Program staff provides appropriate information and referrals for health care and social service programs, and other community services

### **Eligibility Criteria**

Applicant must:

- Be pregnant, breastfeeding, or postpartum (pregnant within the last 6 months); or be a child under 5 years of age
- Meet current federal income guidelines (families with a low to moderate income, and working families may qualify)
- Live in San Francisco County. Clients not residing in San Francisco can call (888) 942-9675 for the WIC Program serving their area.

### **Enrollment Procedures**

Clients apply directly to the WIC clinic serving their neighborhood. There are six WIC clinics located throughout the city. **Call 575-5788 to locate the agency nearest to the client.** At the time of application, have the client bring:

- Proof of income
- Proof of address
- ID, such as a driver's license, California ID card or birth certificate
- WIC medical referral form, CHDP PM 160 form or copy of the medical record containing height and weight and results of blood tests, with the date and the provider's signature.

### **Languages Available**

English, Spanish, Chinese (Cantonese, Mandarin, several other dialects), Tagalog, Cambodian, Vietnamese, and Thai – please check at the individual clinics when making your appointment.

### **Fees**

No fee

***Continued on next page***

*Women, Infants, and Children (WIC) Supplemental Food Program, cont.*

**FOODS PROVIDED BY THE WIC PROGRAM**

**Pregnant/Breastfeeding Women Only**

Milk, cheese, cereal, juice, eggs and a choice of dried beans or peanut butter

**Exclusively Breastfeeding Women Only**

In addition to the complete food package above, women who are exclusively breastfeeding receive: carrots, cheese, tuna, beans, and juice.

**Non-Breastfeeding Postpartum Women**

Milk, cheese, cereal, eggs, and juice

**Infants**

- From 0-4 months of age infants get iron fortified infant formula only. (If breastfed exclusively, no food package for infant)
- From 5-6 months of age infants get iron fortified formula and baby cereal
- From 7-12 months of age infants get iron fortified formula, baby cereals, and juice

**Children Only**

Milk, cheese, cereal, juice, eggs and a choice of dried beans or peanut butter

**FOOD RESOURCES**  
**FREE MEALS AND FREE GROCERIES**



**The HELPLINK Information and Referral Services**

50 California Street, Suite 200

San Francisco, CA 94111

**Phone: (415) 808- 4357 or (800) 273-6222**

**TDD (415) 808-4440**

**Spanish (415) 808-4444**

[www.helplink-sf.org](http://www.helplink-sf.org)

**Services Description**

- Comprehensive, free, and regional information and referral service.
- Provides referrals to emergency and non-emergency food, meal sites, USDA commodity surplus food, etc.
- Publishes the San Francisco Social Service Referral Directory of over 900 nonprofit health and human service agencies and the free booklet entitled, “You’re Not Alone.”

**Eligibility Criteria**

Any individual or organization is eligible to request information.

**Languages Available**

English, Spanish, and Cantonese services are available.

For information and assistance in Spanish, call (415) 808-4444.

**Fees**

No Fee

**FOOD RESOURCES**  
**FREE MEALS AND FREE GROCERIES**



**Human Services Agency, Department of Aging and Adult Services**  
**Information, Referral and Assistance**

875 Stevenson Street, Third Floor  
San Francisco, California 94103

**Phone in SF: (415) 626-1033**

**Outside SF: (800) 510-2020**

[www.sanfrancisco.networkofcare.org/aging](http://www.sanfrancisco.networkofcare.org/aging)

**Services Description**

- Information, Referral, and Assistance provides 24-hour services for older adults and adults with disabilities, caregivers, and community-based organizations serving older adults and adults with disabilities.
- Network of Care is the web-based information system of the San Francisco Department of Aging and Adult Services. The website is designed to help older adults and people with disabilities who need to locate supportive services and resources to help themselves or a loved one to continue living at home and in the community. By using this website, information about San Francisco's in-home and community-based services, plus social, volunteer and job training opportunities can easily be obtained. The website also provides a community calendar, tools to build your own web-page, message boards, legislative information, news, library and much more.

**Eligibility Criteria**

Any individual or organization is eligible to request information

**Languages Available**

Services available over the phone, in writing, or online in English, Spanish, Chinese, or Russian

**Fees**

No Fee

## **FOOD RESOURCES**

### **FREE MEALS AND FREE GROCERIES**



#### **San Francisco Food Bank**

900 Pennsylvania Ave

San Francisco, CA 94107

**Phone: (415) 282-1900**

(Use for agencies only)

[www.sffoodbank.org](http://www.sffoodbank.org)

Consumers call the HELPLINK at:

**Phone: (415) 808-4357**

#### **Services Description**

The San Francisco Food Bank's mission is to end hunger in San Francisco. It works toward that goal by distributing food and advocating for improvement in government food programs and policies. A nationwide network of suppliers allows the Food Bank to distribute non-perishable groceries, fresh produce, bread, and meat to community-based organizations, from senior centers and after-school programs to soup kitchens, reaching tens of thousands of individuals each month.

- **Pantry Programs:** provide donated groceries, fresh produce and USDA food to the community at nonprofit sites throughout the City
- **Emergency Food Box:** provides a three-day emergency food supply to families and individuals in crisis
- **Shopping Program:** enables nonprofit agencies to select from the Food Bank's supply of packaged groceries and fresh produce, allowing them to provide nutritious food for their meal, snack and pantry programs

#### **Eligibility Criteria**

Agencies must be a recognized nonprofit with 501(c)3 status. Agencies must be located in San Francisco.

*Continued on next page*

## ***San Francisco Food Bank, cont.***

### **Enrollment Procedures**

Nonprofit agencies must apply to be a participating agency of the San Francisco Food Bank. Contact the phone number above for an application.

### **Languages Available**

Services available in English

### **Fees**

- Participating agencies pay a shared maintenance fee for food selected at the San Francisco Food Bank
- There is no fee for individuals to receive food at agency-run pantry programs or meal programs



## **FOOD RESOURCES**

### **FREE MEALS AND FREE GROCERIES**



### **San Francisco Free Eats Chart**

**Phone: (415) 648-3222**

<http://freeprintshop.org/>

#### **Description**

- From the website above, you can download a “Free Eats Chart”, which lists resources that provide meals free of charge to anyone in need of food. Attached is a sample copy of the list.
- The above website also provides eleven charts to help find free food, shelter, medical aid, and help with neighborhood problems in San Francisco. Each of the charts can be downloaded to your computer (and printed if you wish).
- These charts are published bi-monthly and are distributed by various agencies, including the Department of Social Services located at 170 Otis Street, and Department of Public Health at 101 Grove Street, Room 118.

#### **Eligibility Criteria**

Any individual in need of food. Drop-in service, many are on first come, first served basis.

#### **Languages Available**

Handout in English and Spanish

#### **Fees**

No fee

***Continued on next pages***

July-September  
2005

# San Francisco Free Eats Chart

Page 1. See other  
side for more eats!

## Kitchens

## Notes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1. All Saints' Episcopal Church 1350 WALLER (near Masonic) 621-1862 (Tu-Th 1-5pm)							Brunch 10:30- 11:30am	Meat; potatoes or pasta or rice; vegetables, salad, pastry, coffee & bread. ☺
*2. City Team Ministries 164 - 6 <sup>th</sup> St. (betw. Mission & Howard)			Breakfast: Tues.-Fri. 8:30am: get ticket for Bible Study followed by 9am breakfast. Bible study is not mandatory, but those who participate are fed first.				12-3pm. Hot food, clothes & foot care.	Breakfast: eggs, pancakes or cold cereal. Dinner: a hot meal. 2nd & 4th Sat medical clinic, 2nd & 4th Fri is Lady's Day for "biological" women only, 10:30am-12:30pm with a hot lunch, clothing, & a movie. ☺
861-8688			Dinner: Tues.-Fri. get ticket at 6:30pm for 7pm church service & dinner; Sat ticket at 5:30, service & dinner at 6pm. Church service is not mandatory, but those who participate are fed first.					
3. The Coffee House 690 PAGE (at Steiner)						Snacks 8pm-midnight		For youth 25 & under only. Coffee, tea, hot chocolate, & sweets & pastries. ☺
241-9946								
4. Curry Senior Center 44 McAlister (between Leavenworth & Jones) 447-2481 (7AM-1PM)	Breakfast 8-9am Lunch 11:30am-noon	Breakfast 8-9am Lunch 11:30am-noon	Breakfast 8-9am Lunch 11:30am-noon	Breakfast 8-9am Lunch 11:30am-noon	Breakfast 8-9am Lunch 11:30am-noon	Breakfast 8-9am Lunch 11:30am-noon	Breakfast 8-9am Lunch 11:30am-noon	For those age 60 & over. \$1.50 suggested donation, but no one turned away for lack of funds. Sign up for lunch at 8am M-F. 9am on weekends & holidays. ☺
5. First AME Zion Church 2159 GOLDEN GATE AVE (near Masonic) 921-7479	Lunch 11am- 12:30pm							Soup, sandwiches, desert and beverages ☺
*6. Food Not Bombs UN PLAZA FOUNTAIN (between Market & beginning of Leavenworth)	Dinner 6-7:00pm	Dinner 6-7:00pm	Dinner 6-7:00pm	Dinner 6-7:00pm	Dinner 6-7:00pm	Dinner 6-7:00pm		<b>Vegetarian!</b> Soup & bread; often salad. Bring your own bowl. Meals are some- times cancelled. Starting times are variable and often late. ☺
7. Glide Memorial Church 330 ELLIS (at Taylor)	Breakfast 8-9am Lunch 12-1:00pm	Breakfast 8-9am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am Lunch 12-1:00pm	A bag dinner to go (2 sandwiches plus) provided during lunch on weekends and holidays. ☺
674-6040 (M-F 8AM-4:30PM)								
8. Haight-Ashbury Food Program 1525 WALLER (near Belvedere) 566-0366 (Tu-F 8AM-2PM)								<b>Vegetarian alternative.</b> Families, seniors & handicapped eat at 11:30am, everyone else get a ticket on the Panhandle basketball court at 11:30am. ☺
*9. Ladies Night Program 165 CAPP ST (near 17th) 865-2752						Dinner 6:30-7:45pm		<b>Vegetarian alternative.</b> Full course dinner for anyone who identifies as a woman. ☺
*10. Martin de Porres House of Hospitality 225 POTRERO (near 16 <sup>th</sup> St.) 552-0240	Brunch 9-10:30am	Breakfast 6:30-7:30am Lunch 12-2pm	Breakfast 6:30-7:30am Lunch 12-2pm	Breakfast 6:30-7:30am Lunch 12-2pm	Breakfast 6:30-7:30am Lunch 12-2pm	Breakfast 6:30-7:30am Lunch 12-2pm	Breakfast 6:30-7:30am Lunch 12-2pm	Usually a vegetarian alternative. Breakfast: oatmeal & herb tea. Lunch: a hearty soup. ☺

\* indicates important changes since  
April-June 2005.

We'd like your corrections, comments, or additions for our next update. Please call 648-3222, or  
email [free@freeprintshop.org](mailto:free@freeprintshop.org). Up-to-the-minute charts available at <http://freeprintshop.org>

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July-September  
2005

# San Francisco Free Eats Chart

Page 2. See other  
side for more eats!

## Kitchens

## Notes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
11. Missionaries of Charity 1330 - 4 <sup>th</sup> ST. (at 3 <sup>rd</sup> St.) 586-3449 (9AM-NOON, 3:30-6PM)	Dinner 3:30-4:30pm	Dinner 3:30-5pm	Dinner 3:30-5pm	Dinner 3:30-5pm		Dinner 3:30-5pm	Dinner 3:30-5pm	Full course dinner. There is a short prayer before meal.
12. North Peninsula Dining Center 2121 JUNIPERO SERRA (at Westlake) (650) 994-5150		Dinner 5-6pm	Dinner 5-6pm		Dinner 5-6pm			Full course meals.
13. Providence Baptist Church 1601 McKINNON (at Mendell)				Lunch 12:45-2pm				A short prayer before a hearty lunch.
14. River of Life Christian Fellowship 1 MARKET (at Embarcadero Plaza)	Dinner 5-5:30pm							Soup, coffee & bread.
15. St. Anthony Dining Room 45 JONES (at Golden Gate) 241-2690	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	10:30am-11:30am: people with kids or age 60 & over or with disabilities. 11:30-1:30pm: all others.
*16. St. John Coltrane AOC 930 GOUGH (between Eddy & Turk) 673-3572	Lunch 3-4pm	***** Will be moving in September. Call for location. *****						Vegetarian! Rice, beans, vegetables, bread, & salad.
17. St. Peter & Paul Catholic Church 666 FILBERT (near Washington Sq.) 421-0809	Sandwich 4-5pm or till food runs out.	Sandwich 4-5pm or till food runs out.	Sandwich 4-5pm or till food runs out.	Sandwich 4-5pm or till food runs out.	Sandwich 4-5pm or till food runs out.	Sandwich 4-5pm or till food runs out.	Sandwich 4-5pm or till food runs out.	A simple sandwich.
18. S. F. Rescue Mission 140 TURK (between Taylor & Jones) 441-1628		Mon.-Fri. Coffee and pastry 10:30-10:45am. Mon.-Fri. Bible study and a full course dinner 3:45pm (doors close 4:15pm) First come, first served. 100 people maximum.						Blankets sometimes available.
19. Simply Supper / MCF 150 EUREKA (between 18 <sup>th</sup> & 19 <sup>th</sup> Sts.) 865-2752					Dinner 3:15-4:30pm	Dinner 3:15-4:30pm		Vegetarian on Friday! Full course dinner.
20. Third Baptist Church 1399 McALLISTER (near Pierce)					Lunch 12:30-1:30pm			Meat, bread, vegetables, salad, punch, & dessert.
21. United Council of Human Services 2111 JENNINGS (at Van Dyke); 146 Leavenworth (at Turk) 671-1100		Seven days a week at Jennings: Breakfast 7-9am & Dinner 4-6pm.						Breakfast: Hot breakfast. Dinner: Hot dinner, usually including an entrée, vegetables & dessert.

## Kitchens serving once a month

## Notes

	Saturday	Sunday	Notes
1. Iglesia Latina Americana de las Adventistas 7 <sup>o</sup> Dia 3024 - 24 <sup>th</sup> ST. (near Harrison)	Breakfast: 9:30-11am (July 17, Aug. 21, Sept. 18)		Lacto-ovo-vegetarian! Eggs, potatoes, beans, coffee served on the third Sunday of each month.
2. First Friendship Institutional Baptist Church 501 STEINER (at Oak)	Lunch: noon-3pm (July 23, Aug. 20, Sept. 24)		Full course lunch (chicken, macaroni and cheese, or potatoes, salad, dessert) the fourth Saturday of each month. Volunteers needed to serve & clean up.
3. Macedonia Missionary Baptist Church 2135 SUTTER ST. (near Steiner)	Lunch: 11:30am-1:00pm (July 23, Aug. 27, Sept. 24)		Hot meal the Saturday before the fourth Sunday of each month.

\* indicates important changes since April-June 2005.

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**FOOD RESOURCES**  
**FREE MEALS AND FREE GROCERIES**



**San Francisco Free Pantry Chart**

**Phone: (415) 648-3222**

<http://freeprintshop.org/>

**Description**

- You can download eleven charts to help find free food, shelter, medical aid, & help with neighborhood problems in San Francisco. Each of the charts can be downloaded to your computer and printed if you wish.
- These charts are published bi-monthly and are distributed by various agencies, including the Department of Social Services located at 170 Otis Street, and Department of Public Health at 101 Grove Street, Room 118.

**Languages Available**

Handout in English and Spanish

**Fees**

No fee

***Continued on next pages***

## Pantries that give away free groceries &/or produce

\* **Arriba Juntos.** 1850 MISSION (betw. 14th & 15th Sts.). 487-3240. **Tickets handed out Thur 8:30am, groceries distributed 11:30am.** Must live in 94110 or 94103 zip code. ID required. ☐

\* **Bethel AME Church.** 916 LAGUNA (at Golden Gate). 921-4935. **Numbers given out Fri 8:00am, food distributed noon-2pm.** No ID required. Bring your own box or bag. ☐

\* **Booker T. Washington Community Service Center.** 800 PRESIDIO (at Sutter). 928-6596. **Thur 12-1:30pm:** produce, canned, & dry foods. Must live in one of these zip codes: 94115, 94117, 94102. Bring photo ID.

\* **Daly City Emergency Food Pantry.** 2121 JUNIPERO SERRA (at Westlake). Call (650) 994-5150 for an appointment. No ID required. ☐

\* **Fill Up America.** 1050 S. VAN NESS (betw. 21st & 22nd Sts.). 307-6313. **Tickets handed out Friday 10am, food distributed 12:30pm.** 1 bag per person. Must live in 94110 or 94103 zip code. ID required. ☐

\* **Girls 2000 (Hunter's Point Food Pantry).** 195 KISKA (near Reardon in the Hunter's Point Gym). 824-3225. **Thur 2-3:30pm,** first come first served. For Hunter's Point families. No ID required, but you must sign your name & provide your address. ☐

\* **Heritage Homes & Britton Court.** 243 Rex (at Sunnydale). 333-  
\* indicates important changes  
 We'd like your corrections, comments, or additions for our next update. Please call 648-3222, or email [free@freeprintshop.org](mailto:free@freeprintshop.org). Up-to-the-minute charts available at <http://freeprintshop.org>.

9956. **Mon 2-5pm.** Must be residents of Heritage Homes or Britton Court. ID required. ☐

\* **Jones Memorial United Methodist Church.** 1975 Post STREET (at Steiner). 921-7653. **Tickets handed out Sat 8:30am** for produce & canned goods. **Distribution 10:30am-11:30am.** Bring your own bag. Must live in 94115 zip code. No I.D. required. ☐

\* **Macedonia Missionary Baptist Church.** 2135 SUTTER (near Steiner). **Wed 2-4pm.** Canned and dry goods, vegetables, & sometimes meat. Must live in 94115, 94109, or 94102 zip code. ID required.

\* **Mission Agenda.** 2940 16TH ST. (betw. Mission & S. Van Ness). **100 tickets handed out Tue at 8:30am, food distributed at noon.** Must live in 94110 or 94103 zip code. Bring proof of residency. ☐

\* **OMI Family Resource Ctr.** 650 CAPITOL (at Minerva). **Numbers given out Tue 8:30am, food distributed 10:30am-noon.** For people in the 94112 & 94132 zip code. Picture ID required. ☐

\* **OMI Senior Ctr.** 1948 OCEAN (at Fairfield Way). 587-1443. Food boxes are distributed to seniors on the **4th Monday of the month (July 25, Aug. 22, Sept. 26) 9:30am-2pm.** Must live in 94127, 94112, 94132, 94122, or 94116 zip code. Brown bags are distributed to seniors every **Thur. 10am.** Proof of income & ID required. ☐

\* **Potrero Hill Family Resource Ctr.** 751 MISSOURI (at Turner). 206-2121.

**Fri noon-4pm, every other Sat 10:30am-2pm** (July 9 & 23, Aug. 6 & 20, Sep. 3 & 17). Must live in the 94107 zip code. ID required. No ID required for emergency food boxes available to any San Francisco resident, but must be referred by an agency.

\* **Project Open Hand.** 730 POLK (near Ellis). Call 1-800-551-6325 **Tues 9am-4pm, Wed-Sat 11-4pm.** Must call for for an intake appointment. For people with symptomatic or disabling HIV or AIDS. Letter of diagnosis & proof of SF residency required. ☐

\* **Rainbow 7th Day Adventist.** 1400 Palou (at KEITH) 641-0339. **Tickets handed out Mon 1-3pm** for priority on **groceries given out 3:30-4:30pm.** Must live in the 94103, 94105, or 94107 Zip Code. ☐

\* **Salvation Army Asian American Yerba Buena Corps.** 360 4TH ST. (at Clara). 777-2677. **Get a ticket 9-9:30am on the last Wed of the month (July 27, Aug. 31, Sept. 28) to pick up food on one of the Fridays of the following month at 9:15am.** Must live in 94103, 94105, or 94107 zip code. ID required. English, Cantonese, & Mandarin spoken. ☐

\* **Salvation Army Family Services, Turk Street.** 240 TURK (betw. Jones & Leavenworth). **Fri 8-10:30am.** 120 people served. Bring your own bag. Must be a resident of 94102, 94103, 94105, 94115, 94117, 94118, or 94124 Zip code. ID required. ☐

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## Pantries that give away free groceries &/or produce

### Other ways to get free groceries

**Salvation Army Family Services, Mission.** 1156 VALENCIA (betw. 22nd & 23rd Sts.) **Register Mon-Thur 9-11:45am for groceries Fri 9am.** For residents of the 94110, 94112, 94114, 94131, & 94134 Zip codes. ID & proof of income & address required. ☒

**Salvation Army Sunset Corps.** 1370 19TH AVE (betw Irving & Judah). 566-0289. **Fri 8-10am.** Must be a resident of the Sunset. Bring your own bag. Proof of income & ID required. ☒

\***St. Gregory of Nyssa Episcopal Church.** 500 DE HARO (at Mariposa). 255-8100. **Fri 3-5pm**, do not line up before 2pm; **last Sun of the month 2-4pm** (July 31, Aug 28, Sep 25), do not line up before 1pm. Must sign in. Can only come once a week. ☒

**St. Paul Tabernacle Baptist Church.** 1789 OAKDALE (at Phelps). 642-4965. **Fri noon-2pm.** ID required only for USDA food given out every 4th Fri of the month (July 22, Aug 26, Sep 23). ☒

\***Seniors' Emergency Grocery Bag Program.** 660 CALIFORNIA (at Grant). 740-6102. **Thur 1-2:30pm.** One bag of groceries per week for people 60 & over. Photo ID required.

\***Sunrise Community Pantry at Christ Lutheran Church.** 1090 QUINTARA (at 20th Ave.) 664-0915. **Sign in Sat 7:15am, food distributed 7:45-9am.** Canned & dry foods & produce. Only one

person per household is allowed to shop. ID required.

**Supplemental Food Program** (formerly EOC). CALL HELPLINK 808-4357 FOR SITE LOCATIONS. One 35lb box of dry & canned goods per month. For 60+ residents of San Francisco & non-WIC families with children under 6. Must provide proof of age & income.

