

San Francisco Food, Nutrition, and Agriculture Directory, 4th Edition



FOREWORD



The “**San Francisco Food, Nutrition and Agriculture Directory**”, 4th edition (2008) (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 2nd edition (1997) and the San Francisco Food Systems Guidebook 1st 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 4th edition, Fall 2008 (alphabetical)

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Coordinator, Feeling Good Project

Nutrition Services, Maternal Child Adolescent Health Section

San Francisco Department of Public Health

Produced the 2nd 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 3rd 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 3rd edition; located the Eating Disorders resources and participated in both the FNAD work group and advisory committee. Ms Brainin-Rodriguez oversaw research and assembly of the 4th edition.

Janice Lee

Assistant Health Educator

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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 all for the 3rd edition.

Supervised and advised Colleen Ma, intern from CORO, Summer of 2007, who did the initial research for sections 1-4 and 6, of the SF FNAD, 4th edition. Assembled the information gathered by Colleen Ma. Ms. Lee contacted the remaining agencies of sections 1-4 and 6, for which information was not yet received, and updated those listings. Tracked communication with agencies researched and updated agency contact list. Confirmed and compiled all information contained in the 4th edition. Created and completed the final draft of the interactive electronic version of the FNAD; compiled the index; designed the cover; and the final draft of the online 4th edition.

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.

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; for the FNAD 3rd edition and 4th edition.

Colleen Ma – Intern with CORO, Summer 2007- Contacted agencies from sections 1-4, and section 6, and updated majority of the listings in those sections. Ms. Ma also tracked communication with the agencies, and updated contact list.

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, 3rd and 4th editions.

This material was funded by the USDA's Food Stamp Program through the California Department of Public Health's *Network for Healthy California*. These institutions are equal opportunity providers and employers. 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) 558-1001. For information on the California Food Stamp Program, call (800) 952-5253. Staff time and funding for development of the SF FNAD, 4th edition was provided by the *Network for a Healthy California*-funded Feeling Good Project, Nutrition Services, San Francisco Department of Public Health.

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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.childrencouncil.org

Wu Yee Children's Services

706 Mission Street, 6th Floor

San Francisco, CA 94103

Phone: (415) 677-0100

<http://wuyee.org>

Services Description

Children's Council of San Francisco

- Family Child Care Providers participate in the Child Care Food Program, a federal program that reimburses the providers for serving nutritious meals to the children in their care.
- Family Child Care Providers maintain daily records including menus and attendance and are visited three times per year by program staff.
- Family Child Care Providers benefit from on-going nutrition and health information and educational workshops, cooking classes, farmers market tours, etc. (at Children's Council).
- 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 Child Care Homes, either licensed or exempt
- Children up through age 13

Languages Available

English and Spanish

Fees

No Fee

Services Description

Wu Yee Children's Services:

- Deliver a comprehensive range of services to low-income children and families with three foci – Child Development, Family Services, and Provider Services.
- The Child Development Department provides comprehensive child development services families with children aged 0-5 through the six child development centers located throughout San Francisco, while offering other child care options such as Home-based program and Family Child Care Provider Option to families.
- The Family Services Department provides a child care resource & referral clearinghouse, which connects families to services they need. In addition, the Department processes child care subsidies, does outreach for the citywide Preschool for All initiative, and provides family support services through the Joy Lok Family Resource Center.
- The Provider Services Department's goal is to support child care providers to enhance quality of services so that children and families in San Francisco will benefit through SF CARES, Child Care Provider Training, and Child Care Food programs. Wu Yee is also part of the Child Care Inclusion Challenge Project, which assist families with children with special needs locate child care, and works with providers working with children with special needs through onsite coaching and support.

Continued on next page

Childcare Food Programs, cont.

Eligibility Criteria

Family Child Care Homes, either licensed or exempt.

Languages Available:

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 Stamps Outreach Program

Phone: (415) 558-4186

Phone: (415) 558-1001

www.sfgov.org/site/dhs/

Services Description

- The Food Stamps 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.
- The Food Stamps Program also offers a **Restaurant Meals Program for the Elderly, Disabled, and Homeless**. Participants of the Restaurant Meals Program are able to buy prepared (cooked) meals with food stamp benefits from authorized restaurants in San Francisco.

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.