**Treasure Island Homeless Development Initiative.** BUILDING 497 AVENUE I ON TREASURE ISLAND (betw. 9th & 11th St.). 274-0311. **Tues 3:30-5:30pm.** Must be a Treasure Island resident. ID required. Can get food once a week. ☒

**United Council of Human Services.** 1065 OAKDALE (betw. Ingalls & Griffith). 643-1700. **Mon-Fri 9am-5pm.** You can sign up for a monthly bag or box of canned food. Produce distributed on Wed 1:30pm. Call to find out what kind of ID to bring. Free clothing (no ID needed.) ☒

\***Visitacion Valley Family Resource Ctr.** 161 LELAND AVE (at Rutland). **Must register once: Tues at 161 Leland Ave. 10-10:30am**, to get on the list to get **food distributed Monday 3-4pm.** 50 people will be served. ID and bags required. Spanish, Mandarin, Cantonese, Tagalog.

**Food Stamps.** Department of Human Services, 1235 MISSION (betw. 8th & 9th St.) 558-1000. **Mon-Fri 8-11am & 1-3pm.** It's best to get there as early as possible between 8-10am. Fill out an application & turn it in at the window. They will give you an appointment either that afternoon or in a few days. When you come to the appointment, they'll ask you for ID, Social Security card, Green Card (if you're an immigrant) and proof of your rent, expenses, & income after which they'll check your bank accounts, etc. You should get your food stamps within anywhere from 3 days up to a month. You can get up to \$149 worth of Food Stamps per month for free (most people get less).

The amount you get depends on income and how much you have to pay for rent etc. ☒

**WIC.** CALL 575-5788 (leave message if no answer). **Mon-Fri 8am-5pm.** For women who are pregnant or who recently had a baby & for children under five years. They will refer you to WIC enrollment in one of 6 locations. Take proof of income (check stubs, Medi-Cal card) & address (California ID/PG&E or phone bill/piece of mail) & verification of pregnancy (with due date). WIC provides food vouchers, nutritional counseling & breastfeeding info & support. You can take the vouchers to some grocery stores for beans or peanut butter, & cereal, juice, eggs, milk, cheese, & iron-fortified infant formula. Women who are breastfeeding & not using formula get more of the above, plus carrots & tuna. ☒

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\* indicates important changes We'd like your corrections, comments, or additions for our next update. Please call 648-3222, or email free@freeprintshop.org. Up-to-the-minute charts available at <http://freeprintshop.org>. since April-June 2005



## **FOOD RESOURCES**

### **MEALS AND FOOD FOR SPECIAL POPULATIONS**



#### **Congregate Meal Programs for Seniors**

Department of Aging and Adult Services, Office on Aging  
875 Stevenson Street, 3<sup>rd</sup> Floor  
San Francisco, CA 94103

#### **Information, Referral, and Assistance**

**Phone: (415) 626-1033 or (800) 510-2020**

Call for site information and locations  
[www.sanfrancisco.networkofcare.org/aging](http://www.sanfrancisco.networkofcare.org/aging)

#### **Services Description**

- For seniors who are ambulatory, there are 50 different congregate meal sites located throughout San Francisco that serve tasty and nutritious meals. Ten different ethnic meals are available at the meal sites, including Chinese, Filipino, Japanese, Korean, Kosher, African-American, Russian, Latino, Samoan, and American/Western.
- Congregate meals are served in a warm dining room setting that abounds with friendship and opportunities to participate in various social activities.

#### **Eligibility Criteria**

- Senior citizens age 60 or over, and spouse or domestic partner regardless of age

#### **Enrollment Procedures**

Applicant signs up at site of their choice and completes registration form

#### **Languages Available**

Services available in English, and bilingual staff usually available at the center based on the majority of ethnic consumers attending the site, including Chinese (Cantonese and Mandarin), Japanese, Korean, Russian, Spanish and Tagalog.

#### **Fees**

Donation requested

## **FOOD RESOURCES**

### **MEALS AND FOOD FOR SPECIAL POPULATIONS**



#### **Meal Programs for Homebound Seniors**

Department of Aging and Adult Services, Office on Aging  
875 Stevenson Street, 3<sup>rd</sup> Floor  
San Francisco, CA 94103

#### **Information, Referral and Assistance**

**Phone: (415) 626-1033 or (800) 510-2020**

Call for service providers

[www.sanfrancisco.networkofcare.org/aging](http://www.sanfrancisco.networkofcare.org/aging)

#### **Services Description**

- For seniors who are homebound due to physical and/or mental conditions and meet the eligibility criteria, meals are delivered to the senior's home.
- Different types of meals are available in some neighborhoods, including Chinese, Japanese, Kosher, African-American, Russian, Latino, Samoan, and American/Western.

#### **Eligibility Criteria**

Person must be a San Francisco resident who is age 60 or older, homebound, and have limited support for food

#### **Enrollment Procedures**

Initial intake will be done by telephone. Depending on space availability, person may be put on a waiting list for service.

#### **Languages Available**

English, Chinese (Cantonese and Mandarin), Tagalog, Russian, Spanish, and Farsi

#### **Fees**

Donation requested



## **FOOD RESOURCES**

### **MEALS AND FOOD FOR SPECIAL POPULATIONS**



#### **Meals on Wheels of San Francisco, Inc.**

1375 Fairfax Avenue  
San Francisco, CA 94124  
**Phone: (415) 920-1111**  
[www.mowsf.org](http://www.mowsf.org)

#### **Services Description**

- This non-profit service delivers prepared meals to homebound elderly, 60 years of age or older throughout San Francisco. Their mission is to provide the nutrition component that will allow homebound San Francisco seniors to remain in their homes for as long as appropriate and to foster independent living with dignity in the homebound senior population.

They provide:

- Hot, chilled, and frozen meals, which can be heated in the oven or microwave, delivered daily
- Modified diets (diabetic, low sodium/diabetic, and mechanical soft)
- Nutrition assessment and counseling
- Social work and case management intervention
- Volunteer companionship/shopping service
- A twice-weekly frozen delivery of food for 7 days (includes soups and some breakfast entrees)

#### **Eligibility Criteria**

Residents of the city of San Francisco who are:

- 60 years of age and older
- Homebound
- Limited in-home support

***Continued on next page***

***Meals on Wheels of San Francisco, Inc., cont.***

**Enrollment Procedures**

They accept:

- Self-referrals
- 
- Calls from family, neighbors, social workers, discharge planners, etc.
- The application is taken by phone. Call: (415) 920-1111

**Languages Available**

English, Chinese (Cantonese and Mandarin), Tagalog, Russian, Spanish, and Farsi

**Fees**

Suggested donation of \$5.00 per day for 2-meal package is requested. Participation is not dependent on contribution; all eligible clients are served regardless of ability to pay.

## **FOOD RESOURCES**

### **MEALS AND FOOD FOR SPECIAL POPULATIONS**



#### **Project Open Hand - HIV Program**

730 Polk Street

San Francisco, CA 94109

**Phone: (800) 551-MEAL or (415) 447-2326**

[www.openhand.org](http://www.openhand.org)

#### **Services Description**

- Registered clients may access the Grocery Center on a weekly basis for cost free groceries (designed to meet one third of overall nutritional needs for 7 days)
- Registered clients receive an evening meal 7 days a week. Evening meals are hot or frozen depending on client preference. Meals can be home-delivered, as well as picked up at our two distribution sites and the Grocery Center.

#### **Eligibility Criteria**

Eligible clients must:

- Be a resident and provide proof of residency in the county (SF / Alameda)
- Have a valid and current photo ID (i.e. California ID / Drivers License)
- Present medical verification that they are disabled by HIV (agency provides certification of medical verification form). Client can also receive temporary services with Letter of Diagnosis that states client is disabled by HIV.
- Client must be enrolled in Project Open Hand HIV Program in order to access grocery services
- Please note: New Client intakes are by appointment only

#### **Languages Available**

Services available in English, Spanish and American Sign Language. Translator is available for 17 other Asian languages with request in advance.

#### **Fees**

No fee

## **FOOD RESOURCES**

### **MEALS AND FOOD FOR SPECIAL POPULATIONS**



#### **Project Open Hand Homebound Critically Ill Program**

730 Polk Street

San Francisco, CA 94109

**Phone: (800) 551-MEAL or (415) 447-2326**

[www.openhand.org](http://www.openhand.org)

#### **Services Description**

- Service consists of seven home-delivered evening meals, five nights per week
- Services are offered on a short-term basis, from three to six months, depending on medical need
- Services are designed to assist on an interim basis in a medical emergency (i.e. post surgery, medical trauma and injury), acute exacerbation of a chronic condition, or terminal prognosis
- Evening meals are designed to provide one third of daily nutritional requirements

#### **Eligibility Criteria**

- Eligible clients must be a resident and provide proof of residency in the county (San Francisco/Alameda)
- If the client is self-referring, they must complete a phone intake. If client is referred by an agency, hospital, or clinic, referring staff completes intake packet.
- Eligibility is determined and verified by a medical evaluation from client's Primary Care Physician (form provided by agency)
- Client is under 60 years old and must be critically ill and homebound as defined by Project Open Hand eligibility criteria and verified by clients' Primary Care Physician.  
*\*Intake packets / certification forms available on request from Project Open Hand Client Services Department.*

***Continued on next page***

***Project Open Hand, Homebound Critically Ill Program, cont.***

**Languages Available**

Services available in English, Spanish and American Sign Language. Translator is available for 17 other Asian languages with request in advance.

**Fees**

No fee

## **FOOD RESOURCES**

### **MEALS AND FOOD FOR SPECIAL POPULATIONS**



#### **The Salvation Army Congregate Meal Program – Mission Corps**

1156 Valencia Street

San Francisco, CA 94110

**Phone: (415) 648-0260**

Web Site: [www.tsagoldenstate.org](http://www.tsagoldenstate.org)

#### **Services Description**

- Provides hot lunches to persons age 18 or older in a community dining atmosphere
- Meals are served 5-days a week, Monday to Friday

#### **Eligibility Criteria**

- Person age 18 or older

#### **Enrollment Procedures**

- Walk-ins welcome

#### **Languages**

Services are available in English and Spanish

#### **Fees**

\$1.50 Donation requested

**FOOD RESOURCES**  
**MEALS AND FOOD FOR SPECIAL POPULATIONS**



**The Salvation Army Congregate Meal Program – Turk Street**

240 Turk Street

San Francisco, CA 94102

**Phone: (415) 292-2585**

Web Site: [www.tsagoldenstate.org](http://www.tsagoldenstate.org)

**Services Description**

- Provides hot lunches to persons age 18 or older in a community dining atmosphere
- Meals are served 5-days a week, Monday to Friday

**Eligibility Criteria**

- Person age 18 or older

**Enrollment Procedures**

- Walk-ins welcome

**Languages**

Services are available in English

**Fees**

\$1.50 Donation requested

**FOOD RESOURCES**  
**MEALS AND FOOD FOR SPECIAL POPULATIONS**



**The Salvation Army Congregate Meal Program**  
**Yerba Buena Asian-American Corps**

360 Fourth Street

San Francisco, CA 94107

**Phone: (415) 777-2677**

Web Site: [www.tsagoldenstate.org](http://www.tsagoldenstate.org)

**Services Description**

- Provides hot lunches to persons age 18 or older in a community dining atmosphere
- Meals are served 5-days a week, Monday to Friday

**Eligibility Criteria**

- Person age 18 or older

**Enrollment Procedures**

- Walk-ins welcome

**Languages**

Services are available in English and Chinese

**Fees**

\$1.50 Donation requested



## **FOOD RESOURCES**

### **MEALS AND FOOD FOR SPECIAL POPULATIONS**



#### **The Salvation Army Meals that Heal**

850 Harrison Street

San Francisco, CA 94107

**Phone: (415) 440-4325**

#### **Services Description**

- Provides home-delivered meals to persons age 18 or older, who are homebound, due to physical or mental conditions, and live in the Tenderloin area
- A hot meal is delivered 5-days a week, Monday to Friday to eligible consumers

#### **Eligibility Criteria**

- Person age 18 or older
- Homebound due to physical or mental conditions and live in the Tenderloin area

#### **Languages**

Services are available in English, Spanish and Chinese

#### **Enrollment Procedures**

- The application is taken by phone and followed-up with home visit

#### **Fees**

Donation requested

## **FOOD RESOURCES**

### **MEALS AND FOOD FOR SPECIAL POPULATIONS**



#### **San Francisco Head Start/Early Head Start Program**

205 13<sup>th</sup> Street, Suite 3280

San Francisco, CA 94103

**Phone: (415) 405-0500**

[www.sfheadstart.org](http://www.sfheadstart.org)

#### **Services Description**

- A federally funded child development program that offers comprehensive services at no cost to San Francisco's low income families, foster families, and recipients of supplemental income (e.g. TANF,SSI). Pregnant women/teens and families with children birth to 5 years of age are encouraged to apply. Services are offered to meet the individual needs of children with special needs. Head Start helps children develop to their maximum potential.
- There are approximately 50 Head Start centers and 8 Family Child Care Homes throughout the City. Programs include full-day, full-year/part-year programs. Program options are home-based (early Head Start), Family Child Care, and center-based. Centers are accessible to mobility impaired individuals.
- Attached is a list for the locations and phone numbers

#### **Eligibility Criteria**

- Pregnant women/teens and infants/children birth to 5 years of age
- Family must meet federal income guidelines
- Resident of the City and County of San Francisco

#### **Enrollment Procedures**

- Apply by phone, pickup an application at the main office or one of the centers, or print an application from the San Francisco Head Start website ([www.sfheadstart.org](http://www.sfheadstart.org)).
- Drop off all completed applications to a Head Start center or mail to address above
- There may be a waiting list

**Languages Available**

Services are available in Chinese, Spanish and Vietnamese

**Fees**

No fee

***Continued on next pages***

## San Francisco Early Head Start/Head Start Program Locations

<b>Grant Operated Centers/Programs</b>	<b>Delegate Programs</b>	<b>Partner Programs</b>
<b>Cadillac Head Start F/D</b> 316 Leavenworth Street San Francisco, CA 94102 <b>415-447-1384 Fax: 415-776-0365</b>	<b>Kai Ming Head Start / Powell</b> <u>950 Powell Street</u> <u>San Francisco, CA 94108</u> <b>415-982-4777 Fax: 415-982-4120 AM/PM</b> <i>*Call for enrollment &amp; additional information*</i>	<b>Catholic Charities – Children’s Village</b> 250 10 <sup>th</sup> Street San Francisco, CA 94103 <b>415-865-2610 Fax: 415-503-0750</b>
<b>Ella Hill Hutch F/D</b> <u>1050 McAllister Street</u> <u>San Francisco, CA 94115</u> <b>415-885-6547 Fax: 415-885-6187</b>	<b>Kai Ming Head Start / Cumberland</b> 865 Jackson Street (Powell St.) San Francisco, CA 94133 <b>415-982-4570 Fax: 415-982-4120 AM/PM</b>	<b>Frandelja Enrichment Center</b> 950 Gilman Avenue San Francisco, CA 94124 <b>415-822-1699 Fax: 415-822-1657</b>
<b>Hunter’s View Head Start F/D</b> <u>125 West Point Road</u> <u>San Francisco, CA 94124</u> <b>415-824-4686 Fax: 415-824-4656</b>	<b>Kai Ming Head Start / Methodist</b> <u>1600 Clay Street (Larkin St.)</u> <u>San Francisco, CA 94109</u> <b>415-771-3340 Fax: 415-982-4120 F/D-AM/PM</b>	<b>Glide Family, Youth &amp; Childcare</b> 434 Ellis Street San Francisco, CA 94102 <b>415-674-6200 Fax: 415-674-5570</b>
<b>OMI Head Start F/D</b> <u>1111 Junipero Serra Blvd.</u> <u>San Francisco, CA 94132</u> <b>415-337-0221 Fax: 415-585-0433</b>	<b>Kai Ming Head Start North Beach/West Bay Center</b> 1290 Fillmore Street San Francisco, CA 94115 <b>415-776-9870 Fax: 415-776-9870</b>	<b>Good Samaritan Family Resource</b> 1294 Potrero Avenue San Francisco, CA 94110 <b>415-401-4253 Fax: 415-824-9527</b>
<b>Potrero Hill Head Start F/D</b> 824 Carolina Street San Francisco, CA 94107 <b>415-821-6639 Fax: 415-821-6540</b>	<b>Kai Ming Head Start / Richmond</b> 426 33 <sup>rd</sup> Avenue San Francisco, CA 94121 <b>415-386-3096 Fax: 415-386-3133 AM/PM</b>	<b>San Francisco Unified School District</b> 20 Cook Street San Francisco, CA 94118 <b>415-750-8500 Fax: 415-751-0874</b> <i>12 sites, call for additional information</i>
<b>Southeast Head Start F/D</b> 1300 Phelps Street San Francisco, CA 94124 <b>415-821-6005 Fax: 415-647-7473</b>	<b>Mission Head Start / Capp St.</b> 362 Capp Street San Francisco, CA 94110 <b>415-206-7752 Fax: 415-647-6911 AM/PM</b> <i>*Call for enrollment &amp; additional information*</i>	<b>Visitacion Valley Community Center</b> Administration Office 103 Tucker, San Francisco, CA 94134 <b>415-467-6300 Fax: 415-467-5664</b> <i>2 sites, call for additional information</i>
<b>Westside Head Start F/D</b> <u>2400 Post Street</u> <u>San Francisco, CA 94115</u> <b>415-474-7637 Fax: 415-474-7430</b>	<b>Mission Head Start / Bernal Dwellings</b> 3141 26 <sup>th</sup> Street San Francisco, CA 94110 <b>415- 826-1653 Fax: 415- 826-1417</b>	<b>Wu Yee Children’s Services</b> <b>Child Development Program</b> 706 Mission Street, 6 <sup>th</sup> Floor San Francisco, CA 94103 <b>415-677-0100 Fax: 415-495-2242</b> <i>4 sites, call for additional information</i>
<b>Family Child Care Program F/D</b> Locations in Bayview/Hunter’s Point, Visitacion Valley, Mission, SOMA, Tenderloin, Hayes Valley, OMI, Excelsior, Sunset and Richmond. Administration located at: 205 13 <sup>TH</sup> Street Suite 3280 San Francisco, CA 94103 <b>415-405-0500 Fax: 415-552-4354</b>	<b>Mission Head Start / Jean Jacob</b> 459 Vienna Street San Francisco, CA 94112 <b>415-469-2162 Fax: 415-469-8645</b>	
	<b>Mission Head Start / Mission Bay</b> 152 Berry Street San Francisco, CA 94107 <b>415-856-0656 Fax: 415-856-0659</b>	

Grant Operated Centers/Programs	Delegate Programs	Partner Programs
<b>San Francisco Head Start Administrative Offices</b> 205 13 <sup>TH</sup> Street, Suite 3280 San Francisco, CA 94103 <b>415-405-0500</b> <b>Fax: 415-552-4354 (Managers)</b> <b>Fax: 415-552-7257 (Admin)</b>	<b>Mission Head Start / Regina Chiong</b> 3013 24 <sup>th</sup> Street San Francisco, CA 94110 <b>415-285-9662 Fax: 415-285-9008 AM/PM</b>	<b>Asian Perinatal Advocates</b> <i>Administrative Office</i> 1001 Potrero Avenue, MS6E San Francisco, CA 94110 <b>415-206-5450 Fax: 415-206-4778</b> <i>Family Support Center in Chinatown</i> 730 Commercial Street San Francisco, CA 94108 <b>415-616-9797 Fax: 415-616-9796</b>
	<b>Mission Head Start / Stevenson</b> 1320 Stevenson, P.O. Box C-513 San Francisco, CA 94113 <b>415-252-7008 Fax: 415-252-0903</b>	
	<b>Mission Head Start / Valencia</b> <u>673 Valencia Street</u> San Francisco, CA 94110 <b>415-552-0169 Fax: 415-551-1814 F/D</b>	<b>Mount St. Joseph – St. Elizabeth Epiphany Center</b> 100 Masonic Avenue San Francisco, CA 94118 <b>415-567-8370 Fax: 415-346-2356</b>
	<b>Mission Head Start / Woman's Bldg.</b> 3543 18 <sup>th</sup> Street San Francisco, CA 94110 <b>415-701-1995 Fax: 415-701-1997</b>	

**FOOD RESOURCES**  
**LOW COST FOOD SOURCES**



**Entenmann's Bakery Outlet - Orowheat Foods Co.**

1798 Bryant Street (by 17th Street)

San Francisco, CA 94110

**Phone: (415) 863-4773**

**Description**

- They have available day old breads and other baked products at everyday discount prices.
- All Entenmann's cakes are \$1.99. They also carry Orowheat bread and muffins, Thomas muffins and bagels, Francisco French Bread, Boboli pizza shells and sauce, Virscal Italian chips, and Lender's bagels.

**FOOD RESOURCES**  
**LOW COST FOOD SOURCES**



**Parisian Bakeries**

1995 Evans Avenue (by Toland and Napoleon)  
San Francisco, CA 94124

**Phone: (415) 641-1000 x118**

**Description**

- Purveyor of a full array of sweet and sour French breads since 1865
- Bakery products are deeply discounted

# FOOD RESOURCES

## LOW COST FOOD SOURCES



### Areas of San Francisco with Low-Cost Produce Markets



The following areas have been identified by the co-editors of this Directory as having a high number of low cost food and fresh produce markets. This information may be helpful in connecting clients in different neighborhoods with affordable produce. This information should not be considered the last word on this, since new resources come about all the time.

<i><b>Neighborhood</b></i>	<i><b>North Boundary</b></i>	<i><b>East Boundary</b></i>	<i><b>South Boundary</b></i>	<i><b>West Boundary</b></i>
<i><b>Chinatown</b></i>	Broadway St.	Grant Ave.	Sacramento St.	Mason St.
<i><b>Richmond</b></i>	Clement St.	Arguello Blvd.	Geary Blvd.	14 <sup>th</sup> Ave.
<i><b>Sunset</b></i>	Irving St.	7 <sup>th</sup> Ave.	Judah St.	14 <sup>th</sup> Ave.
<i><b>Mission</b></i>	16 <sup>th</sup> St.	Bryant St.	30 <sup>th</sup> St.	Valencia St.



## **FOOD RESOURCES**

### **LOW COST FOOD SOURCES**



#### **Big Lots**

3333 Mission Street (at 30<sup>th</sup> Street)  
San Francisco, CA 94110

**Phone: (415) 648-5256**

[www.biglots.com](http://www.biglots.com)

#### **Description**

- They sell a variety of shelf stable food products, canned foods and other baked goods. They also carry a variety of household goods, cleaning products, health and beauty aids, clothing, toys, paper products, office goods, and furniture at closeout discount prices.
- Checkout the website for weekly sales ads

## **FOOD RESOURCES**

### **LOW COST FOOD SOURCES**



#### **Costco**

450 - 10th Street

San Francisco, CA. 94103

**Phone: (415) 626-4388**

[www.costco.com](http://www.costco.com)

#### **Description**

- Costco is a membership warehouse club, selling quality brand-name merchandise, including bulk food and beverage items, at low prices.
- Individuals can apply to be a member in the store at the membership counter, online, or by mail (print application online). Business memberships are available to all licensed businesses, nonprofit organizations, government agencies for \$45 (as of March 2005).
- Costco offers free deliveries for orders over \$250 for business members in the San Francisco Bay Area.