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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

Outstation Offices:

- 3120 Mission Street
- 1440 Harrison Street along with Medi-Cal application

Bring followings for application:

- 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

- Call Center and Outreach phone line have messages in English, Spanish, Cantonese, Mandarin, Russian, Tagalog, and Vietnamese.
- Services available in English, Cantonese, Mandarin, 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

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 fill out a “Medical Statement for Participants with Allergies/Chronic Diseases Form” with a physician’s signature and the specific dietary restrictions. Please send the complete form to Student Nutrition Services. The form can be obtained from the district website: www.sfusd.edu 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, and are available at the Student Nutrition Services Office and the school sites. You can also obtain a guideline on how to fill out the meal application on the following website: www.sfusdfood.org

Continued on next page

National School Breakfast and Lunch Program, cont.

Languages Available

Applications are available in English, Spanish, and Chinese

Fees

Any student may purchase a school breakfast and/or lunch. Prices (as of August 2008):

- Breakfast \$1.50
- Lunch \$2.00-\$3.00

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

Consumers call the HELPLINK at:

Phone: 211

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 211 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

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 focus on participants' needs and learning styles.

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 five 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

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

FOODS PROVIDED BY THE WIC PROGRAM (September 2008)

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



211 HELPLINK

221 Maine Street, Suite 300
San Francisco, CA 94105

Phone: 211

415-808-4357 (HELP) or (800) 273-6222

TTY (415) 808-4440

Spanish (415) 808-4444

<http://www.211bayarea.org/>

Services Description

Comprehensive, free, confidential, and regional information and referral service available 24 hours a day, 7 days a week.

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

Over 150 languages, including English, Spanish, Cantonese, Mandarin and Tagalog

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

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

Consumers call the 211 HELPLINK at:

Phone: 211 or (415) 808-HELP (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 Network:** Grocery pantries provide fresh produce, bread, meat and packaged goods to low-income clients in underserved neighborhoods throughout the City. Pantries give clients the opportunity to prepare food in their own homes, promoting family stability, good health and dignity.
- **Shopping Network:** The 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.
- **Holiday Food Program:** The Holiday Food Program distributes food for holiday meals “farmers’ market-style” at our neighborhood pantries. Approximately 42,000 people – seniors, children, parents and individuals – enjoy holiday meals thanks to this program.

Continued on next page

San Francisco Food Bank, cont.

- **Supplemental Food Program:** The Supplemental Food Box Program provides a monthly box of nutritious USDA food to low-income seniors, pregnant women, women up to one year postpartum, and children under the age of six.
- **Emergency Food Box Program:** The Emergency Food Box Program provides a three-day emergency food supply to families and individuals in crisis.
- **Disaster Relief Program:** The Disaster Relief Program distributes emergency food supplies to low-income neighborhoods in the event of a citywide disaster.