#### **Enrollment Procedures**

- Business identification (business license, resale certificate, or three pieces of business ID (card, letterhead) are required when applying for a Business Membership

#### **Fees**

- Business memberships are \$45 (as of March 2005)
- Individual memberships vary in price. Call for fees.

## **FOOD RESOURCES**

### **LOW COST FOOD SOURCES**



#### **Foods Co.**

Bayview Hunter's Point Store

345 Williams Avenue

San Francisco, CA 94124

**Phone: (415) 330-1870**

Mission District Store

1800 Folsom Street

San Francisco, CA 94103

**Phone: (415) 558-9137**

#### **Description**

- They sell a variety of canned goods, by the case or as individual items. They have produce, dairy products, cold cuts and cheeses, frozen foods, bread, cleaning products, paper products, and food service-tableware supplies sold at a significant discount over retail outlets.

## **FOOD RESOURCES**

### **LOW COST FOOD SOURCES**



#### **Rainbow Grocery**

1745 Folsom Street

San Francisco, CA. 94103

**Phone: (415) 863-0621**

(Contact Public Relations Committee)

[www.rainbow.coop](http://www.rainbow.coop)

#### **Description**

- They sell a variety of mostly organic produce, grains, dried beans, and flours in bulk, dairy products and cheeses, frozen foods, canned foods, breads and other baked goods, natural cleaning products, health and beauty aids, vitamin and mineral supplements, paper products, and household goods, health related books, and magazines at lower prices than standard natural food stores.
- They offer discounts on vitamin and mineral supplements to PWAs (people with AIDS), seniors, and others. Call for information on their discount policies.

## **FOOD RESOURCES**

### **LOW COST FOOD SOURCES**



#### **Smart and Final**

[www.smartandfinal.com](http://www.smartandfinal.com)

Bayview Store  
355 Bayshore Blvd.  
San Francisco, CA 94124  
**Phone: (415) 642-0499**

Richmond District Store  
350 Seventh Ave.  
San Francisco, CA 94118  
**Phone: (415) 751-9951 or (415) 751-9952**

South of Market Store  
170 S. Van Ness Ave  
San Francisco, CA 94103  
**Phone: (415) 864-8240**

#### **Description**

- Smart & Final offers a variety of food, beverage, paper products, and cleaning supplies. All products are available for order online and immediate shipping.
- Smart & Final offers a huge selection of professional-quality food, drink, party supplies and cleaning items at low warehouse prices, Smart & Final caters to foodservice professionals and anyone else who entertains a crowd.
- No membership required

## FOOD RESOURCES

### LOW COST FOOD SOURCES



#### **Trader Joe's**

[www.traderjoes.com](http://www.traderjoes.com)

Presidio Heights Store  
3 Masonic Avenue  
San Francisco, CA 94118  
**Phone: (415) 346-9964**

South of Market Store  
555 Ninth Street Retail Center  
San Francisco, CA 94103  
**Phone: (415) 863-1292**

Fisherman's Wharf Store  
401 Bay Street  
San Francisco, CA 94133  
**Phone: (415) 351-1013**

#### **Description**

- Trader Joe's offers unique value-priced foods, including meatless items, flavorful fat-free and low-fat foods, fresh produce and organic food at prices comparable to non-organic foods. All Trader Joe's private label products are made without artificial colors, flavors or preservatives.
- They also offer a variety of nuts, trail mixes, and cheeses from all over the world, at everyday low prices.
- Their unique fresh salads and fresh and frozen entrees are useful in preparing quick, healthy meals.
- Vitamins and supplements, as well as household and personal items, are sold at value prices everyday.

## **FOOD RESOURCES**

### **FARMERS' MARKETS**



Farmers' markets are an excellent way to increase a community's access to fresh produce. These markets offer opportunities for consumers to connect with local farmers, learn where their food comes from, and gain exposure to new and different local and seasonal produce items. Food purchased at these markets can often be cheaper than in the supermarket and a greater amount of the consumer's payment goes straight to the grower, therefore helping to sustain small farmers within our region.

In the pages that follow, individual listings for farmers' markets are included only if they accept Food Stamp benefits on an Electronic Benefit Transfer (EBT) card, Women Infant and Children (WIC) Farmers' Market coupons, and/or Senior Farmers' Market Nutrition coupons. Please note that prices may vary substantially from market to market.

Also in this section is a summary list of all certified farmers' markets in San Francisco, including those that do not take WIC or Senior Farmers Market Nutrition coupons. Market locations and hours of operation are subject to change. Contact the market manager or check their website for updates. A map of farmers' market locations is included at the end of this section.

## **FOOD RESOURCES FARMERS' MARKETS**



### **Alemanya Farmers' Market**

100 Alemany Boulevard (by 101 and 280 Freeways)

San Francisco, CA 94110

**Phone: (415) 647-9423**

#### **Description**

- Outdoor market selling California fruits and vegetables in season, nuts, olives, plants, flowers, fish, eggs and honey at significant discounts over other retail outlets
- Market accepts Senior Farmers' Market Nutrition coupons, WIC Farmers' Market coupons, and food stamp benefits on an EBT card

#### **Market Hours**

- Saturdays 6:00 am – 5:00 pm



## **FOOD RESOURCES FARMERS' MARKETS**



### **Bayview Farmers' Market**

3<sup>rd</sup> Street and Oakdale Street at the Bayview Opera House

**Phone: 355-3723**

#### **Administrative Office:**

Pacific Coast Farmers' Market Association

5056 Commercial Circle, Suite E

Concord, CA 94520

**Phone: (925) 825-9090**

Web Site: [www.pcfma.com](http://www.pcfma.com)

#### **Description**

- Outdoor market selling California seasonal farm grown foods. Shoppers can buy in season fruits, vegetables, baked goods and other specialty foods.
- Market accepts Senior Farmers' Market Nutrition coupons, WIC Farmers' Market coupons, and food stamp benefits on an EBT card

#### **Market Hours**

- Saturdays 9:30 am – 1:00 pm (May to December)
- Hours subject to change. Check website or call for updates

## **FOOD RESOURCES**

### **FARMERS' MARKETS**



### **Cannery Farmers' Market**

At The Cannery

2801 Leavenworth Street (at Jefferson & Beach Streets)

**Phone: (415) 771-3112**

[www.thecannery.com](http://www.thecannery.com)

#### **Description**

- Outdoor market selling California seasonal farm grown foods. Shoppers can buy in season fruits, vegetables, eggs, nuts, fruit spreads, honey, flowers and plants.
- Market accepts Senior Farmers' Market Nutrition coupons, WIC Farmers' Market coupons, and food stamp benefits on an EBT card

#### **Market Hours**

- Fridays 9:00 am – 2:00 pm (May to December)
- Saturdays 9:00 am – 2:00 pm (May to December)
- Hours subject to change. Check website or call for updates

## **FOOD RESOURCES FARMERS' MARKETS**



### **Ferry Plaza Farmers' Market**

Ferry Building (Embarcadero & Market Streets)

#### **Administrative Office:**

Center for Urban Education about Sustainable Agriculture (CUESA)

One Ferry Building, Suite 50 (mailing) or 250 (physical)

San Francisco, CA 94111

**Phone: (415) 291-3276**

[www.cuesa.org](http://www.cuesa.org)

#### **Description**

- Outdoor market selling California seasonal farm grown foods. Shoppers can buy produce, cheese, bread and other baked goods, poultry, sausage, pasta, fish, eggs, nuts, honey, flowers, plants, and prepared food.
- Market accepts Senior Farmers' Market Nutrition coupons, WIC Farmers' Market coupons, and food stamp benefits on an EBT card

#### **Market Hours**

- Sundays 10:00 am – 2:00 pm (seasonal)
- Tuesdays 10:00 am – 2:00 pm (year round)
- Thursdays 4:00 pm – 8:00 pm (May-October)
- Saturdays 8:00 am – 2:00 pm (year round)
- Hours subject to change. Check website or call for updates

## **FOOD RESOURCES FARMERS' MARKETS**



### **Heart of the City Certified Farmers' Market**

United Nations Plaza  
Market Street (between 7<sup>th</sup> and 8<sup>th</sup> Streets)

#### **Administrative Office:**

1182 Market Street, Suite 415  
San Francisco, CA 94102

**Phone: (415) 558-9455**

#### **Description**

- Outdoor market selling California seasonal farm grown foods at 30% to 40% below retail price. Shoppers can buy produce, bread and other baked goods, fish, eggs, nuts, honey, flowers, and plants.
- Market accepts Senior Farmers' Market Nutrition coupons, WIC Farmers' Market coupons, and food stamp benefits on an EBT card

#### **Market Hours**

- Sundays 7:00 am – 5:00 pm
- Wednesdays 7:00 am – 5:30 pm
- Hours subject to change. Call for updates.

## **FOOD RESOURCES FARMERS' MARKETS**



### **Kaiser Hospital Farmers' Market**

2190 O'Farrell Street at Geary Street (Kaiser Common Area)  
San Francisco, CA

#### **Administrative Office:**

Pacific Coast Farmers' Market Association  
5056 Commercial Circle, Suite E  
Concord, CA 94520

**Phone: (925) 825-9090**

[www.pcfma.com](http://www.pcfma.com)

#### **Description**

- Outdoor market selling California seasonal farm grown foods. Shoppers can buy in season fruits, vegetables, baked goods and other specialty foods.
- Market accepts Senior Farmers' Market Nutrition coupons, WIC Farmers' Market coupons, and food stamp benefits on an EBT card

#### **Market Hours**

- Wednesdays 10:00 am – 2:00 pm (June to November)
- Hours subject to change. Check website or call for updates

## **FOOD RESOURCES FARMERS' MARKETS**



### **San Francisco Farmers' Market - Fillmore**

O'Farrell and Fillmore Streets

#### **Administrative Office:**

Pacific Coast Farmers' Market Association  
5056 Commercial Circle, Suite E  
Concord, CA 94520

**Phone: (925) 825-9090**

[www.pcfma.com](http://www.pcfma.com)

#### **Description**

- The Fillmore market is managed by the Pacific Coast Farmers' Market Association
- Outdoor market selling California fruits and vegetables in season, nuts, olives, plants, flowers, honey at significant discounts over other retail outlets, and other specialty foods
- Market accepts Senior Farmers' Market Nutrition coupons, WIC Farmers' Market coupons, and food stamp benefits on an EBT card

#### **Market Hours**

- Saturdays 9:00 am – 1:00 pm (May through November)

# Farmers' Markets in San Francisco



## 三藩市農夫市場

Locations	地点	Sun 星期日	Tues 星期二	Wed 星期三	Thurs 星期四	Fri 星期五	Sat 星期六
<b>Alemanys Farmers' Market</b> 100 Alemany Blvd. (By 101 & 280 Freeways)	<b>Alemanys 農夫市場</b> 100 Alemany Blvd. (近 101 公路夾 280 公路)						早上六點 至下午 五點 6 AM- 5 PM
<b>Bayview Farmers' Market</b> Bayview Opera House 3rd St. and Oakdale St. (May 21-December 10, 2005)	<b>灣景區獵人角農夫市場</b> Bayview Opera House 三街和 Oakdale 街 (五月二十一日至十二月十日)						早上九點 半至下午 一點半 9:30 AM- 1:30 PM
<b>Cannery Farmers' Market</b> (The Cannery at Del Monte Square)	<b>漁人碼頭 Cannery 農夫市場</b> 2801 Leavenworth 街 早上九點至下午兩點					早上九點 至下午 兩點 9 AM- 2 PM	早上九點 至下午 兩點 9 AM- 2 PM
<b>Ferry Plaza Farmers' Market</b> The Ferry Building (Embarcadero at Market St.)	<b>渡輪廣場農夫市場</b> 渡輪大樓	早上十點 至下午兩 點 10 AM- 2 PM	早上十點 至下午 兩點 10 AM- 2 PM		下午四點 至下午 八點 4 PM- 8 PM (05/19 - 10/27)		早上八點 至下午兩 點 8 AM- 2 PM
<b>Heart of the City Farmers' Market</b> United Nations Plaza (Market St. between 7th and 8th St.)	<b>市中心農夫市場</b> 聯合國廣場 (Market 街夾七街和八街)	早上七點 至下午五 點 7 AM- 5 PM		早上七點 至下午 五點半 7 AM- 5:30 PM			
<b>Kaiser Hospital</b> 2190 O'Farrell St. (Kaiser Common Area) (June 1- November 23, 2005)	<b>Kaiser 醫院</b> 2190 O'Farrell 街 (六月一日至十一月二十三日)			早上十點 至下午 兩點 10 AM- 2 PM			
<b>Mission Village Farmers' Market</b> 2955 18th St.	<b>Mission Village 農夫市場</b> 2955- 18 街 (二零零五年五月二十八日營業)						早上九點 至下午 一點半 9 AM- 1:30 PM
<b>Noe Valley Farmers' Market</b> 24th St., between Sanchez and Vicksburg St.	<b>Noe Valley 農夫市場</b> 24 街 (Sanchez 街和 Vicksburg 街 之間)						早上八點 至中午 十二點 8 AM- 12 PM
<b>San Francisco (Fillmore) Farmers' Market</b> O'Farrell & Fillmore St. (April 30-November 19, 2005)	<b>三藩市 (Fillmore) 農夫市場</b> O'Farrell 街和 Fillmore 街 (四月三十日至十一月十九日)						早上九點 至下午 一點 9 AM- 1 PM



Developed by the Feeling Good Project, Nutrition Services,  
San Francisco Department of Public Health,  
with information provided by San Francisco Food Systems and the  
California Farmers' Market Association. (Revised July 2005)



# Farmers' Markets in San Francisco

## Mercados Agrícolas en San Francisco



Locations	Locales	Sun Domingo	Tues Martes	Wed Miércoles	Thurs Jueves	Fri Viernes	Sat Sábado
<b>Alemanya Farmers' Market</b> 100 Alemany Blvd. (By 101 & 280 Freeways)	<b>Mercado en la calle Alemany</b> 100 del bulevar Alemany (Por las autopistas 101 y 280)						6 AM - 5 PM
<b>Bayview Farmers' Market</b> Bayview Opera House 3 <sup>rd</sup> St. and Oakdale St. (May 21-December 10, 2005)	<b>Mercado en el "Bayview"</b> Bayview Opera House En la calle 3 y calle Oakdale ( 21 de mayo al 10 de diciembre del 2005)						9:30 AM - 1:30 PM
<b>Cannery Farmers' Market</b> (The Cannery at Del Monte Square)	<b>Mercado en el "Cannery" en la Cuadra Del Monte</b> 2801 de la calle Leavenworth					9 AM - 2 PM	9 AM - 2 PM
<b>Ferry Plaza Farmers' Market</b> The Ferry Building (Embarcadero at Market St.)	<b>Mercado en el "Ferry Plaza" (la Plaza del Barco de Pasaje)</b> En el Embarcadero sobre la calle Market	10 AM - 2 PM	10 AM - 2 PM		4 PM - 8 PM (05/19-10/27)		8 AM - 2 PM
<b>Heart of the City Farmers' Market</b> United Nations Plaza (Market Street between 7 <sup>th</sup> and 8 <sup>th</sup> St.)	<b>Mercado en el corazón de la ciudad</b> United Nations Plaza (En la calle Market entre las calles 7 y 8)	7 AM - 5 PM		7 AM - 5:30 PM			
<b>Kaiser Hospital</b> 2190 O'Farrell St. (Kaiser Common Area) (June 1-November 23, 2005)	<b>Hospital del Kaiser – San Francisco</b> 2190 de la calle O'Farrell (Area común de Kaiser) (18 de junio al 23 de noviembre del 2005)			10 AM - 2 PM			
<b>Mission Village Farmers' Market</b> 2955 18 <sup>th</sup> St.	<b>Mercado en el "Mission Village"</b> 2955 en la calle 18						9 AM - 1:30 PM
<b>Noe Valley Farmers' Market</b> 24th St. between Sanchez and Vicksburg St.	<b>Mercado en el "Noe Valley"</b> Calle 24 entre las calles Sánchez y Vicksburg						8 AM - 12 PM
<b>San Francisco (Fillmore) Farmers' Market</b> O'Farrell & Fillmore St. (April 30-November 19, 2005)	<b>Mercado de San Francisco del "Fillmore"</b> En la esquina de O'Farrell y Fillmore (30 de abril al 19 de noviembre del 2005)						9 AM - 1 PM



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# RESOURCES

## FARMERS' MARKETS



### Farmers' Markets in San Francisco (as of June 2005)



			Su	M	Tu	W	Th	F	Sa	Accept Food Assistance**
<i>Alemany</i>	6am - 5pm	Alemany & San Bruno							Sa	Planned
<i>Bayview*</i>	9:30am - 1:30pm	Third & Oakdale							Sa*	Yes
<i>Cannery</i>	9am - 2pm	Leavenworth & Beach						F	Sa	Planned
<i>Ferry Plaza</i>	10am - 2pm Sun & Tues; 4pm - 8pm Thurs; 8am - 2pm Sat	Embarcadero & Market	Su*		Tu		Th*		Sa	Yes
<i>Fillmore*</i>	9am - 1pm	Fillmore & O'Farrell							Sa*	Yes
<i>Heart of the City</i>	7am - 5pm	Market & 7th	Su			W				Yes
<i>Kaiser Hospital*</i>	10am - 2pm	O'Farrell & Broderick						F*		Yes
<i>Marina*</i>	10am - 2pm	Chestnut & Fillmore							Sa*	Planned
<i>Mission Village*</i>	9am - 1:30pm	Bryant & 16th							Sa*	No
<i>Noe Valley</i>	8am - 12pm	24th & Sanchez							Sa	No
* Seasonal market (closes for part of the year) ** Food Assistance includes EBT (food stamps), WIC and Senior Farmers' Market Nutrition Program coupons.										

## NUTRITION COUNSELING INTRODUCTION TO SECTION



The resources listed in this section assist clients, whether healthy or in poor health, evaluate their food intake and choose a healthier diet in order to promote their own well being. Services listed vary from individual nutrition counseling to group classes. Please note that access to these services varies from program to program, but many serve the low income Food Stamp eligible population. Some are available to clinic members while other services are available to the public for a fee. **The programs listed here are not endorsed by the San Francisco Department of Public Health, Nutrition Services Program.** For more information on available services contact the clinic, hospital or community agency directly.

# NUTRITION COUNSELING



## **American Dietetic Association (ADA)**

Consumer Nutrition Information Line

**(800) 366-1655**

[www.eatright.org](http://www.eatright.org)

### **Services Description**

- Referrals to Registered Dietitians (RDs) in your geographical area who are members of the ADA are participating in the referral network of the ADA for individual counseling services

### **Eligibility Criteria**

Services available to all.

### **Languages Available**

English only

### **Fees**

No fee for referral, but there is a cost to receive services from the RDs.

# NUTRITION COUNSELING



## **American Heart Association**

120 Montgomery Street, Suite 1650  
San Francisco, CA 94104

**Phone: (415) 433- 2273**

[www.americanheart.org](http://www.americanheart.org)

### **Services Description**

- Individual nutrition counseling and medical nutrition therapy for modification of risk factors, hypertension, high cholesterol, diabetes, weight control and health promotion

### **Eligibility Criteria**

Services available to all; no medical referral is required

### **Languages Available**

English only

### **Fees**

Call for fees

## NUTRITION COUNSELING



### **California Pacific Medical Center Center for Diabetes Services**

California Campus  
3700 California Street, Room B540  
San Francisco, CA 94118

**Phone: (415) 600-0506**

[www.cpmc.org/services/diabetes/contact/default.html](http://www.cpmc.org/services/diabetes/contact/default.html)

#### **Services Description**

- Education and training in diabetes self-management for people with Type I and Type II diabetes
- Staff includes registered dietitians, registered nurses and social workers. All are Certified Diabetes Educators

#### **Eligibility Criteria**

Services available to all; medical referral is desirable but not required for nutrition services

#### **Languages Available**

English, Tagalog, and Cantonese speaking dietitians on staff.  
Interpreter services are available in all languages upon request

#### **Fees**

- Call for fees
- May be reimbursed by health insurance

## NUTRITION COUNSELING



### **California Pacific Medical Center Perinatal Nutrition Services for High Risk Patients and Diabetes & Pregnancy Program: Sweet Success Program**

California Campus  
3700 California St., Room G330  
San Francisco, CA 94118  
**Phone: (415) 600-6388**

#### **Services Description**

- Pre and post conception program for women with Type I, Type II, or gestational diabetes
- Individualized counseling before and during pregnancy for women with all types of diabetes
- Follow-up, post partum and breastfeeding nutrition consultation
- Provide services to clients with high risk multiple gestations (e.g. twins, triplets, etc.)

#### **Eligibility Criteria**

- Services available to all; medical referral is required for nutrition services, but clients do not need to be enrolled at CPMC
- Insurance authorization required prior to visit
- Fee is charged for services provided without a referral; offered only to private patients

#### **Languages Available**

Interpreter services are available, please inquire to determine if language needs can be met

***Continued on next page***

***California Pacific Medical Center  
Perinatal Nutrition Services for High Risk Patients and Diabetes & Pregnancy  
Program: Sweet Success Program, cont.***

**Fees**

- Call for fees
- May be reimbursed by health insurance, including HMOs

## NUTRITION COUNSELING



### **Chinatown Public Health Center**

San Francisco Department of Public Health

1490 Mason St.

San Francisco, CA 94133

**Phone: (415) 364-7600, Nutrition Services: (415) 364-7902**

#### **Services Description**

- Individualized medical nutrition therapy to adults, infants and children for diabetes, high levels of blood fats and cholesterol, high blood pressure, weight management, prenatal, infant and toddler nutrition
- Services to pregnant and lactating women as part of the Comprehensive Perinatal Services Program (CPSP)
- Referrals to other community resources, including food, exercise and psychosocial
- Classes on healthy eating, diabetes & nutrition, and breastfeeding
- Telephone consultation

#### **Eligibility Criteria**

- Registration is required for each visit
- Primary care provider refers patient to clinic's nutritionist
- When referrals are made by specialty service physicians (e.g. Orthopedics), the MD should make appointment with patient's primary care clinic nutritionist, if available
- If no nutrition service is available, patients can be referred to the nutritionist at San Francisco General Hospital (SFGH) General Medical Clinic (please see SFGH on page 2.14)

***Continued on next page***



***Chinatown Public Health Center, Nutrition Counseling, cont.***

**Languages Available**

English, Cantonese, Mandarin and Vietnamese

**Fees**

Fees are determined by eligibility information collected at time of registration:

- Medi-Cal
- Medicare
- Private Insurance
- Sliding Scale Fee

# NUTRITION COUNSELING



## **Chinese Community Health Resource Center**

835 Jackson St., Suite 407

San Francisco, CA 94133

**Phone : (415) 677-2473**

[www.cchrhealth.org](http://www.cchrhealth.org)

### **Services Description**

- Health education classes and individual nutrition counseling on medical nutrition therapy
- Library materials, books and video tapes are available for check-out by members and the general public

### **Eligibility Criteria**

- Services are available to clients of physicians who are members of the Chinese Community Health Care Association.
- Individual nutrition counseling requires a written physician referral.
- Other services can be self-referred.