Eligibility Criteria

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

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

Handouts in English and Spanish

Fees

No fee

Continued on next pages

Kitchens	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
1. All Saints' Episcopal Church 1350 WALLER (near Masonic) 621-1862 (T-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 th St. (bet. Mission & Howard) 861-8688							Lunch 1-3pm. Hot lunch, clothes, foot care Church service	Dinner: a hot meal. Medical clinic: 2nd & 4th Sat 1-3pm (Jul 12 & 26, Aug 9 & 23, Sept 13 & 27). ☺
3. Curry Senior Center 333 TURK (bet. Hyde & Leavenworth) 292-1086 (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. ☺
*4. Feed The Hungry 1400 JUDAH (near 19th Ave) 566-3704	1 ST SUNDAY OF THE MONTH: Lunch 12:30-1:30pm OTHER SUNS: Breakfast 9:15-10:15am							A hot lunch the 1st Sunday of the month (July 6, Aug 3, Sept 7): Filipino, Chinese, Indian, Mexican, or Pakistani food. All other Sundays: a breakfast of eggs, toast & grits.
*5. Food Not Bombs UN PLAZA FOUNTAIN (bet. Market & beginning of Leavenworth); PANHANDLE (Fell St. bet. Ashbury & Clayton, near playground) 16 TH & MISSION BART PLAZA	PANHANDLE: Lunch 12-3pm	UN PLAZA: Dinner 5:45pm until food runs out		UN PLAZA: Dinner 5:30pm until food runs out	16 TH & MISSION: Dinner 5pm until food runs out			Vegetarian! Meals are soup & bread; often salad. Bring your own bowl. Meal times vary: often late or cancelled. ☺
6. Glide Memorial Church 330 ELLIS (at Taylor) 674-6043 (M-F 8am-4:30pm)	Breakfast 8-9am, Seniors 7:30am Lunch 12-1:30pm	Breakfast 8-9am, Seniors 7:30am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am, Seniors 7:30am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am, Seniors 7:30am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am, Seniors 7:30am Lunch 12-1:30pm Dinner 4-5:30pm	Breakfast 8-9am, Seniors 7:30am Lunch 12-1:30pm	Breakfast 8-9am, Seniors 7:30am Lunch 12-1:30pm	Bag meal to go (2 sandwiches plus) provided at lunch on weekends, & at breakfast July 4 & Sept 1 (no lunch or dinner on holidays). ☺
*7. Jones Memorial United Methodist Church 1975 Post (near Steiner) 921-7653				Lunch 11:30-1pm: 2nd, 3rd, 4th Wed of the month				A full hot lunch the 2nd, 3rd & 4th Wed of the month (July 9, 16 & 23; Aug 13, 20 & 27; Sept 10, 17 & 24).
8. The Living Room Coffeehouse 690 PAGE (at Steiner) 939-2377						Dinner 7pm		Age 25 & under only: hot meal, coffee, Kool-Aid, sweets. Volunteer to set up at 5:30pm. Movie by 9pm. Closed 11pm. ☺
*9. Martin de Porres House of Hospitality 225 POTRERO (near 16th St.) 552-0240	***CLOSED Friday, Aug 1-Sunday, Aug 10. RE-OPENING Monday, Aug 11 for breakfast.*** Brunch 9-10:30am	Breakfast 6:30-7:30am	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	Usually a vegetarian alternative. Breakfast: oatmeal & herb tea. Lunch & Brunch: a hearty soup & salad. ☺

* indicates important changes since April-June 2008. 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>. This chart may be reproduced freely (but revised only with permission). ©2008 Free Print Shop.

Kitchens	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
*10. Missionaries of Charity 1300 - 4th St. (at 3rd St.) 586-3449 (9am-noon, 3:30-6pm)	Dinner 3:30-5pm	Dinner 3:30-5pm	Dinner 3:30-5pm	Dinner 3:30-5pm	Dinner 3:30-5pm	Dinner 3:30-5pm	Dinner 3:30-5pm	Mon-Sat: soup & sandwiches. Sun: full-course dinner. There is a short prayer before meal. ☺
*11. Mother's Kitchen 7 OCTAVIA (at Waller) (707) 776-4800			Dinner 5-5:30pm or till food runs out.		Dinner 5-5:30pm or till food runs out.	Lunib 2:30-3:30pm		Vegetarian! with vegan option. A hot lunch. ☺
12. North Peninsula Food Pantry & Dining Center of Daily City 31 BEFLER (near Mission) (650) 994-5150		Dinner 5-5:30pm or till food runs out.	Dinner 5-5:30pm or till food runs out.		Dinner 5-5:30pm or till food runs out.			A full-course meal. ☺
13. Providence Baptist Church 1601 Mc KINNON (at Mendell) 642-0234				Lunib 12:45-2pm				Optional Bible study before a hearty lunch. ☺
14. St. Anthony Dining Room 45 JONES (at Golden Gate)	Lunib 11:30am-1:30pm	Lunib 11:30am-1:30pm	Lunib 11:30am-1:30pm	Lunib 11:30am-1:30pm	Lunib 11:30am-1:30pm	Lunib 11:30am-1:30pm	Lunib 11:30am-1:30pm	10:30am-11:30am: families & folks age 59+ or unable to carry a tray. 11:30-1:30pm: all others. ☺
15. St. Peter & Paul Catholic Church 666 FLEBERT (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. ☺
16. S.F. Rescue Mission 140 TURK (bet. Taylor & Jones) 441-1628		Dinner: Doors open 3:45pm, mandatory church service 4pm (doors close 4:15pm). First come, first served. 100 people maximum.	Mon-Fri Coffee and pastry 10:30-10:45am.					Dinner: Full-course dinner. Blankets sometimes available. Closed July 4. ☺
17. Third Baptist Church 1399 McALLISTER (near Pierce)				Lunib 12:30-1:30pm	Lunib 12:30-1:30pm			Meat, bread, vegetables, salad, punch & dessert. ☺
18. United Council of Human Services 2111 JENNINGS (at Van Dyke) 671-1100	Breakfast 7-9am Dinner 4-6pm	Breakfast 7-9am Dinner 4-6pm	Breakfast 7-9am Dinner 4-6pm	Breakfast 7-9am Dinner 4-6pm	Breakfast 7-9am Dinner 4-6pm	Breakfast 7-9am Dinner 4-6pm	Breakfast 7-9am Dinner 4-6pm	Hot breakfast. Hot dinner, usually including an entrée, vegetables & dessert. ☺