### **Languages Available**

English, Cantonese and Mandarin

### **Fees**

No fee for clients of physicians who are members of the Chinese Community Health Care Association

## NUTRITION COUNSELING



### Community Health Network Clinics

San Francisco Department of Public Health  
See below for phone numbers, addresses and neighborhoods  
San Francisco, CA

#### Services Description

- Medical Nutrition Therapy is provided by registered dietitians
- Patients are seen individually for nutrition assessment and education for chronic diseases treatment and prevention
- Perinatal nutrition services are available in some clinics
- Referrals to community resources such as food and exercise programs are made. Diabetes/general nutrition classes are available at some clinics

A limited number of nutrition consultations are available at the following Community Health Network (CHN) clinics. Only established patients will be given appointments. For more information, call the main number for a given clinic. If no nutrition service is available at their clinic, or the wait time is too long, patients can be referred to the General Medical Clinic's nutritionist. For information, see San Francisco General Hospital (SFGH) Nutrition Clinics.

Health Center (HC) Name	Main Phone	Neighborhood(s)	Address
Castro-Mission HC	(415) 487-7500	Mission, Castro, Noe Valley	3850 17 <sup>th</sup> Street San Francisco, 94114
Maxine Hall HC	(415) 292-1300	Western Addition	1301 Pierce Street San Francisco, 94115
Ocean Park HC	(415) 682-1900	Sunset, Richmond	1351 24 <sup>th</sup> Avenue Sa Francisco, 94122
Potrero Hill HC	(415) 648-3022	Potrero, Mission, Bayview	1050 Wisconsin Street San Francisco, 94107
Silver Avenue Family HC	(415) 715-0310	Excelsior, Portola, Bayview	1525 Silver Avenue San Francisco, 94134

*Continued on next page*

***Community Health Network Clinics, Nutrition Counseling, cont.***

<b>Health Center (HC) Name</b>	<b>Main Phone</b>	<b>Neighborhood(s)</b>	<b>Address</b>
Southeast HC	(415) 671-7000	Bayview, Visitation Valley	2401 Keith Street San Francisco, 94124

**Eligibility Criteria**

- Registration is required for each visit
- Primary care provider refers patient to their clinic's nutritionist (see list above of where nutrition services are available)
- When referrals are made by specialty service physicians (e.g. orthopedics), the MD should make appointment with patient's primary care clinic nutritionist, if available
- Patient must have diet order written by referring provider in chart or consult form. Diagnosis, recommended diet, and desired outcomes should be included, along with any other pertinent data. Patients without consult forms will be given general nutrition information only

**Languages Available**

English and Spanish is available in most locations

For language availability, check with the specific Community Health Network clinics

**Fees**

Fees are determined by eligibility information collected at time of registration:

- Medi-Cal
- Medicare
- Private Insurance
- Sliding Scale Fee

# NUTRITION COUNSELING



## **Community Health Resource Center**

(Affiliated with the California Pacific Medical Center)

2100 Webster St., Suite 100

San Francisco, CA 94115

**Phone: (415) 923-3155**

### **Services Description**

- Individual nutrition counseling for disease management, reduced disease risk and for general good health including diabetes, weight management, prenatal, pediatric/ adolescent and heart health
- Group weight management classes and nutrition lectures on a variety of health topics are provided on an ongoing basis

### **Eligibility Criteria**

- Clients of physicians of CPMC
- General public
- Services and lectures are available to community groups

### **Languages Available**

English only

### **Fees**

- Initial visit is complementary
- Sliding scale fee for follow-up visit(s)

## NUTRITION COUNSELING



**Kaiser Permanente Medical Center**  
Nutrition Clinic  
(Health Education and Nutrition Clinic Building)  
2241 Geary Blvd.  
San Francisco, CA 94115  
**Phone: (415) 833-3862**

### **Services Description**

- Individual nutrition appointments and classes for health plan members
- Weight management classes offered through the Health Education Department

### **Eligibility Criteria**

- Individual counseling services available to plan members with a medical referral
- The classes are available to plan members without medical referral

### **Languages Available**

English

Cantonese and Spanish interpreter services are available

### **Fees**

Co-payment fee depending on plan coverage

## NUTRITION COUNSELING



### **Mission Neighborhood Health Center (MNHC)**

240 Shotwell St.

San Francisco, CA 94110

**Phone: (415) 552-3870**

[www.mnhc.org](http://www.mnhc.org)

#### **Services Description**

Individual Assessment and Education:

- Prenatal and postpartum nutrition counseling and follow-up
- Pediatric nutrition counseling and follow-up for caretakers of infants and children
- Medical nutrition therapy for adults with conditions such as diabetes, high levels of blood fats and cholesterol, high blood pressure and positive HIV status

Group Education:

- Prenatal nutrition classes
- Pediatric nutrition classes
- Adult diabetes nutrition classes

#### **Eligibility Criteria**

Nutrition services are available to all MNHC clients

#### **Languages Available**

English and Spanish

#### **Fees**

- Sliding scale with Medi-Cal
- Private insurance also accepted

# NUTRITION COUNSELING



## **North East Medical Services (NEMS)**

1520 Stockton St.

San Francisco, CA 94133

**Phone: (415) 391-9686**

[www.nems.org](http://www.nems.org)

### **Services Description**

- Provide perinatal nutrition counseling and follow-up for NEMS clients
- Medical nutrition therapy available for adults and children in areas such as: diabetes, high levels of blood fats and cholesterol, high blood pressure and kidney problems
- Nutrition counseling available for adult and pediatric weight management and nutrition

### **Eligibility Criteria**

- Nutrition services are for NEMS members only
- Prior to nutrition appointment, patients need to be seen by a NEMS physician
- Medical referral required for nutrition services
- Contact the NEMS Intake Department for membership information

### **Languages Available**

English, Cantonese and Mandarin

### **Fees**

- Individuals need to go through a financial eligibility process
- Service cost included in member benefits package



## NUTRITION COUNSELING



### **On Lok Senior Health Services**

1333 Bush St.

San Francisco, CA 94109

**Phone: (415) 292-8818**

[www.onlok.org](http://www.onlok.org)

#### **Services Description**

- Day home health care is available to On Lok members
- Individual nutrition counseling
- Medical nutrition therapy is available for diabetes, high levels of blood fats and cholesterol, high blood pressure and kidney problems
- Food program provides breakfast, lunch and dinner, if medically necessary

#### **Eligibility Criteria**

Registration at On Lok is required to receive all services. Clients must also:

- Be 55 years old or older
- Have multiple chronic health problems, such as heart disease, stroke, diabetes and need some assistance in the daily activities of living (such as walking, bathing, toileting, grooming, and eating)
- Have a permanent place to live in San Francisco county or Fremont

#### **Languages Available**

English, Chinese and Spanish

Translators are available for other languages, upon request

***Continued on next Page***

***OnLok Senior Health Services, Nutrition Counseling, cont.***

**Fees**

- No fee for members of On Lok Senior Health Program who are Medicare and Medicaid eligible
- A monthly co-payment for recipient of only Medicare

## NUTRITION COUNSELING



### **San Francisco General Hospital (SFGH) Based Clinics**

San Francisco Department of Public Health

1001 Potrero Avenue

San Francisco, CA 94110

#### **Services Description**

- Medical Nutrition Therapy is provided by registered dietitians
- Patients are seen individually for nutrition assessment and education for chronic diseases treatment and prevention
- Women are seen for perinatal nutrition services at Women's Health Center and Family Health Center
- Referrals to community resources such as food and exercise programs are made
- Diabetes/general nutrition classes are available at some clinics

Medical Nutrition Therapy is offered at the following SFGH based clinics:

<u>Clinic</u>	<u>Location</u>	<u>Appointments</u>
• Children's Health Center	6M	(415) 206-8376
• Family Health Center	Wd. 85	(415) 206-5252
• General Medical **	1M	(415) 206-8494
• Positive Health Program – AIDS/ Oncology	Wd 86	(415) 206-2400
• Women's Health Center	5M	(415) 206-3409

A limited number of nutrition consultations are available at the following Community Health Network CHN clinics. Only established patients will be given appointments. For more information, call the main number for a given clinic. \*\* If no nutrition service is available at the client's clinic, or the wait time is too long, patients can be referred to the General Medical Clinic's nutritionist, see above for number

***Continued on next page***

## ***San Francisco General Hospital Based Clinics, Nutrition Counseling, cont.***

Clinic Main Phone (for more information see the Community Health Network Clinics listing in this section)

- Castro-Mission Health Center (415) 487-7500
- Maxine Hall Health Center (415) 292-1300
- Potrero Hill Health Center (415) 648-3022
- Ocean Park Health Center (415) 682-1900
- Silver Avenue Health Center (415) 715-0310
- Southeast Health Center (415) 671-7000

### **Eligibility Criteria**

- Registration is required for each visit.
- Primary care provider refers patient to their clinic's nutritionist (see list of where nutrition services are available).
- When referrals are made by specialty service physicians (e.g. orthopedics), the MD should make appointment with patient's primary care clinic nutritionist, if available.
- Patient must have diet order written in chart or consult form. Diagnosis, recommended diet, and desired outcomes should be included, along with any other pertinent data. Patients without consult forms will be given general nutrition information only.

### **Languages Available**

English and Spanish available in most locations

Other languages are available through the interpreter service at SFGH

For language availability, check with the specific Community Health Network clinics

### **Fees**

Fees are determined by eligibility information collected at time of registration:

- Medi-Cal
- Medicare
- Private Insurance
- Sliding Scale Fee

## NUTRITION COUNSELING



### **Sister Mary Philippa Health Center**

2235 Hayes Street

San Francisco, CA 94117

**Phone: (415) 750-5508**

[www.stmarysmedicalcenter.org](http://www.stmarysmedicalcenter.org)

#### **Services Description**

- Out patient nutrition services provides medical nutrition therapy for high levels of blood fats and cholesterol, heart disease, diabetes, weight management, kidney disease, food allergies, etc.
- They offer a diabetes education program that is certified by the American Diabetes Association
- They provide free group classes on diabetes education. These classes are available to anyone with diabetes. Fridays 1-2 p.m. Call for details

#### **Eligibility Criteria**

- Services available to all
- Physician referral is necessary for most insurance plans
- If clients do not have insurance but are in need of health care, contact Sister Mary Philippa Health Center at 415-750-5500.

#### **Languages Available**

English, Cambodian, Vietnamese, Spanish

Other languages available, upon request

#### **Fees**

Call for fees

## NUTRITION COUNSELING



### **St. Francis Memorial Hospital Department of Food Service**

900 Hyde St.

San Francisco, CA 94109

**Phone: (415) 353-6000, Outpatient Nutrition Clinic: (415) 353-6438**

#### **Services Description**

- Individual nutrition counseling on general nutrition and therapeutic diets in Outpatient Nutrition Clinic
- Offers a 20% discount for senior citizens in our “Café St. Francis” cafeteria for breakfast and lunch

#### **Eligibility Criteria**

- Services are available to the public
- Clients must go through a financial eligibility process

#### **Languages Available**

English, Spanish, Chinese, French and Russian

#### **Fees**

- Call for fees
- May be reimbursed by health insurance

## NUTRITION COUNSELING



### **Teenage Pregnancy & Parenting Project (TAPP)**

2730 Bryant St., 2nd Floor

San Francisco, CA 94110

**Phone: (415) 695-8300**

#### **Services Description**

- Individual nutrition counseling and breastfeeding counseling for pregnant teens, teen mothers and their infants as part of comprehensive case management services
- Health care includes pre/post natal care referrals, mental health services, family planning referrals, legal services, housing referrals, childcare referrals, and job readiness

#### **Eligibility Criteria**

- No medical referral required for nutrition services
- Services are available to girls and young women up to 20 years of age at intake and boys and young men up to 21 years of age at intake

#### **Languages Available**

English

Spanish and Tagalog interpreters are available, upon request

#### **Fees**

No Fee

# NUTRITION COUNSELING



## **University of California San Francisco Medical Center Diabetes Teaching Center**

400 Parnassus Avenue, 5<sup>th</sup> Floor  
San Francisco, CA 94143-1222

**Phone: (415) 353-2266**

[www.diabetes.ucsf.edu](http://www.diabetes.ucsf.edu)

### **Services Description**

- Provide a full service diabetes education program including nutrition, insulin use, foot care, glucose monitoring, etc.
- Class program and individual counseling for people with diabetes
- Counseling for obesity, high blood pressure and high levels of blood fats and cholesterol

### **Eligibility Criteria**

Medical referral is required for those with managed care coverage

### **Languages Available**

English

Cantonese, Mandarin, Russian and Spanish - depending on availability

### **Fees**

- Call for fees
- May be reimbursed by health insurance



# NUTRITION COUNSELING



## University of California San Francisco (UCSF) Nutrition Counseling Clinic

400 Parnassus, Room 435

San Francisco, CA 94143

**Outpatient Clinic Phone: (415) 353-2291**

### Services Description

- Individual nutrition counseling on general nutrition and medical nutrition therapy.
- Nutritional counseling for therapeutic and medically prescribed weight loss diets offered

### Eligibility Criteria

- Services available to all
- Physician referral required
- Clients need to register with UCSF

### Languages Available

English

Interpreters are available in many languages

Arrangements should be made at the time the appointment is made

### Fees

- Call for fees
- Client is responsible for calling their insurance to see if service will be covered

# NUTRITION COUNSELING



## University of California San Francisco Teen Clinic

400 Parnassus Ave.

Room A269 (2<sup>nd</sup> Floor)

San Francisco, CA 94143-0374

**Phone: (415) 353-2002**

[www.pediatrics.medschool.ucsf.edu/youth/clinical/](http://www.pediatrics.medschool.ucsf.edu/youth/clinical/)

### **Services Description**

- Individual nutrition counseling on general nutrition and medical nutrition therapy
- Individual nutritional counseling for eating disorders, sports nutrition, obesity, diabetes, and other nutrition disorders in teens

### **Eligibility Criteria**

- Medical referral is required for services
- Clients need to register with UCSF

### **Languages Available**

Interpreters are available in many languages

Arrangements should be made at the time the appointment is made

### **Fees**

- Call for fees
- Accepts most major insurance carriers

## NUTRITION COUNSELING



### **Women, Infants, and Children Supplemental Nutrition Program**

WIC Administrative Offices  
30 Van Ness Avenue, Suite 220  
San Francisco, CA 94102

**Phone: (415) 575-5788, Fax: (415) 575-5797**

[www.sfdph.org/PHP/wic\\_program.htm](http://www.sfdph.org/PHP/wic_program.htm)

#### **Services Description**

This is a federal nutrition program for pregnant, breastfeeding or postpartum women, and for children under 5 years of age. All WIC services are free. WIC provides:

##### Nutrition Education

- Individual dietary counseling of high-risk clients by a nutritionist/registered dietitian
- Group/individual discussions on various nutrition topics with emphasis on behavior modification techniques

##### Supplemental Foods

- The WIC program issues vouchers every month redeemable at local retail food outlets. WIC foods provide Vitamins A, C and D, and iron, protein, and calcium
- For information on foods received, see Food Resources section

##### Breastfeeding Support

- Manual breast pumps are provided to breastfeeding women
- Electric breast pumps are loaned to women meeting qualifying criteria
- Certified Lactation Educators are available to assist clients with lactation management and breastfeeding related issues
- Breastfeeding video loan program (English or Spanish)
- Breastfeeding classes for prenatal clients

##### Referrals to Health Care and Social Services

- Staff provides appropriate information and referrals for health care and social service programs and other community services

***Continued on next page***

***Women, Infants, and Children Supplemental Nutrition Program, Nutrition Counseling, cont.***

**Eligibility Criteria**

- Be pregnant, breastfeeding, or a postpartum woman (pregnant within the last 6 months)
- Be a child under 5 years of age
- Meet current federal income guidelines (families with a low to moderate income, and working families may qualify)
- Live in San Francisco County
- Clients not residing in San Francisco can call (888) 942-9675 for a WIC Program serving their area

**Enrollment Procedures**

Clients apply directly to the WIC clinic serving their neighborhood. There are five WIC clinics located throughout the city; **call (415) 575-5788 to locate the agency nearest to your client or see chart on page 2.27 for specific clinic locations.**

At the time of application, client must bring:

- Proof of income
- Proof of address
- ID: driver's license, California ID card or birth certificate
- WIC medical referral form, CHDP PM 160 form or copy of the medical record containing height and weight and results of blood tests, with the date and the provider's signature

**Languages Available**

English, Spanish, Chinese (Cantonese, Mandarin, several other dialects), Tagalog, Cambodian, Vietnamese, and Thai – please check at the individual clinics when making your appointment.

**Fees**

No fee

***Continued on next page***

***Women, Infants, and Children Supplemental Nutrition Program, Nutrition Counseling, cont.***

<b>San Francisco WIC Program Clinics</b>			
<b>Clinic Location</b>	<b>Address</b>	<b>Telephone</b>	<b>Fax</b>
San Francisco General Hospital	2550-23 <sup>rd</sup> Street, Building. 9, Room 125 San Francisco, CA 94110	(415) 206-5494	(415) 206-6543
Silver Avenue Family Health Center	1525 Silver Avenue San Francisco, CA 94134	(415) 715-0324	(415) 715-0344
Chinatown Public Health Center	1490 Mason Street San Francisco, CA 94133	(415) 364-7654	(415) 364-7659
Ocean-Park Health Center	11351- 24 <sup>th</sup> Avenue San Francisco, CA 94122	(415) 821-0123	(415) 822-3620
Southeast Health Center	2401 Keith Street San Francisco, CA 94124	(415) 671-7059	(415) 822-3620

## WEIGHT MANAGEMENT INTRODUCTION TO SECTION



This section includes programs that help individuals and groups achieve a weight that can support their well being. Programs listed here provide workshops and classes with a specific focus on weight issues and many provide services to the low income Food Stamp eligible population. This section also includes a list of organizations and materials that deal specifically with eating disorders. **These programs are not endorsed by the San Francisco Department of Public Health, Nutrition Services Department.** To make appointments, contact the individual weight management programs.

# WEIGHT MANAGEMENT



## Eating Disorders Resource List

The following resources were listed in the UC Berkeley Center for Health and Weight website at [www.nature.berkeley.edu/cwh/index.html](http://www.nature.berkeley.edu/cwh/index.html), under organizations and links.

### **After the Diet™**

A network of professionals dedicated to helping people overcome eating problems. The group recognizes that in the majority of cases, diets do not work, and are working together to find options that help those who feel that their attitudes and behaviors regarding food, weight, and exercise are no longer in control. The site provides information on a spectrum of products and services for individuals with eating problems related to stress, trauma, and similar problems, and for the professionals who help them. [www.afterthediet.com/](http://www.afterthediet.com/)

### **Anorexia and Related Eating Disorders**

This nonprofit organization provides information about anorexia nervosa, bulimia nervosa, binge eating disorder, compulsive exercising, and other less well-known food and weight disorders. [www.anred.com/index.html](http://www.anred.com/index.html)

### **Beyond Hunger**

Beyond Hunger is dedicated to helping individuals overcome the obsession with food and weight by providing the support, education and skills necessary to develop a positive and nurturing relationship to food, body and self. Beyond Hunger provides public programs that integrate the philosophies of intuitive eating, emotional wisdom and body acceptance that are essential to complete recovery from eating disorders. Beyond Hunger provides on-going support groups for adults and teens, one-day workshops, referral services, and prevention and education programs. [www.beyondhunger.org/](http://www.beyondhunger.org/)

*Continued on next page*

## ***Eating Disorders Resource List, cont.***

### **Body Image and Size Acceptance Connection**

Part of the UC Berkeley Department of Nutritional Sciences Extension website, links to resources include eating disorders and size acceptance organizations and literature, and many kids' health and nutrition websites.

[nature.berkeley.edu/departments/nut/extension/ceproj/home/home.html](http://nature.berkeley.edu/departments/nut/extension/ceproj/home/home.html)

### **Eating Disorders Coalition for Research, Policy & Action**

The Eating Disorders Coalition is a cooperative of professional and advocacy-based organizations committed to federal advocacy on behalf of people with eating disorders, their families, and professionals working with these populations.

[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)

### **Eating Disorders: A Food & Nutrition Resource List for Consumers**

A compilation of resources on eating disorders for the consumer, developed by Food and Nutrition Information Center (FNIC), provided on-line or by mail request. The materials on this list were recommended by eating disorder professionals or found on suggested reading lists of prominent organizations.

[www.nal.usda.gov/fnic/pubs/bibs/gen/eatingdis.htm](http://www.nal.usda.gov/fnic/pubs/bibs/gen/eatingdis.htm)

### **Harvard Eating Disorders Center**

Advances the understanding, prevention, and treatment of eating disorders through research, education, and outreach. Staffed by leaders in the field, the center spearheads research into the causes and treatments for eating disorders, as well as their associated medical and psychological conditions. [www.hedc.org/](http://www.hedc.org/)

### **Healthy Weight Network**

Weight and eating books and information by recognized scientific experts. The site offers scientific research on dieting, the failure of weight loss programs, eating disorders, obesity, overweight, size acceptance, diet quackery, and moving ahead with the nondiet health at any size paradigm. [www.healthyweight.net/](http://www.healthyweight.net/)

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### *Eating Disorders Resource List, cont.*

#### **National Association of Anorexia Nervosa and Associated Disorders (ANAD)**

The oldest national nonprofit organization helping eating disorder victims and their families. Offers free hotline counseling, an international network of support groups for sufferers and families, and referrals to health care professionals, who treat eating disorders, across the US and in fifteen other countries. [www.anad.org/site/anadweb/](http://www.anad.org/site/anadweb/)

#### **National Eating Disorders Association (NEDA)**

NEDA was formed in 2001 when the Eating Disorder and Prevention (EDAP) merged with the American Anorexia Bulimia Association, two of the largest eating disorder organizations in the world.

NEDA is the largest nonprofit organization in the United States working to provide programs, products and services to help prevent, treat, and cure eating disorders as well as promote of access to these through education, advocacy, and research.

The site includes many "printer-ready" resources, including "10 Things Parents Can Do to Help Prevent Eating Disorders."

[www.nationaleatingdisorders.org/p.asp?WebPage\\_ID=337](http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337)

#### **National Eating Disorders Organization (NEDO)**

##### **Part of the NEDA alliance**

Provides eating disorders and obesity education, consultation, research, and treatment referral services nationally and internationally. [www.kidsource.com/nedo](http://www.kidsource.com/nedo)

(See also [www.nationaleatingdisorders.org/p.asp?WebPage\\_ID=337](http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337))

#### **The Renfrew Center**

A women's mental health center and an innovative resource in education and treatment for eating disorders (anorexia, bulimia & compulsive overeating), trauma, anxiety, depression and women's issues. The Center has 7 locations in 5 states.

[www.renfrew.org/](http://www.renfrew.org/)

# WEIGHT MANAGEMENT



## **Kaiser Permanente Weight Management Programs**

Health Education Department

2241 Geary Blvd.

San Francisco, CA 94115

**(415) 833-3450**

### **Services Description**

#### **Weight Management 101**

- Foundations in Weight Management is a one-session class to help participant determine his/her readiness to make lifestyle changes for weight loss and weight management
- This class gives information on the relationship between health and weight, effects of dieting, successful weight loss and management strategies and weight management resources

#### **Get Moving**

- Get Moving Overview is a one-session class that gives basic information and guidelines about physical activity
- The class also helps participant develop a personal physical activity plan. This plan is based on activities participant enjoy as well tips to help him/her overcome any physical activity barriers he/she may have

#### **Lifestyle and Weight Management Multi-Session Program**

- The program's goal is to teach you a variety of tools to help make lifestyle changes for long term weight management
- These tools include goal setting, mindful eating, physical activity planning, social support, food shopping and eating out and more
- The focus is on learning how to maintain healthy lifestyle habits and a healthy weight

***Continued on next page***

## ***Kaiser Permanente Weight Management Programs, cont.***

### **Cultivating Health Weight Management Kit**

- This is a self-paced do-it-yourself program focusing on long-term weight management skills
- Cultivating Health contains exercises and tools to help participant make decisions about lifestyle changes
- The program materials are available in most Health Education departments
- A few medical facilities also offer a short interactive class to go with the self-paced program

### **Internet Options**

- Personalized on-line programs featured on [www.kp.org](http://www.kp.org) to help participant manage his/her weight through lifestyle changes
- Nourish gives participant personalized strategies for making smart and delicious food choices to increase energy, manage weight, and live a longer, healthier life
- Balance gives participant personalized weight loss strategies for reaching his/her ideal healthy weight with a program that's helped thousands of people lose weight and keep it off

### **Eligibility Criteria**

Available to Kaiser members and members of the public.

See Fees below for more details.

### **Languages Available**

English

### **Fees**

- Weight management 101, Get Moving, and Internet Options are available only to Kaiser members and are free
- Lifestyle and Weight Management Multi-session Program is available to Kaiser members- 10 sessions at \$10 per session. For the public- \$17.50 per session
- The Cultivating Health Weight Management Kit is \$15 for the public

# WEIGHT MANAGEMENT



## **University of California San Francisco Outpatient Nutrition Counseling Clinic**

400 Parnassus, Room 435

San Francisco, CA 94143

**Phone: (415) 353-2291 (Outpatient Clinic)**

**Weight Management Line: (415) 353-2105**

### **Services Description**

Individual nutrition counseling on personal weight loss plan and other therapeutic diets tailored to patient's needs and physician's recommendations

#### **Step by Step Program**

- Weight management program for individuals with moderate obesity
- Individual consultations to develop diet plan and 10-month group sessions focusing on behavior change, stress management, and regular aerobic exercise

#### **Meal Replacement Program**

- Weight management program for individuals with moderate to severe obesity
- Physician supervised meal replacement program for obesity treatment
- Program includes medical evaluation with follow-up, individual diet consultations, and group education/support sessions focusing on long-term behavior change and regular aerobic exercise

### **Eligibility Criteria**

A medical referral is required for the nutrition counseling clinic, but not for the weight management programs

### **Languages Available**

Weight management groups are available in English only

***Continued on next page***

***University of California San Francisco,  
Outpatient Nutrition Counseling Clinic, cont.***

**Fees**

Call for information on fees

- Patient needs to check with insurance for coverage in the weight management program. If not covered then it will be self-pay
- Medi-cal does not currently cover for weight management nutrition counseling
- Diabetes and chronic renal failure are covered under Medi-Cal for nutrition counseling

# WEIGHT MANAGEMENT



**University of California San Francisco**  
**UCSF Weight Loss and Shapedown Pediatric and Teen Program**  
P.O. Box 121  
Los Altos, CA 94023  
**Phone: (650) 858-1167**

## **Services Description**

- Family-based treatment of childhood and adolescent obesity delivered by licensed Shapedown providers with the support of a registered dietitian, exercise physiologist and a mental health professional
- The group meets for 9 weeks, one two-hour session per week. The advanced group meets for 10 additional weeks – the full program is recommended for best results.
- Includes information and skill building on nutrition, physical activity, communication, parenting skills, positive self-concept and body image

## **Eligibility Criteria**

- This program is for children and teens 6 to 18 years of age
- Clients need to register by calling the main number
- No medical referral is required for services, but before enrollment participants may need an assessment provided prior to the start of the group

## **Languages Available**

English only

*Continued on next page*

***University of California San Francisco,  
UCSF Weight Loss and Shapedown Pediatric and Teen Program, cont.***

**Fees**

Call for fee

- Clinical discounts for office visits may be available for low-income individuals
- Sliding scale is available

# WEIGHT MANAGEMENT



## Weight Management and Resources Information American Dietetic Association Position Statement, Abstract (revised 2002)

The American Dietetic Association (ADA) is the nation's largest organization of food and nutrition professionals with nearly 70,000 members, the majority of whom are registered dietitians. The goal of the ADA is to serve the public by promoting optimal nutrition, health, and well being.

### **POSITION STATEMENT**

*"It is the position of the American Dietetic Association that successful weight management to improve overall health for adults requires a lifelong commitment to healthful lifestyle behaviors emphasizing sustainable and enjoyable eating practices and daily physical activity."*

### **ABSTRACT**

*It is the position of the American Dietetic Association that successful weight management to improve overall health for adults requires a **lifelong commitment to healthful lifestyle behaviors emphasizing sustainable and enjoyable eating practices and daily physical activity**. Americans are increasing in body fat as they become more sedentary. Obesity has reached epidemic proportions and health care costs associated with weight-related illnesses have escalated. Although our knowledge base has greatly expanded regarding the complex causation of increased body fat, little progress has been made in long-term maintenance interventions with the exception of surgery. **Lifestyle modifications in food intake and exercise remain the hallmarks of effective treatment**, but are difficult to initiate and sustain over the long term. The dietitian can play a pivotal role in modifying weight status by helping to formulate reasonable goals which can be met and sustained with a healthy eating approach as outlined in the Dietary Guidelines for 2000.*

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### ***Weight Management and Resources Information, cont.***

*Any changes in dietary intake and exercise patterns which decrease caloric intake below energy expenditure will result in weight loss, but it is the responsibility of the dietitian to make sure the changes recommended are directed toward improved physiological and psychological health. A thorough clinical assessment should help define possible genetic, environmental, and behavioral factors contributing to weight status and is important to the formulation of an individualized intervention. The activation of treatment strategies is often limited by available resources and cost. Reimbursement by third party payers for services is limited. Health care dollars are consumed for treatment of weight related diseases. Public policy must change if the obesity epidemic is to be stopped and appropriate weight management techniques activated.*

*In the past decade, our growing knowledge of the genetic, physiological, psychological, metabolic, and environmental influences on body weight has increased our awareness of complexities of weight management. New research has provided a basis for evaluating our traditional intervention strategies and outcome goals. Americans are gaining weight at an alarming rate (1). Obesity is rapidly becoming an epidemic in this country. A sedentary life coupled with access to an abundance of energy-dense food has led to an increase in this chronic disease with national health care costs reaching \$70 billion per year (2,3).*

*Currently, available data on lifestyle weight loss interventions indicate that they produce low levels of sustained loss (4). Typically reported weight losses remaining after 4-5 years are about 3% to 6% of initial body weight (5). A 5% weight loss does have health benefits and counters weight gain that may have occurred if one had not been involved with weight loss strategies. There is a prevailing need for dietetics professionals and other health care professionals to document outcomes on weight loss programs/interventions, since there is limited data from commercial, hospital, and other interventions. Many people are spending a considerable amount of money on weight loss programs, and outcome data is needed to document the effectiveness of these. For most people who are overweight or obese, treatment recommendations are based on decreasing caloric intake, increasing physical activity, and making permanent, healthy lifestyle changes. Self-reports from individuals who lose weight and keep it off on their own, without professional support, indicate that these individuals are able to sustain changes in physical activity and food intake over time (5-7). Evaluating the efficacy of weight management strategies depends on identifying outcome goals.*

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### ***Weight Management and Resources Information, cont.***

*Traditionally, evaluation has been on total weight loss; it is now realized that prevention of weight gain as well as weight loss and improving health status are important goals. We must move away from assuming that weight management is synonymous with the achievement of slenderness. Rather than recommending an unrealistic weight loss which is usually not achieved or maintained, patients must be helped to achieve and accept a healthier weight and adopt healthier lifestyles that lead to reducing health risks (8).*

*Given our current obesity-conducive environment, significant change will require a concerted effort by both public and private sectors to address the environmental contributors to both childhood and adult obesity. Dietitians and other health care providers also have a responsibility to address these public health issues. While this paper doesn't specifically concentrate on pediatric and adolescent obesity, the general concept about lifestyle can apply to this population."*

Printed with permission from the ADA.

For the full text: *Journal of the American Dietetic Association*, August 2002; 102:1145-1155. American Dietetic Association Position adopted by the House of Delegates October 20, 1996, and reaffirmed on September 12, 1999.  
[www.eatright.org](http://www.eatright.org)

### **REFERENCES**

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5. Anderson JW, Kontz EC, Frederich RC, Wood CL. Long-term weight-loss maintenance: a meta-analysis of US Studies. *Am J Clin Nutr.* 2001; 74:579- 584.

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### ***Weight Management and Resources Information, cont.***

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### **A Healthier You!**

Fad diets, diet pills, and even surgery are all approaches that are becoming dangerously more popular in reaching for the quick fix in weight loss. With the countless number of weight loss schemes and claims out there, accurate nutrition information is becoming altered and diluted. The commonality in most fad diets is that they are low in calories and may help someone lose weight initially. Where most fad diets fall short is providing accurate nutrition information and support to maintain the weight loss.

Most nutrition experts will agree that the cornerstones of successful weight maintenance is a lifelong commitment to eating a balance of whole foods coupled with regular physical activity. Food sources should consist of variety of whole grains and legumes, fruits, vegetables, lean proteins, low fat dairy products, and healthy fats (omega 3 & omega 6 fatty acids) and should limit refined foods, packaged and processed foods, high sugar foods, foods high in trans-fatty acids (partially/fully hydrogenated oils).

**The following information is a brief analysis of two of the most common weight loss diets.**

### **Low-Fat Diets**

These diets plans limit the amount of total fat and saturated fat while allowing moderate amounts of lean protein, low-fat dairy, and more carbohydrates (with the focus on complex carbohydrates). Fat is limited to less than 30% of the total calories, less than 10% from saturated fats, and avoiding trans fatty acids coming from foods with partially hydrogenated oils. Fat is the densest in calories at 9 calories per gram. The idea is the less fat eaten, the less calories consumed, thereby aiding in weight loss efforts of consuming less total calories.

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### ***Weight Management and Resources Information, cont.***

Furthermore, a low-fat diet is also lower in dietary cholesterol which has been shown to prevent heart disease and some cancers. Non-fat diets are discouraged since some fats are essential for bodily functions. The fats recommended in small amounts are unsaturated (mono- and poly-). Moderate portions of low-fat dairy products and lean proteins like beans, fish and poultry are highly encouraged instead of whole-fat dairy products and red meats. Fruits and vegetables are allowed in abundance since these foods are low in fat and calories and provide many vitamins, minerals, and fiber.

#### **Low-Carbohydrate (“Low Carb”) Diets**

Diet plans like these restrict carbohydrates and are usually high in protein. Fruits, many vegetables, whole grains and legumes, and low-fat dairy products are typically not allowed in the initiation phase, and allowed in very limited quantities in the maintenance phase of the diet. Other sweets containing sugar, high fructose corn syrup, glucose, fructose, lactose, and other forms of sugars and sugar substitutes are typically not allowed. Protein sources are usually from red meat, chicken, pork, eggs, fish, shellfish, and nuts. A typical breakdown of a low-carbohydrate diet after the initiation phase may be 40% protein, 40% fat (any type), and 20% carbohydrate.

Some low carbohydrate diets refer to the glycemic index of foods. The glycemic index is a ranking system for carbohydrates based on how fast they break down in the body. Foods with a high glycemic index break down quickly in the body when eaten alone. Those foods include simple carbohydrates, such as white bread, white rice, sweet cereals, and sugary foods. Foods with a low glycemic index break down slower when eaten alone, and those foods include complex carbohydrates, whole-grain bread and cereals, brown rice, and vegetables. The theory behind the glycemic index is that when high glycemic foods are eaten, the blood sugar raises rapidly, thereby putting extra stress on the pancreas to release more insulin to process these sugars. It is important to remember that the body processes different foods at different rates, especially when eaten together. During meal times, we tend eat foods that digest slower with those that may digest quicker, so effect on blood sugar will likely not be so dramatic.

Avoiding high sugar foods such as soda, fruit drinks, cookies and cakes eliminates unnecessary calories, however, by avoiding grains, dairy, and produce, the diet may lack certain vitamins & minerals as well as fiber. That is one reason why diet plans like these try to sell their specific brand of multivitamin & mineral supplement and specialty line of foods (often expensive).

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### ***Weight Management and Resources Information, cont.***

Furthermore, since the body is not given sufficient carbohydrates to facilitate overall metabolism, the body begins to break down fats into acids called ketones. This process, ketosis, can cause weakness, nausea, dehydration, loss of calcium, bad breath, and can exacerbate problems with the kidney, liver, gout, and lipid abnormalities. The weight loss is usually due to water loss, not body fat, and is usually quickly regained when the diet is not followed.

### **SELECTED NUTRITION AND WEIGHT MANAGEMENT RESOURCES**

American Dietetic Association

[www.eatright.org](http://www.eatright.org)

Center for Science and the Public Interest

Nutrition Action newsletter

[www.cspinet.org](http://www.cspinet.org)

Center for Weight and Health

<http://nature.berkeley.edu/cwh/index.html>

CDC Nutrition and Physical Activity

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

Strategic Alliance

Promoting healthy food and activity environments

[www.eatbettermovemore.org](http://www.eatbettermovemore.org)

### **START YOUR PHYSICAL ACTIVITY PROGRAM**

America On The Move

Get Your own Walking Program Started

[www.americaonthemove.org](http://www.americaonthemove.org)

San Francisco City Guide Walking Tours

<http://www.sfcityguides.org/index.html>

Shape Up America!

[www.shapeup.org](http://www.shapeup.org)

## **NUTRITION INFORMATION AND EDUCATION**

### **INTRODUCTION TO SECTION**



This section is intended to assist you in locating information or nutrition education materials in a variety of languages for use in serving all clients, including those that are low income Food Stamp eligible, or supporting your staff. These resources are considered generally reliable and up-to-date. Because nutrition is a rapidly changing field, we cannot insure that all materials will be correct at all times. Whenever possible, we have included websites which may be updated regularly. We have also included some information on Vegetarianism.

## NUTRITION INFORMATION AND EDUCATION



### **American Cancer Society (ACS)**

201 Mission Street, Suite 20

San Francisco, CA 94105

**Phone: (415) 394-7100**

[www.cancer.org](http://www.cancer.org)

#### **Services Description**

- Provide nutrition handbooks and information on cancer risk reduction

#### **Eligibility Criteria**

Services available to all

#### **Languages Available**

Pamphlets are available in English

Some pamphlets are also available in Chinese, Spanish and Vietnamese

#### **Fees**

No fee

## NUTRITION INFORMATION AND EDUCATION



### **American Diabetes Association**

1900 Powell Street, Suite 285

Emeryville, CA 94608

**Phone: (888) DIABETES**

**Diabetes Information and Action Line: 1-800-342-2383**

[www.diabetes.org](http://www.diabetes.org)

#### **Services Description**

- Provide educational programs and advocate on behalf of people with diabetes
- Provide general information on diabetes and nutrition for Type I, Type II and gestational diabetes
- Books and cookbooks are available for purchase, single copies of pamphlets and brochures are available for free, quantities can be purchased

#### **Eligibility Criteria**

Services available to all

#### **Languages Available**

English, Spanish and Cantonese speaking staff available

Materials available in English and some in Spanish

#### **Fees**

No fee for information or single copies of pamphlets and brochures



# NUTRITION INFORMATION AND EDUCATION



## **American Dietetic Association**

Consumer Nutrition Information Line

**Phone: (800) 366-1655**

[www.eatright.org](http://www.eatright.org)

### **Services Description**

- Provide food and nutrition messages recorded by a registered dietitian  
Monday - Friday, 8:00am - 8:00pm (Central Standard Time)

### **Eligibility Criteria**

Services available to all

### **Languages Available**

English only

### **Fees**

No fee

## NUTRITION INFORMATION AND EDUCATION



### **American Heart Association**

120 Montgomery Street, Suite 1650

San Francisco, CA 94104

**Phone: (415) 433- 2273, Chinese Phone Line: (415) 228-8404**

[www.americanheart.org](http://www.americanheart.org)

#### **Services Description**

- Pamphlets on weight control, hypertension, cholesterol, sodium and modification of risk factors, smoking cessation, etc. are available

#### **Eligibility Criteria**

Services available to all

#### **Languages Available**

English and Spanish speaking staff available. Materials available in English, some in Spanish, Chinese and Tagalog

#### **Fees**

- No fee
- Larger quantities of the written materials can be purchased
- Please request title list and prices of materials available

## NUTRITION INFORMATION AND EDUCATION



### BAY AREA DIETETIC ASSOCIATION (BADA)

**E-Mail: [BADA\\_CDA@dietitian.org](mailto:BADA_CDA@dietitian.org)**

[www.dietitian.org](http://www.dietitian.org)

(Click on District & Dietary Practice Groups (DPGs). Click on Bay Area)

#### **Services Description**

- Registered dietitians available to present lectures on nutrition issues to professional and community groups, as well as at community events
- Registered dietitians available for television/radio interviews and to write nutrition articles for some publications
- Nutrition seminars are offered annually to both dietetic professionals and the public

#### **Eligibility Criteria**

Services available to all - contact us via our email or website

Interested in becoming a BADA member? Membership categories are:

- A Registered Dietitian (RD), Dietetic Technician, Registered (DTR) dietetic student (BS, MS, MPH) or intern, or retired RD/DTR, all of whom are also a member of the American Dietetic Association (ADA).
- A subscriber to our quarterly newsletter, The Bayleaf

#### **Languages Available**

The dietitians who provide services have a variety of cultural and language skills. Call to check if we can accommodate the needs of your clients.

#### **Fees**

E-mail for fees

## NUTRITION INFORMATION AND EDUCATION



### **California Healthy Kids Resource Center (CHKRC)**

313 West Winton Avenue, Room 176

Hayward, CA 94544

**Phone: (510) 670-4581**

[www.californiahealthykids.org](http://www.californiahealthykids.org)

#### **Services Description**

- Comprehensive health education lending library for teachers (K-12) in California that introduces nutrition education and food service materials
- Technical assistance with selection and use of materials is also available
- Books, laserdiscs, videos, health frameworks, curricula, displays, etc. may be checked out for up to 4 weeks via phone, fax, or the Internet
- The CHKRC web site features searchable databases for materials available for loan, school health laws, school-health-related conferences and trainings in California, research summaries, assessment & planning documents and links to other web sites

#### **Eligibility Criteria**

- Teacher of grades K-12
- A loan agreement must be on file
- Materials must be returned via United Parcel Service (UPS) before the 4-week loan period ends

#### **Languages Available**

Materials are available in English

Some are also available in Spanish, Cantonese and Vietnamese

*Continued on next page*

***California Healthy Kids Resource Center, cont.***

**Fees**

- No fee, comprehensive catalog of resource materials also available for free
- Borrower must pay return postage

# NUTRITION INFORMATION AND EDUCATION



## California Nutrition Network (CNN) for Healthy, Active Families

1616 Capitol Avenue, Suite 74.516  
MS 7204  
P.O. Box 942732  
Sacramento, CA 94234-7320

**Phone: (916) 449-5400**

For materials: 888-EAT-FIVE

Website: [www.ca5aday.com](http://www.ca5aday.com)

or

[www.dhs.ca.gov/ps/cdic/cpns/network/rnn.htm](http://www.dhs.ca.gov/ps/cdic/cpns/network/rnn.htm)

(Click on your local regional Nutrition Network from the list)

### **Services Description**

- CNN employs a broad-based social marketing campaign to create innovative partnerships so that low-income Californians are enabled to adopt healthy eating and physical activity patterns as part of a healthy lifestyle
- CNN currently funds over 130 projects, including Local Incentive Awardees (LIAs), special projects, Regional Nutrition Networks, and Network partners that serve as "ambassadors" in delivering the 5 A Day and physical activity messages
- CNN is working to facilitate the efforts of a wide range of physicians, health departments, school districts, and community-based organizations to promote healthy eating and physical activity habits in school-aged children and their parents
- 11 Regional Nutrition Networks provide Services to all California Counties
- The Regional Nutrition Networks provide training, coordination and communications support to all Network-funded projects and other stakeholders in the region

***Continued on next page***

***California Nutrition Network for Healthy, Active Families, cont.***

- The Regional Nutrition Networks implement regional 5 a Day Campaigns that focus on special populations.