Kitchens serving once a month

	Saturday	Sunday	Notes
1. First Friendship Institutional Baptist Church 501 STEINER (at Oak)	Lunib: noon-3pm (July 26, Aug 23, Sept 27)		Full-course lunch (chicken, macaroni and cheese (or potatoes), salad, dessert) the fourth Saturday of the month. Volunteers needed to serve & clean up. ☺
2. Iglesia Latina Americana de las Adventistas 7º Dia 3024 - 24th St. (near Harrison)		Breakfast: 9:30-11am (July 20, Aug 17, Sept 21)	Lacto-ovo-vegetarian! Eggs, potatoes, beans, coffee served on the third Sunday of each month.
3. Macedonia Missionary Baptist Church 2135 SUTTER ST. (near Steiner)	Lunib: 11:30am-1pm (July 27, Aug 24, Sept 28)		Hot meal the Saturday before the fourth Sunday of each month. There is a short blessing before the meal.
4. River of Life Christian Fellowship 1 MARKET (at Embarcadero Plaza)	346-1154	Dinner: 5-5:30pm (July 6 & 27, Aug 3 & 24, Sept 7 & 28)	Soup, coffee & bread on the first & fourth Sundays of the month. ☺

* indicates important changes since April-June 2008.

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

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Comedores	Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Notas
1. All Saints' Episcopal Church 1350 WALLER (cerca de Masonic) 621-1862 (M-J 1-5pm)							<i>Comida del mediodía</i> 10:30-11:30am	Carnes; papas o pastas o arroz; vegetales, ensalada, pasteles, café y pan. ☺
2. City Team Ministries 164 CALLE 6 (entre Mission y Howard) 861-8688							1-3pm: comida caliente, ropa y podiatría <i>Cena:</i> Martes-sábado presentarse 5:45pm para culto divino y cena a 6pm. El culto divino no es obligatorio, pero los que participan comen primero.	Una cena caliente. En 2ª y 4º sábado 1-3pm hay clínica médica (12 & 26 julio, 9 & 23 agosto, 13 & 27 septiembre). ☺
3. Curry Senior Center 333 TURK (entre Hyde y Leavenworth) 292-1086 (7am-1pm)	<i>Desayuno</i> 8-9am <i>Almuerzo</i> 11:30am-12pm	<i>Desayuno</i> 8-9am <i>Almuerzo</i> 11:30am-12pm	<i>Desayuno</i> 8-9am <i>Almuerzo</i> 11:30am-12pm	<i>Desayuno</i> 8-9am <i>Almuerzo</i> 11:30am-12pm	<i>Desayuno</i> 8-9am <i>Almuerzo</i> 11:30am-12pm	<i>Desayuno</i> 8-9am <i>Almuerzo</i> 11:30am-12pm	<i>Desayuno</i> 8-9am <i>Almuerzo</i> 11:30am-12pm	Para mayores de 60 años. Se sugieren donaciones de \$1.50, pero nadie es rechazado por falta de dinero. Apuntarse para almuerzo 8am L-V y 9am S, D, y días festivos. ☺
*4. Feed The Hungry 1400 JUDAH (cerca de 19th Ave) 566-3704	1º DOMINGO DEL MES: <i>Almuerzo</i> 12:30-1:30pm OTROS DOMS: <i>Desayuno</i> 9:15-10:15am							Uno almuerzo caliente el 1º domingo del mes (6 julio, 3 agosto, 7 sept); comida filipina, china, india, mexicana, o pakistana. Todo los otros domingos: desayuno de huevos, pan, toast y farro.