**Eligibility Criteria**

California community agencies/organizations that serve low-income clients

**Languages Available**

English for the website, information on campaigns, etc.

Nutrition Education Materials are available in English and Spanish

**Fees**

No fee

# NUTRITION INFORMATION AND EDUCATION



## City College of San Francisco, Consumer Education Department

CCSF John Adams Campus

1860 Hayes Street

San Francisco, CA 94117

**Phone: (415) 561-1914**

[www.ccsf.edu](http://www.ccsf.edu)

### Description

#### Non-Credit Program

- Free Health and Nutrition classes targeting older adults at 47 sites in San Francisco (e.g. senior centers, adult day health centers, and other community sites)

#### Credit Program

- Nutrition Assistant Program, a two-semester certificate program which combines academic coursework with a field experience component to train paraprofessionals for employment in public health settings and hospitals. Job placement and referrals also provided.

### Eligibility Criteria

#### Non-Credit Program

- Anyone 18 years of age or older

#### Credit Program (Nutrition Assistant Program)

- High school diploma or equivalency
- English language proficiency
- Submission of a written application
- Successful completion of 1-unit pre-requisite course:  
HOEC 98 - Introduction to the Nutrition Assistant Program

*Continued on next page*



*City College of San Francisco, Consumer Education Department, cont.*

**Languages**

Non-Credit Program

- English, some classes may be available in Spanish and Cantonese

Credit Program (Nutrition Assistant Program)

- English only

**Fees**

Non-Credit Program

- No fee

Credit Program (Nutrition Assistant Program)

- Fees are per semester unit, plus Student Health fee per semester

# NUTRITION INFORMATION AND EDUCATION



## **Dairy Council of California**

80 Swan Way, Suite 140

Oakland, CA 94621

**Phone: (510) 286-0490**

[www.dairycouncilofca.org](http://www.dairycouncilofca.org)

### **Services Description**

Programs for patients available to RDs, RNs, MDs, School Nurses, and Federally Funded Programs (i.e. WIC & Head Start Coordinators):

- A Special Time for Nutrition: Provides information and suggestions about dietary changes to support mother and baby's health during pregnancy
- The Calcium Connection: Specifics for women, preteens, and girls about maintaining and building strong bones
- Making Meals Matter: An opportunity for parents to assess their children's food intake by using the food guide pyramid
- Activity & Eating: An opportunity for an individual to assess their current activity levels and food choices compared to current health recommendations

Programs for students available to Teachers (K-8):

- Building a Healthy Me! (K): Introduces the idea of choosing healthy, good-tasting foods each day. Includes a teacher's guide, poster, pictures of foods, parent booklets and student workbooks
- Healthy Choices, Healthy Me (1<sup>st</sup> - 2<sup>nd</sup>): Teaches children why they need to eat many different foods from each food group. Includes a teacher's guide, poster, pictures of foods, parent connection, and student workbooks
- Nutrition Pathfinders (3<sup>rd</sup> - 5<sup>th</sup>): A decision-making simulation that challenges students to experience real-world practice in applying problem-solving, reasoning, and critical thinking skills. Includes a teacher's guide, set of 6 Camp Eatawella CD-ROMs, student workbooks, and online parent connection at [www.np.dairycouncilofca.org](http://www.np.dairycouncilofca.org)
- Exercise Your Options (6<sup>th</sup> - 8<sup>th</sup>): Helps students identify the connection between physical activity, food choices, and good health. Includes a teacher's guide, poster, and student workbooks

*Continued on next page*

*Dairy Council of California, cont.*

**Eligibility Criteria**

- California health professionals
- Classroom teachers

**Languages Available**

All materials are available in English and most are also available in Spanish.

**Fees**

No fee

## NUTRITION INFORMATION AND EDUCATION



### **Feeling Good Project**

San Francisco Department of Public Health - Nutrition Services

30 Van Ness Avenue, suite 3500

San Francisco, CA 94102

**Phone: (415) 575-5689**

[www.dph.sf.ca.us/PHP/MCH/FeelingGood.htm](http://www.dph.sf.ca.us/PHP/MCH/FeelingGood.htm)

#### **Services Description**

- Provide nutrition education classes to staff of agencies and organizations serving low income San Francisco residents
- Provide nutrition education materials
- Available to participate in local cultural and community events to promote healthy eating and physical activity
- Available to provide technical assistance on nutrition and physical activity promotion to community agencies/organization and SFDPH programs
- Collaborate with Chinatown Public Health Center on a Chinese 5 a Day Project to develop nutrition education materials and provide technical assistance and training to providers and organizations serving the Chinese community in San Francisco
- Collaborate with parents, SFUSD staff and students to support healthier foods and opportunities for physical activity in SF schools
- Collaborate with a group of Mission District based organizations in the Mission known as the Mission Latino Family Partnership (MLFP) to develop and disseminate a bilingual cooking curriculum to promote fruit and vegetable intake

***Continued on next page***

***Feeling Good Project, cont.***

**Eligibility Criteria**

- San Francisco residents that are 185% or less of Federal Poverty Level
- San Francisco community agencies/organizations that serve low-income clients
- San Francisco schools where at least 50% of students receive free or reduced price school lunches

**Languages Available**

Instruction given in English, Spanish and Chinese. Nutrition education literature available in English, Spanish, and Chinese.

**Fees**

No fee

# **NUTRITION INFORMATION AND EDUCATION**

## **INTERNET RESOURCES**



### **California Adolescent Nutrition and Fitness (CANFit) Program**

The main components of **CANFit** are providing training and technical assistance to youth serving organizations; developing, evaluating and disseminating effective culturally-appropriate nutrition and physical activity educational materials and social marketing programs; advocating for policies that enhance nutrition and physical activity; awarding academic scholarships; and funding innovative community-based projects. [www.canfit.org](http://www.canfit.org)

### **California Dietetic Association (CDA)**

The California Dietetic Association is a dedicated group of 7,000 dietetic professionals who practice in California. The CDA website was designed to share expertise in the field of nutrition and to assist health care professionals and consumers in finding reliable nutrition information. [www.dietitian.org](http://www.dietitian.org)

### **California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL)**

CPL is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies, and community-based solutions. CPL works with state and local physical activity and nutrition leaders to conduct programs in communities throughout California. CPL provides a wealth of resources, evaluations, articles and materials for promoting healthy eating and physical activity. [www.californiaprojectlean.org](http://www.californiaprojectlean.org)

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## *Nutrition Information and Education Internet resources, cont.*

### **Centers for Disease Control and Prevention (CDC) National Center for Chronic Disease Prevention and Health Promotion**

CDC's National Center for Chronic Disease Prevention and Health Promotion conducts studies to better understand the causes of chronic diseases, supports programs to promote healthy behaviors, and monitors the health of the nation through surveys. [www.cdc.gov](http://www.cdc.gov)

### **Dietary Guidelines for Americans 2005**

Dietary Guidelines for Americans is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. [www.healthierus.gov/dietaryguidelines/](http://www.healthierus.gov/dietaryguidelines/)

### **5 A Day for Better Health Program**

The 5 A Day for Better Health Program is a national initiative to increase consumption of fruits and vegetables by all Americans to 5 to 9 servings a day. The program seeks to do this by increasing public awareness of the importance of eating 5 to 9 servings of fruits and vegetables every day for better health, providing consumers with specific information about how to include more servings of fruits and vegetables into their daily routines, and increasing the availability of fruits and vegetables at home, school, work, and other places where food is served. [www.5aday.gov](http://www.5aday.gov)

### **Food and Nutrition Information Center (FNIC)**

The FNIC's web site provides a directory to credible, accurate, and practical resources for consumers, nutrition and health professionals, educators and government personnel. Printable format educational materials, government reports, research papers and more are available. FNIC nutrition information specialists review all site content to ensure top quality resources. [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

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## ***Nutrition Information and Education Internet resources, cont.***

### **healthfinder®**

healthfinder® is an award-winning Federal Web site for consumers, developed by the U.S. Department of Health and Human Services together with other Federal agencies. Since 1997, healthfinder® has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. healthfinder® links to carefully selected information and Web sites from over 1,500 health-related organizations. [www.healthfinder.gov](http://www.healthfinder.gov)

### **International Food Information Council (IFIC)**

IFIC collects and disseminates science-based information on food safety, nutrition, and health, and helps translate research into understandable and useful information for health and nutrition professionals, educators, journalists, government officials and others providing information to consumers. [www.ific.org](http://www.ific.org)

### **Milk Matters Calcium Education Campaign**

Milk Matters is a nationwide campaign dedicated to increasing calcium consumption among America's children and teens. Milk Matters focuses on educating people about the importance of calcium for building strong and healthy bones. The National Institute of Child Health and Human Development (NICHD) sponsors this campaign to help make sure America's children grow to be strong and healthy adults. [www.nichd.nih.gov/milk/milk.cfm](http://www.nichd.nih.gov/milk/milk.cfm)

### **MyPyramid.gov**

MyPyramid.gov is your access point for the USDA food guidance system. It contains the latest news, background information, and resources about the food guidance system. The My Pyramid food guidance system provides many options to help Americans make healthy food choices and to be active every day. [mypyramid.gov](http://mypyramid.gov)

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## ***Nutrition Information and Education Internet resources, cont.***

### **National Institute on Health (NIH), Senior Health.Gov**

NIHSeniorHealth.gov is a web site for older adults. NIHSeniorHealth makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information. [nihseniorhealth.gov](http://nihseniorhealth.gov)

### **Nutrition.gov**

Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers, educators and health professionals. Since dietary needs change throughout the lifespan, specialized nutrition information is provided about infants, children, teens, adult women and men, and seniors. Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe. The site is kept fresh with the latest news and features links to interesting sites. [www.nutrition.gov](http://www.nutrition.gov)

### **Osteoporosis and Related Bone Disease National Resource Center**

The National Resource Center is dedicated to increasing the awareness, knowledge and understanding of physicians, health professionals, patients, underserved and at-risk populations (such as Hispanic and Asian women, adolescents, and men) and the general public about the prevention, early detection and treatment of osteoporosis and related bone diseases. [www.osteoporosis.org](http://www.osteoporosis.org)

### **Team Nutrition**

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

***Continued on next page***

*Nutrition Information and Education Internet resources, cont.*

**The Center for Nutrition Policy and Promotion (CNPP)**

CNPP works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. Center staff helps to define and coordinate nutrition education policy within USDA and to translate nutrition research into information and materials for consumers, policymakers, and professionals in health, education, industry, and media. [www.cnpp.usda.gov](http://www.cnpp.usda.gov)

**United States Department of Agriculture**

USDA develops and promotes dietary guidance and nutritional recommendations aimed at improving the health and well-being of Americans. [www.usda.gov](http://www.usda.gov)

## NUTRITION INFORMATION AND EDUCATION



### **La Leche League of San Francisco**

394 Rutland Avenue

San Jose, CA 95128

**Phone: (800) LA-LECHE**

Local Website: <http://members.aol.com/lllpeninsula/>

International Website: [www.lalecheleague.org](http://www.lalecheleague.org)

#### **Services Description**

- Group and individual support, education, and information on all breastfeeding issues
- Telephone help, informational and support meetings and home visits are offered to women starting with their 6th month of pregnancy and breastfeeding mothers
- La Leche League leaders are all volunteers and experienced breastfeeding mothers who have been accredited by La Leche League International (LLLI)
- Their book “The Womanly Art of Breastfeeding” includes medical research on breastfeeding and the wisdom and experience of breastfeeding mothers is available in English, Spanish, French, German, Dutch, Italian, Japanese, Indonesian and Braille
- Continuing Medical Education is offered to physicians and other health care providers through local and national conferences

#### **Eligibility Criteria**

Services available to all

#### **Languages Available**

Bay Area Locations (some not all)

English, Spanish, Portuguese, French, and services for the deaf

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## ***La Leche League, cont.***

### La Leche League International

Publication, #558 is a LLLI Translation List and Directory.

Please call (847) 519-9585 between 9:00am - 5:00pm (Central Standard Time) to order a free copy. Items in the following languages must be ordered from LLLI; they are not available at the local level.

- |                     |               |                        |
|---------------------|---------------|------------------------|
| • Afrikaans         | • Greek       | • Polish               |
| • Arabic            | • Hebrew      | • Portuguese           |
| • Braille (English) | • Hmong-Hmoob | • Russian              |
| • Cambodian         | • Hungarian   | • Sotho / Xhosa / Zulu |
| • Chinese           | • Indonesian  | • Spanish              |
| • Dutch             | • Italian     | • Tagalog              |
| • Finnish           | • Japanese    | • Thai                 |
| • French            | • Korean      | • Turkish              |
| • German            | • Laotian     | • Vietnamese           |

### **Fees**

- Telephone help line is free to all mothers
- Mothers attending meetings are asked to join LLL by paying a membership fee. (First meeting is always free)
- \$30 yearly membership fee includes:
  - Magazine subscription to “New Beginnings” in English or Spanish
  - 10% discount on most catalog purchases
  - Advance notification of events
  - Discounts on conferences
  - Use of lending library
  - Term life insurance at reduced group rates

## NUTRITION INFORMATION AND EDUCATION



### **March of Dimes - Northern California Chapter**

1050 Sansome Street, 4<sup>th</sup> Floor

San Francisco, CA 94111

**Phone: (415) 788-2202**

Local Website: [www.baydimes.org](http://www.baydimes.org)

National English Website: [www.marchofdimes.com](http://www.marchofdimes.com)

National Spanish Website: [www.nacersano.org](http://www.nacersano.org)

#### **Services Description**

- Provide a variety of health education materials and services. A catalog of materials is available upon request
- Continuing education resources are available for medical providers through provider conferences and workshops on topics related to improving prenatal outcomes
- Free service to businesses through the “Healthy Babies Healthy Business” program. HBHB delivers pregnancy and wellness information to employees through corporate Intranet systems

#### **Eligibility Criteria**

Services available to all

#### **Languages Available**

Materials and workshops are in English; some are also available in Spanish

#### **Fees**

Free or low cost

# NUTRITION INFORMATION AND EDUCATION



## **United States Food and Drug Administration (FDA)**

Public Affairs Office  
1431 Harbor Bay Parkway  
Alameda, CA 94502

**Phone: (510) 337-6736**

[www.fda.gov](http://www.fda.gov)

### **Services Description**

- Public Affairs Specialists (PASs) office serves as a local liaison between the general public, including the media, and the FDA
- Available to answer questions about food/food safety, nutrition, drugs, devices, and other health - related issues relevant to the FDA. This can be done by phone, mail, or e-mail
- Available to give speeches / workshops and staff exhibits for professional and community events, depending on availability resources
- Reprints of articles from the agency's magazine, "FDA Consumer", and other printed materials are available. Quantities of materials are available for educational purposes.
- A wealth of information, including educational materials and slide shows for downloading can be found on the website

### **Eligibility Criteria**

Services available to all

### **Languages Available**

Materials are available in English

Some materials are also available in Spanish and various Asian languages

***Continued on next page***

*US Food and Drug Administration, cont.*

**Fees**

No fee

# NUTRITION INFORMATION AND EDUCATION



## University of California Cooperative Extension (UCCE)

San Francisco/San Mateo Counties

300 Piedmont Avenue

Building B, Room 227

San Bruno, CA 94066

**Phone: (650) 871-7559**

**[www.cesanmateo.ucdavis.edu/](http://www.cesanmateo.ucdavis.edu/)**

### **Services Description**

- Provide nutrition education instruction on basic nutrition, resource management, food shopping and preparation skills, child feeding practices, and food safety
- Program delivery approaches include group instruction, workshops, learn-by-mail (home study) program, and in-home instruction
- Expanded Food and Nutrition Education Program (EFNEP)
- Adult Food Stamp Nutrition Education Program (Adult FSNEP)
- Youth Food Stamp Nutrition Education Program (Youth FSNEP)
  - Nutrition education curricula and resources for eligible schools and agencies
  - In-service training for teachers and child care providers to implement the various curricula
  - Classroom presentations
  - Coordination of special nutrition education events
  - Newsletter

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*University of California Cooperative Extension, cont.*

**Eligibility Criteria**

EFNEP

- Limited resource families with young children.

Adult FSNEP

- Food Stamp recipients

Youth FSNEP

- Schools where at least 50% of students receive free or reduced price school lunches, and other youth organizations which serve low income children

**Languages Available**

Instruction given in English, Spanish, Chinese and Vietnamese by bilingual paraprofessional Nutrition Education Program Representatives

Nutrition education literature available in English, Spanish, Chinese and Vietnamese

**Fees**

No fee

# VEGETARIANISM

## American Dietetic Association Position Statement, Abstract (revised 2000)

### POSITION STATEMENT

*"It is the position of the American Dietetic Association and Dietitians of Canada that **appropriately planned** vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases."*

### ABSTRACT

*It is the position of the American Dietetic Association and Dietitians of Canada that **appropriately planned** vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases. Approximately 2.5% of adults in the United States and 4% of adults in Canada follow vegetarian diets. A vegetarian diet is defined as one that does not include meat, fish, or fowl. Interest in vegetarianism appears to be increasing, with many restaurants and college foodservices offering vegetarian meals routinely. Substantial growth in sales of foods attractive to vegetarians has occurred, and these foods appear in many supermarkets. This position paper reviews the current scientific data related to **key nutrients for vegetarians, including protein, iron, zinc, calcium, vitamin D, riboflavin, vitamin B-12, vitamin A, n-3 fatty acids, and iodine**. A vegetarian, including vegan, diet can meet current recommendations for all of these nutrients. In some cases, **use of fortified foods or supplements can be helpful in meeting recommendations for individual nutrients**. Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence. Vegetarian diets offer a number of nutritional benefits, including lower levels of saturated fat, cholesterol, and animal protein as well as higher levels of carbohydrates, fiber, magnesium, potassium, folate, and antioxidants such as vitamins C and E and phytochemicals. Vegetarians have been reported to have lower body mass indices than nonvegetarians, as well as lower rates of death from ischemic heart disease; vegetarians also show lower blood cholesterol levels; lower blood pressure; and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer. Although a number of federally funded and institutional feeding programs can accommodate vegetarians, few have foods suitable for vegans at this time. Because of the variability of dietary practices among vegetarians, individual assessment of dietary intakes of vegetarians is required. Dietetics professionals have a responsibility to support and*  
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## ***Vegetarianism, cont.***

*encourage those who express an interest in consuming a vegetarian diet. They can play key roles in educating vegetarian clients about food sources of specific nutrients, food purchase and preparation, and any dietary modifications that may be necessary to meet individual needs. Menu planning for vegetarians can be simplified by use of a food guide that specifies food groups and serving sizes."*

### **Printed with permission from the American Dietetic Association**

For Full paper: Journal of the American Dietetic Association 2003;103:748-765.

ADA Position adopted by the House of Delegates on October 18, 1987, and reaffirmed on September 12, 1992, September 6, 1996 and June 22, 2000.

## **REFERENCES**

1. Barr SI, Chapman GE. Perceptions and practices of self-defined current vegetarian, former vegetarian, and nonvegetarian women. J Am Diet Assoc 2002;102:354-360.
2. Perry CL, McGuire MT, Neumark-Sztainer D, Story M. Adolescent vegetarians. How well do their dietary patterns meet the Healthy People 2010 objectives? Arch Pediatr Adolesc Med 2002;156:431-437.
3. Sabate J, Ratzin-Turner RA, Brown JE. Vegetarian diets: descriptions and trends. In: Sabate J, ed. Vegetarian Nutrition Boca Raton, FL: CRC Press; 2001:3-17.
4. Fraser GE. Associations between diet and cancer, ischemic heart disease, and all-cause mortality in non-Hispanic white California Seventh-day Adventists. Am J Clin Nutr 1999;70:532S-538S.
5. White RF, Seymour J, Frank E. Vegetarianism among US women physicians. J Am Diet Assoc 1999;99:595-598.

## **USEFUL WEBSITES:**

### **General Vegetarian Nutrition:**

Food and Nutrition Information Center, USDA

<http://www.nal.usda.gov/fnic/etext/000058.html>

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.htm>

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***Vegetarianism, cont.***

Loma Linda University Vegetarian Nutrition & Health Letter  
<http://www.llu.edu/llu/vegetarian/vegnews.htm>

Seventh-day Adventist Dietetic Association  
<http://www.sdada.org/facts.htm>  
continued on next page  
**Vegetarianism, cont.**

Vegan Outreach  
<http://www.veganoutreach.org/whyvegan/health.html>;  
<http://www.veganoutreach.org/health/stayinghealthy.html>

The Vegan Society (vitamin B-12)  
[www.vegansociety.com/html/info/b12sheet.htm](http://www.vegansociety.com/html/info/b12sheet.htm)

Vegetarian Nutrition Dietetic Practice Group  
<http://www.vegetariannutrition.net/>

Vegetarian Resource Group  
<http://www.vrg.org/>

The Vegetarian Society of the United Kingdom  
<http://www.vegsoc.org/health/>

VegRD  
<http://vegrd.vegan.com/>

**Travel:**

Happy Cow's Global Guide to Vegetarian Restaurants  
[www.happycow.net/](http://www.happycow.net/)

VegDining.com  
[www.veg dining.com/Home.cfm](http://www.veg dining.com/Home.cfm)

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*Vegetarianism, cont.*

Vegetarian Resource Group  
[www.vrg.org/travel/](http://www.vrg.org/travel/)

**Quantity Food Preparation:**

Vegetarian Resource Group  
<http://www.vrg.org/fsupdate/>

## **FOOD SAFETY**

### **INTRODUCTION TO SECTION**



This section includes organizations and programs that provide instruction and/or enforce regulations regarding the safe handling and preparation of food in restaurants and other (commercial and charitable) food establishments. Also included in this section is basic information that may be useful to providers who either prepare food for distribution or supervise someone who does (e.g. hygiene, food borne illness, health codes). This information can be of use to organizations and programs serving the low income Food Stamp eligible population.