*5. Food Not Bombs FUENTE DE LA PLAZA UN (entre Market y principio de Leavenworth); PANHANDLE (Fell entre Ashby y Clayton cerca del campo de juego); 16TH Y MISSION BART PLAZA	PANHANDLE: <i>Almuerzo</i> 12-3pm	UN PLAZA: <i>Cena</i> 5:45pm hasta acabar comida	UN PLAZA: <i>Cena</i> 5:45pm hasta acabar comida	UN PLAZA: <i>Cena</i> 5:45pm hasta acabar comida	16TH Y MISSION: <i>Cena</i> 5pm hasta acabar comida			¡Vegetariano! Sopa y pan; y amenuado ensaladas. Traiga su propia sopera. Las comidas a veces se cancelan. Las horas de inicio son variables y frecuentemente comienzan tarde. ☺
6. Glide Memorial Church 330 ELLIS (con Taylor) 674-6043 (L-V 8am-4:30pm)	<i>Desayuno</i> 8-9am, mayores de 60+ 7:30am <i>Almuerzo</i> 12-1:30pm	<i>Desayuno</i> 8-9am, mayores de 60+ 7:30am <i>Almuerzo</i> 12-1:30pm <i>Cena</i> 4-5:30pm	<i>Desayuno</i> 8-9am, mayores de 60+ 7:30am <i>Almuerzo</i> 12-1:30pm <i>Cena</i> 4-5:30pm	<i>Desayuno</i> 8-9am, mayores de 60+ 7:30am <i>Almuerzo</i> 12-1:30pm <i>Cena</i> 4-5:30pm	<i>Desayuno</i> 8-9am, mayores de 60+ 7:30am <i>Almuerzo</i> 12-1:30pm <i>Cena</i> 4-5:30pm	<i>Desayuno</i> 8-9am, mayores de 60+ 7:30am <i>Almuerzo</i> 12-1:30pm <i>Cena</i> 4-5:30pm	<i>Desayuno</i> 8-9am, mayores de 60+ 7:30am <i>Almuerzo</i> 12-1:30pm	Dan comida para llevar (2 sandwiches y más) al almuerzo los fines de semana y al desayuno 4 julio y 1 septiembre (almuerzo o cena no hay). ☺
*7. Jones Memorial United Methodist Church 1975 POST (cerca de Steiner) 921-7653								Almuerzo completo caliente 2º, 3º y 4º miércoles del mes (9, 16 y 23 julio; 13, 20 y 27 Agosto; 10, 17 y 24 Septiembre).
8. The Living Room Coffeehouse 690 PAGE (con Steiner) 939-2377							<i>Cena</i> 7pm	Solo para jóvenes menores de 25 años. Cena caliente, café, Kool-Aid, dulces. Se puede venir a ayudar 5:30pm; película antes de 9pm; cerrado a las 11pm. ☺
*9. Martin's (Casa de San Martin de Porres) 225 POTRESO (cerca de calle 16) 552-0240	*** CERRADO de viernes, 1 agosto a domingo, agosto 10. REABRIRAN al desayuno lunes, 11 agosto. *** <i>Comida del mediodía</i> 9-10:30am	<i>Desayuno</i> 6:30-7:30am <i>Almuerzo</i> 12-2pm	<i>Desayuno</i> 6:30-7:30am <i>Almuerzo</i> 12-2pm	<i>Desayuno</i> 6:30-7:30am <i>Almuerzo</i> 12-2pm	<i>Desayuno</i> 6:30-7:30am <i>Almuerzo</i> 12-2pm	<i>Desayuno</i> 6:30-7:30am <i>Almuerzo</i> 12-2pm	<i>Almuerzo</i> 12-2pm	Muchas veces hay opción vegetariana. Desayuno: cereal de avena, té de hierbas. Almuerzo y mediodía: sopa sustancial y ensalada. ☺

* indica cambios importantes desde abril-junio 2008. Nos gustaría recibir sus correcciones o comentarios para nuestra próxima lista. Favor de llaman al 648-3222 o email free@freeprintshop.org. Escenas hasta el momento son disponibles en <http://freeprintshop.org>. Esta lista puede reproducirse libremente (pero modificada solo bajo autorización). © 2008 Free Print Shop