# FOOD SAFETY



## Certified Food Handler Information

- California Food Safety Law requires at least one employee at each retail food facility be certified as a food safety person by passing an approved examination. The certified person can be the owner, manager, chef, cook or any employee responsible for safe food handling and who may ensure that other employees use proper food handling techniques.
- The all-day food handling training covers: the causes of food poisoning and ways to prevent it, time and temperature controls, cross contamination, cleaning and sanitizing, and pest control. Participation in the training does not guarantee passage of the exam.
- All classes are held at 1390 Market Street, Suite 910, San Francisco, CA 94102. Each 8-hour class starts at 8:30 a.m. and usually ends at 5:00 p.m. Classes are offered in either English or Cantonese Chinese languages. If you would like to take the exam in Vietnamese, Korean, Arabic, or Spanish, you must PRINT that next to your name on the registration form and enroll for class at least 30 days in advance.
- Three options are offered by SFDPH, with different registration fees for each: Course and Examination, Examination only, and Recertification only.
- To sign up for a class or exam, contact the SFDPH Environmental Health Section by phone (415) 252-3800 or (415) 252-3846 or in person at 1390 Market Street, Suite 210. Information is also available at the following website:  
**[http://www.sfdph.org/eh/food/index\\_classes.htm](http://www.sfdph.org/eh/food/index_classes.htm)**

# FOOD SAFETY



## Federal Websites Providing Food Safety Information

**<http://www.foodsafety.gov/>**

### **Gateway to Government Food Safety Information**

Includes news and safety alerts, consumer advice, industry assistance, information on food borne pathogens, national food safety programs, reporting illnesses and product complaints, and federal and state government agencies.

**<http://vm.cfsan.fda.gov/>**

### **U.S. Food and Drug Administration (FDA)**

#### **Center for Food Safety and Applied Nutrition (CFSAN)**

CFSAN is responsible for promoting and protecting the public's health by ensuring that the nation's food supply is safe, sanitary, wholesome, and honestly labeled, and that cosmetic products are safe and properly labeled. FDA's responsibility in the food area generally covers all domestic and imported food except meat, poultry, and frozen, dried and liquid eggs, which are under the authority of the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS), the labeling of alcoholic beverages and tobacco, which are regulated by the U.S. Department of the Treasury's Bureau of Alcohol, Tobacco, and Firearms (ATF), and the U.S. Environmental Protection Agency (EPA), which establishes tolerances for pesticide residues in foods and ensures the safety of drinking water.

**<http://www.fsis.usda.gov/>**

### **U.S. Department of Agriculture (USDA)**

#### **Food Safety and Inspection Service (FSIS)**

FSIS is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged.

**<http://www.epa.gov/pesticides/food/>**

**<http://www.epa.gov/ebtpages/humafoodsafety.html/>**

### **U.S. Environmental Protection Agency (EPA)**

These websites answer questions about pesticides and food, including how the government regulates pesticides, what the residue limits are on food, why children may be especially sensitive to pesticides, "Integrated Pest Management", "organically grown" food, types of pesticides on foods, health problems pesticides may pose, and healthy, sensible food practices.



## FOOD SAFETY



### **Food Borne Illness Education Information Center**

National Agricultural Library/USDA

Beltsville, MD 20705-2351

**Phone: (301) 504-6365**

[www.nal.usda.gov/foodborne/](http://www.nal.usda.gov/foodborne/)

#### **Services Description**

- The USDA/FDA Food Borne Illness Education Information Center provides information about food borne illness prevention to educators, trainers, and organizations developing education and training materials for food workers and consumers.
- The Center created and maintains two databases of educational materials:
  - Hazard Analysis Critical Control Points (HACCP) Training Programs and Resources Database
  - Food Borne Illness Educational Materials Database
- The Center also provides networking opportunities for food safety professionals through Foodsafe, an e-discussion group where resources, information and innovative solutions to food safety problems can be shared.
- Food Safety Links highlights topic areas such as consumer information, food borne illness statistics, food borne pathogens, food safety clip art, retail food safety, seafood and more.
- Members of the Center also serve as Information Managers for the Food Safety Training and Education Alliance (FSTEa), an organization which provides resources for retail, food service, vending, institutions, and regulators.
- The Center is part of an interagency agreement between the Food Safety and Inspection Service (FSIS) of the United States Department of Agriculture (USDA) and the Food and Drug Administration (FDA) of the United States Department of Health and Human Services. It is managed through a cooperative agreement with the University of Maryland.

# FOOD SAFETY



## Food Borne Illness Information

- Food borne Illness (FBI) is sickness that is caused by eating or drinking contaminated food or beverage. FBI outbreak is defined by the FDA Food Code as any sickness involving two or more people who had eaten the same food or food from a common source. Laboratory tests can prove the association.
- Potentially Hazardous Foods (PHFs) are foods in which germs can grow rapidly. PHFs include milk and milk products, shell eggs, meats and poultry, fish and shellfish, crustaceans, cooked vegetables, cooked low-acid foods, tofu and soy protein products, beans and lentils, sliced melons, and raw seed sprouts. Pasteurized products such as eggs and milk are still treated as PHF's. The #1 cause of *bacterial* FBI is improper cooling of hot food.
- A **food borne infection** is a disease that results from eating food containing living harmful microorganisms (germs). These kinds of germs attack the gut lining and invade the body. Symptoms include nausea, vomiting and/or diarrhea, and fever. Example of a *bacterium*, and a *parasite* that cause infections: Salmonella (found in animals, especially poultry and eggs, and in humans) and Trichinella Spiralis (found in domestic pigs and wild game). Example of *viruses* that cause infections: Noro viruses (found in human feces and vomitus of carriers and contaminated water) and Hepatitis A (found in human feces of carriers and contaminated water).
- A **food borne intoxication** is a disease that results from eating food contaminated with poisons or toxins (waste products) from bacteria, molds, or chemicals. These toxins are odorless, tasteless, and colorless. They can cause illness even after the germs in the food have been killed (i.e. by cooking). Examples of *bacteria* that cause intoxications: Staphylococcus aureus (found in the nose, on hands and skin, in cuts, burns, boils and pimples) and Bacillus cereus (found in meat, poultry, vegetables, and in grain products).
- A **toxin-mediated infection** is a disease that results from eating food containing live germs. These germs colonize the stomach or intestine and make toxins as they live and grow. An example of a *bacterium* that causes a toxin-mediated infection: Escherichia Coli 0157:H7 (found in human and animal feces and thus in contaminated raw or undercooked ground beef and red meats, unpasteurized fruit juices, and contaminated raw fruit).

**To report suspected food poisoning, call: (415) 252-3895 (Environmental Health Section).**

**To report outbreaks of food borne illness involving four or more persons, call: (415) 554-2830.**

This information is from Lawrence Pong, REHS, Principal Inspector & Manager of Training, San Francisco Department of Public Health's Environmental Health Section.

## FOOD SAFETY



### **Golden Gate Restaurant Association**

120 Montgomery Street, Suite 1280

San Francisco, CA 94104

**Phone: (415) 781-5348**

[www.ggra.org](http://www.ggra.org)

Classes are held at the Small Business Administration:

455 Market Street, 6th floor

San Francisco, CA 94105

#### **Services Description**

- GGRA offers Food Safety Certification Courses and tests for employees of food facilities. With a passing test score, this course satisfies AB 1978 (Campbell Bill) which requires specified food facilities to employ at least one certified person in their establishment.
- In addition to regularly scheduled Food Safety Certification Classes, GGRA also holds seminars on topics that members have expressed interest in. Some past seminar topics have included CPR Training, Workers' Compensation, Taxes and Tips, and Labor Laws.

#### **Languages Available**

- Food Safety classes are offered on a regular basis in English and Spanish. Tests are available in the following languages: English, Chinese, Spanish, Korean, and Vietnamese.

# FOOD SAFETY



## Restaurant Inspections and Violations

- According to California Health and Safety Code (effective January 1, 2002), a copy of the most recent inspection report shall be maintained at all food facilities (e.g. restaurants, bars, markets). The food facility shall post a notice advising patrons that the copy of the most recent inspection report is available for review.
- Inspection reports can be reviewed at the SFDPH Environmental Health Section office during business hours. Please make an appointment for viewing so that the files will be available at the appointed time.
- Detailed descriptions of the violations recorded by Food Inspectors are based on SB180. *High risk Violations* are those violations that pose an imminent risk to public health and warrant immediate closure of the food establishment or immediate correction. *Low risk Violations* are those that do not pose an imminent public health risk, but do warrant correction. Examples of violations include the following:
  - Improper holding temperature
  - Inadequate cooking
  - Poor personal hygiene of food handlers
  - Contaminated equipment
  - Food from unsafe sources

In addition to the above criteria, SFDPH Environmental Health has added the following inspection categories:

- Structural repairs
- Vermin (mice, rats, other insects and/or animals)
- Other (violations to include, but not limited to smoking, sewage or the absence of a valid food handler's certificate)

To access information on local restaurants' inspections and violations, you can make an appointment to visit the SFDPH Environmental Health Section office (1390 Market Street, Suite 210) during business hours by calling (415) 252-3800. You can also search for a specific food facility by name on the following website: **[www.dph.sf.ca.us/eh/Violations/Loc\\_Search.asp](http://www.dph.sf.ca.us/eh/Violations/Loc_Search.asp)**

## FOOD SAFETY



### **San Francisco Department of Public Health**

Environmental Health Section

1390 Market Street, Suite 210

San Francisco, CA 94102

**Phone: (415) 252-3800**

[www.dph.sf.ca.us/eh/](http://www.dph.sf.ca.us/eh/)

#### **Services Description**

The Consumer Protection Division of Environmental Health Section assures that food provided for human consumption is wholesome and is produced under safe and sanitary conditions. The Food Program consists of the following principal services:

- Issuing Permits to Operate for all retail facilities
- Conducting inspections of restaurants, bars, markets and miscellaneous food operations such as concessions, pushcarts, and mobile food units
- Enforcing health code regulations, which may result in administrative actions and suspensions of the Permit to Operate when violations are identified
- Tracking restaurant violations in accordance with 1999-2000 Senate Bill 180
- Issuing permits at special events (street fairs and festivals, musical and artistic presentations, small sport events, annual national days and ethnic celebrations, trade shows and products introductions at which food is sold or given away to the public) and ensuring that food handling practices employed throughout the City are in compliance with applicable health codes
- Educating food facilities operators on safe food handling practices

# FOOD SAFETY



## Saving Leftover Food

**1. If you can't refrigerate / freeze leftovers within two hours from time of service, toss them.**

If pre-cooked food is left out too long, some bacteria, such as *staphylococcus aureus* (*staph*), can grow in the food and form a heat-resistant toxin that re-heating can't destroy. Perishable foods include: meat, poultry, seafood, dairy products, cooked pasta, cooked rice, cooked vegetables, and fresh, peeled and/or cut fruits and vegetables.

**2. Cool leftovers quickly in shallow containers in your refrigerator.**

Refrigerate and cool leftovers in shallow containers; limit food depth to about two inches. Protect hot leftovers from cross-contamination from other foods by storing them on the top shelf of the refrigerator. Cover them LOOSELY so the food cools faster; then, cover them tightly when they're cool. Cold leftovers such as salads and pies should be covered and refrigerated immediately. Store packages of raw meat, poultry or seafood on the BOTTOM shelf of your refrigerator so their juices don't drip onto other foods.

**3. Eat leftovers in one to two days or freeze them for longer storage.**

For best safety and quality, eat leftovers in a day or two. Or, freeze them at 0 degrees F if you'd like to keep them longer. Thaw frozen leftovers in the refrigerator, as part of the cooking process, or in your microwave. If food is thawed in the microwave, cook it right away. Unlike food thawed in a refrigerator, microwave-thawed foods reach temperatures that encourage bacterial growth. At 0 degrees F, frozen leftovers are safe indefinitely; however the U.S. Dept. of Agriculture Food Safety and Inspection Service (USDA/FSIS) recommends most foods will have best quality if used within two to four months.

**4. Reheat leftovers to 165 degrees F.**

Reheat leftovers until they're steaming hot THROUGHOUT. At this temperature, harmful bacteria should be destroyed. Stir to promote even heating. Remember to follow the "two hour rule" regardless of how high and how long you heat a food.

**5. When in doubt, toss leftovers out.**

Toss leftovers if you left them on the car seat overnight, let them sit over a week in the refrigerator, or forgot your frozen leftovers on the kitchen counter all day.

This information is from *Food Reflections*, a free monthly e-mail newsletter from University of Nebraska Cooperative Extension. *Food Reflections* provides a "how-to" message on food, nutrition, or food safety for health professionals, educators, and consumers. The newsletter is archived online at the following site: <http://lancaster.unl.edu/food/archives.htm>.

# **FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE**

## **INTRODUCTION TO SECTION**



This section includes organizations that act in an educational and/or advocacy capacity around the food system, including those who serve the low income Food Stamp eligible population. The “food system” includes any and all processes involved in keeping us fed: growing, harvesting, processing, packaging, marketing, distributing, cooking, and disposing. Organizations listed here can be important resources for providers who would like to understand more “where their food comes from” and how they might be able to play a role in influencing these decisions. Some organizations offer tours, classes, workshops, or have email lists for educational and/or advocacy purposes. Organizations listed here work towards such goals as community food security, sustainable food systems, and environmental justice. This section will also show you how you can connect with small, regional farmers or conduct research that will illustrate the status of your local food system.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



## **Center for Agroecology and Sustainable Food Systems**

University of California, Santa Cruz

1156 High Street

Santa Cruz, CA 95064

**Phone: (831) 459-3240**

[www.ucsc.edu/casfs](http://www.ucsc.edu/casfs)

### **Description**

- The Center for Agroecology & Sustainable Food Systems is a research, education, and public service program at the University of California, Santa Cruz (UCSC), dedicated to increasing ecological sustainability and social justice in the food and agriculture system.
- On the UCSC campus, the Center operates the two-acre Alan Chadwick Garden and the 25-acre Farm. Both sites are managed using organic production methods and serve as research, teaching, and training facilities for students, staff, and faculty of the university.
- The Center offers a six-month apprenticeship in ecological horticulture, which includes practically training in organic gardening and small-scale farming for successful applicants over 18 years of age.
- The Center also offers farm tours for school and community groups, free and low cost gardening workshops, classes and events for kids.
- The Center's website has a list of publications posted, including research briefs, crop specific information, and general gardening information.



# **FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS**



## **City College of San Francisco Environmental Horticulture and Floristry Program**

50 Phelan Avenue

San Francisco, CA 94112

Department Chair: (415) 239-3140

Floristry Program: (415) 239-3106

Environmental Horticulture Program: (415) 239-3236

[www.ccsf.edu/Departments/Environmental\\_Horticulture\\_and\\_Floristry/](http://www.ccsf.edu/Departments/Environmental_Horticulture_and_Floristry/)

### **Description**

- The Environmental Horticulture and Floristry Program of City College of San Francisco offers Associates Degree and Certificate programs in the following areas:
  - Commercial Cut-Flower & Greenhouse Production
  - Floristry
  - Landscape Gardening and Landscape Contracting
  - Nursery & Garden-Center Operation
- Greenhouse and nursery facilities are available on the City College campus at Phelan and Ocean Avenues
- A number of department and community funded scholarships are available

# **FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS**



## **Garden for the Environment** **(a project of the Haight Ashbury Neighborhood Council (HANC))**

**Garden address:**  
7<sup>th</sup> Avenue at Lawton

**Mailing address:**  
780 Frederick Street  
San Francisco, CA 94117

**Office info:**  
755 Frederick Street  
**Phone: (415) 731-5627**  
[www.gardenfortheenvironment.org](http://www.gardenfortheenvironment.org)  
[www.hanc-sf.org](http://www.hanc-sf.org)

### **Description**

- The Garden for the Environment (GFE) educates San Franciscans about urban gardening and composting in a variety of settings and capacities.
- The GFE website includes a calendar with free and low cost workshops offered, a list of community gardens in San Francisco, a number of important resources and contacts for getting raw materials and technical assistance, as well as a reading list.
- GFE programs are divided into the five main areas outlined below:
  - Home Composting Education Program
  - Gardening & Composting Educator Training Program
  - School Education Program
  - Resource Efficient Landscape Education
  - Urban Gardening Internship

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE

## GARDENING AND FARMING PROGRAMS



### **Hidden Villa**

26870 Moody Road

Los Altos Hills, CA 94022

**Phone: (650) 949-8650**

[www.hiddenvilla.org](http://www.hiddenvilla.org)

### **Description**

- Hidden Villa is a 1,600 acre farm & wilderness preserve in Los Altos Hills, teaching environmental and multicultural awareness to both children and adults. For many visitors, particularly those from urban areas, Hidden Villa provides an opportunity to walk in the woods, come face to face with a large and friendly farm animal, and see where milk & eggs come from.
- Hidden Villa's programs unite diverse people and encourage respect for our connectedness to each other and to all living things:
  - Multicultural summer camp programs for ages 6-18
  - Environmental education programs for elementary school classes
  - Community programs offer insightful forums, hikes, and cultural performances
  - Group rental facilities
  - Hostel for international and local visitors
  - Fresh organic produce from the Community Supported Agriculture Program
  - Kids' activities and programs on weekends for youth and families
  - Volunteer & internship opportunities in the programs, from organic gardening to trail maintenance to office administration—for ages 15-95

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



## **Merritt College Landscape Horticulture Program**

12500 Campus Drive

Oakland, CA 94619

**Phone: (510) 436-2418**

[www.merrittlandhort.com](http://www.merrittlandhort.com)

### **Description**

- The Merritt College Landscape Horticulture Program offers courses that cover an array of subjects including the following: Energy, Ecology, Ecological Restoration, Forests, Wetlands, Food and Water Resources, Air Quality, Recycling, Pollution, Wildlife, Population, Transportation, and Green Building.
- Facilities include 5,000 ft<sup>2</sup> of greenhouses, a 5000 ft<sup>2</sup> lath house, a floral and drafting lab, library, arboretum, and horticultural equipment
- Associates Degrees and certificates are offered in the following areas:
  - Environmental Program Core Certificate
  - Ecological Restoration
  - Environmental Management and Restoration Technology
  - Human Ecology
  - Environmental Design and Energy Technology

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



## **New College of California Culture, Ecology & Sustainable Community**

Ecological Agriculture Concentration

North Bay Campus

99 6th Street

Santa Rosa, CA 95401

**Main Office: (707) 568-0112**

**Coordinator: (707) 523-9261**

[www.newcollege.edu](http://www.newcollege.edu)

### **Description**

- New College offers a 12-month Master of Arts Program in Ecological Agriculture, a 20-month Masters in Business Administration Program in Environmental Entrepreneurship, and Core Leadership Seminars in the area of Ecology and Sustainable Agriculture.
- Students in this concentration of Ecological Agriculture explore the natural, economic, and societal aspects of growing food; practice permaculture and biointensive farming methods; learn principles of ecologically-rooted agricultural systems; plan and nurture a garden; and visit farms and projects.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



## **San Francisco Unified School District (SFUSD), Director of Educational Gardens**

SFUSD Facilities and Landscaping Department

834 Toland Street

San Francisco, CA 94124

**Phone: (415) 695-5625**

[www.sfusd.edu](http://www.sfusd.edu)

### **Description**

- The mission of *Preparing the Ground: The Green Classroom Project* is to support public school gardens by collaborating and partnering with the San Francisco Unified School District's Facilities Management Department in order to build and maintain sustainable gardens.
- The Director of Educational Gardens supports public schools in San Francisco by providing technical assistance, links to other school gardens and to other resources.
- The goals and activities of *Preparing the Ground: The Green Classroom Project* are the following:
  - Support school gardens by building sustainable garden systems;
  - Adapt and disseminate core curriculum that fits SFUSD core standards;
  - Build a network of garden coordinators in the district through a website, list serve and regular meetings;
  - Support teachers in finding and teaching students about ecology, nutrition and health; and
  - Develop and maintain a resource library for teachers and garden coordinators.

# **FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE**

## **GARDENING AND FARMING PROGRAMS**



### **Santa Rosa Junior College Shone Farm**

Agriculture/Natural Resources Department

Room 2092, Lark Hall

1501 Mendocino Avenue

Santa Rosa, CA 95401-4395

**Phone: (707) 527-4649**

**Shone Farm: (707) 887-1187**

**Garden at Shone Farm: (707) 887-0740**

[www.santarosa.edu/instruction/instructional\\_departments/agriculture/shonefarm/](http://www.santarosa.edu/instruction/instructional_departments/agriculture/shonefarm/)

#### **Description**

- Shone Farm offers an Associates in Science degree and two certificates in Sustainable Agriculture. The Associates degree program trains farmers and gardeners in the techniques of sustainable food production and provides a foundation in plant and soil science, integrated pest management, and ecological agriculture and emphasizes the how-to aspects of organic gardening and farming, including tillage, compost production, and crop planning and production.
- The 365 acre Shone Farm includes land for the production of vegetables, fruits, cut flowers, pasture land, timber, vineyards, gardens, greenhouses, and insect landscapes.
- SRJC students learn by doing; they engage actively in their learning experience by working on SRJC's Shone Farm, participating in the production and distribution of sustainable agriculture products, and participating with local farmers to discover and support best practices.
- Shone Farm also supports 4H/FFA field days, short courses, and industry meetings each year.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE

## GARDENING AND FARMING PROGRAMS



### **Slide Ranch**

2025 Shoreline Highway

Muir Beach, CA 94965

**Phone: (415) 381-6155**

[www.slideranch.org](http://www.slideranch.org)

#### **Description**

- Slide Ranch is a non-profit agricultural and environmental education center located just north of San Francisco. As a Park Partner with the Golden Gate National Recreation Area (the GGNRA), Slide Ranch is the steward of 134 acres of land. Although all parts of the land are accessible by coastal trails, the farm and residential part of the site occupy only about twenty acres of the ranch. Slide Ranch uses food to teach about sustainability and to demonstrate a vision of humans in balance with nature. Slide Ranch teaches practical lessons about basic human needs - food, clothing, and community - in order to promote:
  - an awareness of agriculture, its processes and products
  - a more sustainable use of natural resources
  - a personal sense of connection to the natural world
  - healthy relationships with others and with the environment
- Slide Ranch uses the garden, compost, animals, hiking trails and tidepools to teach people the concepts involved in organic food production, resource conservation and recycling, animal husbandry, open space conservation and the responsibility that we all have in sustaining a healthy environment.
- Slide Ranch offers site reservations, group programs (including daytime and overnight options), family farm days, and farm tours.



# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE

## EDUCATION AND ADVOCACY



### **California Certified Organic Farmers (CCOF)**

1115 Mission Street  
Santa Cruz, CA 95060

**Phone: (831) 423-2263**

[www.ccof.org](http://www.ccof.org)

#### **Description**

- CCOF certifies all stages of organic production and sales in California, the U.S. and internationally. CCOF is accredited by the International Federation of Organic Agricultural Movements and by the U.S. Department of Agriculture.
- CCOF certifies organic farmers, processors, retailers, and wholesalers who comply with USDA International organic standards. CCOF inspectors examine the producer's crops, land, facility, process, and paperwork.
- The CCOF website includes information on organic standards, an online and printed directory of organic farmers, processors, handlers, packers and retailers, and a media resource page with press kits and fact sheets.
- The CCOF Apprenticeship list at [www.ccof.org](http://www.ccof.org) includes CCOF clients who have indicated that they offer apprenticeships on their farm or at their operation. Some certified clients offer one or more of the following: room, board, wages, and the learning of a trade.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **California Food, Land and People (CA FLP)**

P.O. Box 29474

San Francisco, CA 94129

**Phone: (650) 345-5178**

[www.caflp.org](http://www.caflp.org)

[www.foodlandpeople.org](http://www.foodlandpeople.org)

### **Description**

- California Food, Land & People (CA FLP) is committed to educating Californians about the interdependence of food production, environmental quality, and the sustainability of human cultures.
- CA FLP's *Resources for Learning* is a collection of 55 pre-K through 12th grade science- and social science-based lesson plans for use in either a formal or non-formal education setting. Twenty of the FLP lessons have been fully translated into Spanish.
- CA FLP offers two types of workshops to facilitate the use of *Resources for Learning* for formal and non-formal educators:
  - Educator Workshop (6 hours)
  - Facilitator Workshop (16 hours on two separate days)

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE

## EDUCATION AND ADVOCACY



### **California Food Policy Advocates (CFPA)**

116 New Montgomery St., Suite 633

San Francisco, CA 94105

**Phone: (415) 777-4422**

[www.cfpa.net](http://www.cfpa.net)

#### **Description**

- CFPA is a statewide public policy and advocacy organization dedicated to improving the health and well being of low-income Californians by increasing their access to nutritious and affordable food.
- CFPA employs a variety of strategies to develop and implement public policies that recognize the value of adequate nutrition and its fundamental contribution to good health and development, education and productivity. These strategies include:
  - Research that demonstrates the scope and nature of hunger in California and the efficacy of public and private food programs in mitigating it.
  - Development and promotion of strategies and programs to meet the nutrition needs of low-income communities and individuals.
  - Public education and advocacy to ensure the inclusion of nutrition in the formation and implementation of sound public policy.
  - Technical assistance, training and support to low-income communities in their efforts to identify and overcome hunger and hunger-related deficiencies.
  - Collaboration, through conferences, communication and coalition-building, among food program providers and other community-based organizations throughout California to facilitate their working together to mitigate hunger and poverty.
- The CFPA website offers data, research and reports on food and nutrition programs, updates on state and federal legislation and advocacy efforts, as well as outreach materials on food assistance programs.

# **FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY**



## **California Foundation for Agriculture in the Classroom**

2300 River Plaza Drive

Sacramento, CA 95833

**Phone: (800) 700-AITC**

[www.cfaite.org](http://www.cfaite.org)

### **Description**

- The California Foundation for Agriculture in the Classroom (CFAITC) works with K–12 teachers, students, and community leaders, to enhance education using agricultural examples. The goal of CFAITC is the increase awareness and understanding of agriculture among California educators and students to help them make informed decisions.
- The CFAITC sponsors a conference each year with keynote presenters, workshops, exhibits, local farm and food tours.
- The CFAITC website includes downloadable fact sheets, activity sheets and teacher guides.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **Californians for Pesticide Reform (CPR)**

49 Powell St., Suite 530

San Francisco, CA 94102

**Phone: (415) 981-3939**

[www.pesticidereform.org](http://www.pesticidereform.org)

### **Description**

- CPR is a statewide coalition of more than 175 organizations, founded in 1996 to shift fundamentally the way pesticides are used in California. CPR's mission is to protect public health, improve environmental quality and expand a sustainable and just agriculture system by building a diverse movement across California to change statewide and local pesticide policies and practices.
- CPR has built a diverse, multi-interest coalition, including public health, children's health, educational and environmental advocates, clean air and water organizations, health practitioners, environmental justice groups, labor, organizations, farmers and sustainable agriculture advocates.
- Members are actively engaged through a unifying four point platform:
  - 1) eliminate use of the most dangerous pesticides;
  - 2) reduce use of and reliance on all pesticides;
  - 3) support safer, ecologically sound and socially just forms of pest management; and
  - 4) expand and protect the public's right to know about pesticide use, exposure, and impacts.
- The CPR website includes publications on pesticides and its effects on air, water and human health, action alerts on pending legislation and press, community action alerts, and a newsletter.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **Center for Ecoliteracy**

2528 San Pablo Avenue

Berkeley, CA 94702

**Phone: (510) 845-4595**

[www.ecoliteracy.org](http://www.ecoliteracy.org)

### **Description**

- The Center for Ecoliteracy is dedicated to fostering a profound understanding of the natural world, grounded in direct experience and leading to sustainable patterns of living. The Center recognizes food systems and watersheds as essential systems that provide meaningful contexts for achieving ecological literacy.
- The Center works with schools on projects that take school children out of the classroom and into the natural world. The Center for Ecoliteracy website includes publications on education for sustainability, an online resource guide entitled *Rethinking School Lunch*, and an ongoing essay series.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## Center for Food and Justice (CFJ)

### **Mailing address:**

Urban & Environmental Policy Institute, Occidental College  
1600 Campus Road, M-1  
Los Angeles, CA 90041

### **Physical address:**

2106 Colorado Blvd.  
Los Angeles, CA 90041

**Phone: (323) 341-5092**

<http://departments.oxy.edu/uepi/cfj/>

### **Description**

- The Center for Food and Justice (CFJ) is a division of the Urban & Environmental Policy Institute (UEPI) at Occidental College. With its vision of a sustainable and socially just food system, CFJ engages in collaborative action strategies, community capacity-building, research, and education.
- Activities of the Center include (1) Development and institutionalization of innovative programs, (2) Grassroots organizing and coalition-building, (3) Research, evaluation, and policy analysis, and (4) Training and technical assistance.
- Key Programs include the following:
  - National Farm to School Program
  - California Farm to School Program
  - Compton Farm to School Demonstration Project
  - Project CAFÉ (Community Action on Food Environments)
  - Los Angeles Healthy School Food

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **Center for Urban Education about Sustainable Agriculture (CUESA)**

One Ferry Building - Suite 50

San Francisco, CA 94111

**Phone: (415) 291-3276**

[www.cuesa.org](http://www.cuesa.org)

### **Description**

- CUESA's mission is to promote regional sustainable agriculture through the operation of farmers' markets and educational programs, support regional producers, especially small sustainable family farms, connect urban residents and regional sustainable farmers, and educate consumers about sustainable practices.
- CUESA operates the weekly farmers' market at the Ferry Building on Tuesdays (10:00am – 2:00pm), Thursdays (4:00pm – 8:00pm - *seasonal*), Saturdays (8:00am – 2:00pm), and Sundays (10:00 am – 2:00pm - *seasonal*).
- CUESA's *Shop with the Chef* program offers recipes, cooking demonstrations, and tastings from local chefs and producers on Saturday mornings.
- CUESA's E-letter provides a list of upcoming educational events, produce highlights, and a feature article each week via email.



# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## Community Alliance with Family Farmers (CAFF)

**Mailing address:**

P.O. Box 363  
Davis, CA 95617

**Physical address:**

36355 Russell Blvd.  
Davis, CA 95616

**Phone: (530) 756-8518**

[www.caff.org](http://www.caff.org)

### **Description**

- CAFF is building a movement of rural and urban people to foster family-scale agriculture that cares for the land, sustains local economies and promotes social justice.
- CAFF's Community Food Systems/Economic Options for Family Farmers program connects consumers to food producers providing information, access and education through practical, community driven projects.
- CAFF's Biological Farming Program builds and supports communities of farmers, agricultural professionals, and public institutions dedicated to the voluntary adoption of a whole systems approach to farm management.
- CAFF produces a wide variety of acclaimed publications. The *Agrarian Advocate* provides timely reporting on CAFF program and policy work. *Farmer to Farmer* provides monthly reports on topics of discussion at Lighthouse Farm Network meetings and field days throughout the State, where farmers share technical information and support to all those interested in biologically-based farming practices.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE

## EDUCATION AND ADVOCACY



### Community Food Assessment

A community food assessment is a participatory and collaborative process that examines a broad range of food-related issues and resources in order to inform actions to improve a community's access to healthy food. These assessments typically entail the collection of data in order to determine whether households in a community have access to sufficient, nutritionally adequate, and culturally appropriate foods to satisfy their dietary needs. Although federal nutrition and agricultural policies play a key role in community food security, many decisions that affect a community's food system are made at the local level, including funding allocations, open space planning, program development, and outreach.

#### Why do a Community Food Assessment?

- Identify food system and other deficiencies that face the community
- Inform decision-making, public policy and actions around the food system
- Improve program development and coordination
- Increase community participation in projects and in shaping the food system
- Build communities' capacity to create positive change
- Ensure that projects respond to community resources and needs
- Help articulate a vision of what needs to get done in the community and how to set priorities and goals to improve the local food system
- Identify potential partners, community resources, and opportunities
- Build new and stronger networks, partnerships, and coalitions
- Provide data that can be used in future proposals and reports
- Establish a long-term monitoring system with a clear set of indicators
- Organize information in a way that policy makers and funders will understand and respond to
- Enhance visibility, awareness and understanding of food-related issues

For more information about Community Food Assessments in San Francisco, see:

<http://www.sffoodsystems.org/pages/research.html>

For more information about Community Food Assessments in California and the rest of the U.S., see:

[http://foodsecurity.org/cfa\\_home.html](http://foodsecurity.org/cfa_home.html)

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **Community Food Security Coalition (CFSC)**

P.O. Box 209

Venice, CA 90294

**Phone: (310) 822-5410**

[www.foodsecurity.org](http://www.foodsecurity.org)

### **Description**

- CFSC is a coalition of over 250 member organizations. CFSC is dedicated to building strong sustainable, local and regional food systems that ensure access to affordable, nutritious and culturally appropriate food for all people at all times.
- The Community Food Projects Program was passed as part of the 1996 Farm Bill, and established a competitive grants program to make funds available to support projects "designed to meet the food needs of low-income people, increase the self-reliance of communities in providing for their own food needs, and promote comprehensive, inclusive, and future-oriented solutions to local food, farm, and nutrition problems." The Community Food Projects Program is authorized for \$16 million over the course of seven years. In the program's first year, thirteen organizations from Maine to Hawaii received \$1 million in funding for FY 1996. \$2.5 million will be available for FY 1997.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE

## EDUCATION AND ADVOCACY



### **Ecology Center**

2530 San Pablo Avenue

Berkeley, CA 94702

**Phone: (510) 548-2220**

[www.ecologycenter.org](http://www.ecologycenter.org)

### **Description**

- Since 1969, the Ecology Center has been addressing the public's need for unbiased, non-commercial information about household products, ecologically-sensitive methods of living, and large toxic threats to society and alternatives to those threats.
- The Ecology Center sponsors the following projects:
  - A resource center which is free and open to the public, providing books, videos and other information on environmental issues, primarily in the Bay Area
  - An information hotline on environmental issues
  - Environmental classes onsite
  - An Ecology Center Store
  - Curbside Recycling for Berkeley households
  - Berkeley Farmers' Market
  - Farm Fresh Choice

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **Food Research and Action Center (FRAC)**

1875 Connecticut Ave., NW Suite 540

Washington, DC 20009

**Phone: (202) 986-2200**

[www.frac.org](http://www.frac.org)

### **Description**

- FRAC is a leading national organization working to improve public policies to eradicate hunger and under nutrition in the United States. FRAC is a nonprofit and nonpartisan research and public policy center that serves as the hub of an anti-hunger network of thousands of individuals and agencies across the country.
- FRAC conducts ground-breaking research to document the extent of hunger and its impact on low-income families with children.
- FRAC reviews and analyzes the major developments at the national level that affect food assistance programs — legislation, regulations and major reports and proposals. FRAC also monitors the implementation of these laws and serves as a watchdog of regulations and policies affecting the poor.
- FRAC provides coordination and support to a nationwide anti-hunger network of advocates, food banks, program administrators and participants, policy makers and others.
- FRAC serves as a clearinghouse for national and local organizations seeking information and analyses about hunger and anti-hunger programs. FRAC develops media and public information campaigns to help promote changes in public attitudes and policies, and acts as an authoritative source of information on hunger for the news media and public officials.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **Literacy for Environmental Justice (LEJ)**

6220 Third Street

San Francisco, CA 94124

**Phone: (415) 508-0575**

[www.lejyouth.org](http://www.lejyouth.org)

### **Description**

- The mission of LEJ is to foster an understanding of the principles of environmental justice and urban sustainability in young people in order to promote the long-term health of their communities.
- LEJ engages urban youth (primarily from Bayview Hunters Point and the surrounding communities of Mission, Potrero Hill, Visitacion Valley, and Excelsior) in traditional environmental problems by drawing concrete linkages between the state of human health, the environment, and urban quality of life.
- LEJ's Youth Envision Project employs and trains high school-aged youth as community organizers around Bayview's food security and environmental justice initiatives, in partnership with the Department of Public Health. Youth participate in an intensive program that includes: Community-based needs assessments, Nutrition & cooking education, Merchant education, Consumer education, Public advocacy, Partnership building and Workshop facilitation for both youth and adults.
- The Good Neighbor Project is a collaboration between LEJ, SF Environment, the Department of Public Health, the African American Health Taskforce, SF Power Co-op, and the Mayor's Office to create a pilot economic incentive program for Bayview merchants who agree to increase their store stock of healthier foods by 20%.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **Pesticide Action Network of North America (PANNA)**

49 Powell St., Suite 500

San Francisco, CA 94102

**Phone: (415) 981-1771**

[www.panna.org](http://www.panna.org)

### **Description**

- PANNA (Pesticide Action Network North America) works to replace pesticide use with ecologically sound and socially just alternatives. As one of five Regional Centers worldwide, PANNA links local and international consumers, labor, health, environment and agriculture groups into an international citizens' action network. This network challenges the global proliferation of pesticides, defends basic rights to health and environmental quality, and works to insure the transition to a just and viable society.
- The PANNA online resource library offers a collection of reports, articles, guides, videos, and links. Descriptions and resources for specific campaigns and projects are listed.
- The online Pesticide Database is a one-stop location for current toxicity and regulatory information for pesticides.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **San Francisco Department of the Environment**

11 Grove Street

San Francisco, CA 94102

**Phone: (415) 355-3700**

[www.sfenvironment.com](http://www.sfenvironment.com)

### **Description**

- SF Environment provides information on recycling, composting, energy use, toxics reduction, environmental justice, and environmental policy.
- The SF Environment website provides fact sheets, articles and press releases, a calendar of relevant events and meetings, as well as a directory of “green services.” Information is also posted regarding the department’s community grants in the areas of environmental justice, waste prevention and recycling.
- SF Environment’s *Food to Flowers!* Program teaches students to compost at school using the green cart system. SF Environment staff visits local schools to educate students about the interconnectedness of nature and how simple actions like recycling and composting can help protect the environment. Free teaching and display materials are provided to each school, along with a special visit from Phoebe the Phoenix – SF Environment’s school mascot.



# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **San Francisco Food Systems**

c/o San Francisco Department of Public Health (Environmental Health Section)

1390 Market Street, Suite 822

San Francisco, CA 94102

**Phone: (415) 252-3937**

[www.sffoodsystems.org](http://www.sffoodsystems.org)

### **Description**

- San Francisco Food Systems is engaged in a number of activities that bridge people to healthy, nutritious, affordable, locally and regionally grown food. Actions and activities of San Francisco Food Systems include community research, community and institutional capacity building, promotion of collaborations and partnerships, policy activities, and advocacy.
- Current projects include the following:
  - Assessing and altering the school food environment
  - Promoting acceptance and usage of food assistance at farmers' markets
  - Coordinating the San Francisco Food Alliance
  - Preparing GIS maps of food resources in San Francisco

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **San Francisco Green Schoolyard Alliance (SFGSA)**

c/o San Francisco Beautiful  
564 Market Street, Suite 709  
San Francisco, CA 94104  
www.sfgreenschools.org  
Email: [sfgsa@ecoschools.com](mailto:sfgsa@ecoschools.com)

### **Description**

- The SFGSA promotes inclusive, community driven processes that create and maintain healthy, environmentally sustainable learning environments in San Francisco's schools. SFGSA envisions a future in which each school operates in concert with its neighborhood and local ecology to foster academic achievement, environmental stewardship, creativity, and community building.
- SFGSA has quarterly planning, networking, and information sharing meetings.
- SFGSA sponsors a mini-grants program for supplies/materials and gardening tools that will be used to create or enhance an outdoor learning environment at publicly funded San Francisco schools.
- SFGSA organizes a Green School Grounds Conference for teachers and community members, combining hands-on workshops on changing schoolyards into living outdoor classrooms with sessions showing how to connect these activities to California's K-12 curricula.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## **Sustainable Agriculture Education (SAGE)**

1417 Josephine Street

Berkeley, CA 94703

**Phone: (510) 526-1793**

[www.sagecenter.org](http://www.sagecenter.org)

### **Description**

- The mission of SAGE is to broaden the constituency for sustainable regional food and agriculture by developing projects, programs, and materials that help the public understand and enjoy sustainable agriculture's many benefits. Dedicated to the principle of health through diversity, SAGE helps articulate vision and inspires informed action through entrepreneurial, collaborative approaches.
- Goals of SAGE include the following: (1) To foster and support innovative projects linking urban and rural places; (2) To demonstrate the connections between community health, sustainable agriculture, metropolitan infrastructure and growth, housing, and regional land use planning; and (3) To link urban community food security needs with the needs of sustainable family farmers.

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



## University of California Cooperative Extension (UCCE),

San Francisco/San Mateo Counties

80 Stone Pine Road, #100

Half Moon Bay, CA 94019

**Phone: (650) 726-9059**

<http://cesanmateo.ucdavis.edu/>

### Services Description

- 4-H Youth Development Program  
4-H's learn-by-doing, youth-adult partnerships, and research-based educational programs help young people discover and develop their potential.
- Richard J. Elkus Ranch  
The Richard J. Elkus Ranch is a working ranch located on the central California coast in Half Moon Bay, San Mateo County.
- Agriculture  
Educational and research programs that assist the agricultural community (growers, industry, agencies and the public) in local crop production, pest management, postharvest handling, water quality, watershed protection, and environmental protection.
- Home Gardening/Public Information  
Providing research and educational support to amateur gardeners.
- Landscape Horticulture/Urban Forestry  
Educational programs and research that support city and county parks, green space managers, street tree programs, commercial tree and landscape professionals and nonprofit environmental groups.

### Eligibility Criteria

None

*Continued on next page*

*University of California Cooperative Extension (UCCE), cont.*

**Languages Available**

English

**Fees**

None

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE

## FARM TO CONSUMER



### **Alternative Food Projects: Reconnecting Eaters and Farmers**

Americans are increasingly concerned about the quality of their food - knowing where their food comes from and how it is grown. Many are worried about the loss of small farms and the consolidation of food system into the control of a few multinational organizations. Others are alarmed about food safety issues due to well publicized food contaminations such as the E. coli outbreak from Jack in the Box, recalls of Taco Bell corn taco shells due problems with the genetically engineered StarLink corn, and the discovery of mad cow disease in American grown cows. Rising levels of obesity and diet related diseases have also brought a new level of awareness of the need for healthy eating habits along with access to high quality food.

There is a movement globally to develop alternative food networks that directly reconnect eaters and farmers. In the U.S., these projects have taken many forms from farmers' markets, community supported agriculture, cooperative buying clubs, community gardens and other community food projects. Below are two guides that describe successful alternative food projects in the U.S.

#### **A Guide to Community Food Projects (CFP)**

The CFP program is a federal grant administered by the USDA that supports projects designed to: help meet the food needs of low-income people; increase the self-reliance of communities in providing for their own food needs; and promote comprehensive responses to local food, farm, and nutrition issues. Additionally, projects are encouraged to: support the development of entrepreneurial projects; develop linkages between the for-profit and non-profit sectors, as well as between other sectors of the food system; and foster long-term food planning activities and multi-system, interagency approaches. These projects have included nutrition education, food policy councils, community gardening, youth gardening, community supported agriculture, farm to school programs, farmers' markets, micro-enterprise campaigns, business training, community kitchens, and training and technical assistance.

**See:** [http://www.foodsecurity.org/cfsc\\_case\\_studies.pdf](http://www.foodsecurity.org/cfsc_case_studies.pdf)

#### **Weaving the Food Web**

*Weaving the Food Web* is a story of California's food system. It traces the efforts of communities across the state to help people put fresh, healthy food on their tables every day. It describes the kinds of relationships among individuals, families, and businesses. This photo-rich, 21-page booklet features eight innovative community-based food projects drawn from around California.

**See:** [http://www.foodsecurity.org/pubs.html#food\\_web](http://www.foodsecurity.org/pubs.html#food_web)

# FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE

## FARM TO CONSUMER



### Community Supported Agriculture (CSA)

Community Supported Agriculture (CSA) is a structure in which an individual, family, or group buys a “share” of the eventual harvest from a farm or a group of farms. In this way, the person or group is supporting the farm and taking on some of the risk and benefits from a regular box of the bounty. Subscribers usually receive a weekly box of produce including fruits, vegetables, and herbs and typically recipes and news from the farm. Sometimes subscribers are also invited to visit or volunteer on the farm. Included here is a list of CSA programs that deliver to San Francisco.

ALBA Organics (Salinas)  
Phone: 831-758-1469  
alba@albafarmers.org  
www.albafarmers.org

Eatwell Farm (Winters)  
Phone: 800-648-9894  
Phone: 530-759-8221  
organic@eatwell.com  
www.eatwell.com

Good Humus Produce (Capay)  
Phone: 530-787-3187

Herbert Family Organic Farm (Hollister)  
Phone: 831-245-8125  
www.herbertfamilyorganicfarm.com

Live Earth Farm (Watsonville)  
Phone: 831-763-2448  
farmers@cruzio.com  
www.liveearthfarm.com

Live Power Community Farm (Covelo)  
Phone: 707-983-8196  
livepower@igc.org

Mariquita Farm (Watsonville)  
CSA Phone line: 831-786-0625  
csa@mariquita.com  
www.mariquita.com

Purisima Greens (Half Moon Bay)  
Phone: 650-726-5101  
purgreens@igc.org

Terra Firma Farm (Winters)  
Phone: 530-756-2800  
goldenbell@aol.com  
www.terrafirmafarm.com

Winter Creek Gardens (Rumsey)  
Phone: 530-796-2243  
csa@wintercreekgardens.com  
www.wintercreekgardens.

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