Comedores	Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Notas
*10. Missionaries of Charity 1300 CALLE 4 (con Calle 3) 586-3449 (9am-12pm, 3:30-6pm)	Cena 3:30-5pm	Cena 3:30-5pm	Cena 3:30-5pm	Cena 3:30-5pm	Cena 3:30-5pm	Cena 3:30-5pm	Cena 3:30-5pm	De lunes a sábado sopa y sandwiches, domingo una cena completa. Hay una breve oración antes de la comida. [♿]
*11. Mother's Kitchen 7 OCTAVIA (con Waller)(707) 776-4800		Cena 5-5:30pm o hasta acabar comida	Cena 5-5:30pm o hasta acabar comida		Cena 5-5:30pm o hasta acabar comida	Almuerzo 2:30-3:30pm		¡Vegetariano! con opción vegana. Un almuerzo caliente. [♿]
12. North Peninsula Food Pantry & Dining Center of Daly City 31 BEFLER (cerca de Mission) (650) 994-5150		Cena 5-5:30pm o hasta acabar comida	Cena 5-5:30pm o hasta acabar comida					Una comida completa. [♿]
13. Providence Baptist Church 1601 MCKINNON (y Mendell) 642-0234				Almuerzo 12:45-2pm				Estudio opcional de la biblia antes de un almuerzo sustancial. [♿]
14. St. Anthony Dining Room 45 JONES (con Golden Gate) 241-2690	Almuerzo 11:30am -1:30pm	Almuerzo 11:30am -1:30pm	Almuerzo 11:30am -1:30pm	Almuerzo 11:30am -1:30pm	Almuerzo 11:30am -1:30pm	Almuerzo 11:30am -1:30pm	Almuerzo 11:30am -1:30pm	10:30-11:30am: mayores de 59 años, personas con niños, o personas incapaces de llevar una bandeja. Todos los otros: 11:30am-1:30pm. [♿]
15. St. Peter & Paul Catholic Church 666 PILBERT (cerca de Washington Square) 421-0809								Un sandwich sencillo.
16. S.F. Rescue Mission 140 TURK (entre Taylor y Jones) 441-1628								Una cena completa. Mantas están a veces disponibles. Cerrado 4 julio. [♿]
17. Third Baptist Church 1399 McALLISTER (cerca de Pierce)								Carne, pan, verduras, ensalada, bebida y postre. [♿]
18. United Council of Human Services 2111 JENNINGS (con Van Dyke) 671-1100	Desayuno 7-9am Cena 4-6pm	Desayuno 7-9am Cena 4-6pm	Desayuno 7-9am Cena 4-6pm	Desayuno 7-9am Cena 4-6pm	Desayuno 7-9am Cena 4-6pm	Desayuno 7-9am Cena 4-6pm	Desayuno 7-9am Cena 4-6pm	Desayuno caliente. Cena caliente, generalmente incluye un plato de entrada, verduras y postre. Cerrado 4 julio. [♿]
Comedores que sirven una vez al mes								
		Sábado			Domingo		Notas	
1. First Friendship Institutional Baptist Church 501 STEINER (con Oak)		Almuerzo: 12-3pm (26 julio, 23 agosto, 27 septiembre)						Almuerzo completo (pollo, macaroni con queso (o papas), ensalada, postres) el cuarto sábado de cada mes. Los voluntarios son necesarios servir y limpiar. [♿]
2. Iglesia Latina Americana de las Adventistas 7º Dia 3024 CALLE 24 (cerca de Harrison)					Desayuno: 9:30-11 am (20 julio, 17 agosto, 21 septiembre)			¡Lacto-huevo-vegetariano! Se sirve el desayuno con huevos, papas, frijoles y café el tercer domingo de cada mes.
3. Macedonia Missionary Baptist Church 2135 SUTTER ST. (cerca de Steiner)	346-1154	Almuerzo: 11:30am-1:30pm (27 julio, 24 agosto, 28 septiembre)						Comida caliente el sábado antes del cuarto domingo de cada mes. Hay círculo de oración antes de la comida. Hay una breve bendición antes de la comida.
4. River of Life Christian Fellowship 1 MARKET (por Embarcadero Plaza)					Cena: 5-5:30pm (6 y 27 julio, 3 y 24 agosto, 7 y 28 sept)			Sopa, café, y pan el primero y cuarto domingo de cada mes. [♿]

* indica cambios importantes Nos gustaría recibir sus correcciones o comentarios para nuestra próxima lista. Favor de llamar al 648-3222 o desde abril-junio 2008. email free@freeprintshop.org. Escenas hasta el momento son disponibles en <http://freeprintshop.org>.
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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

Handouts in English and Spanish

Fees

No fee

Continued on next pages

July-September 2008 San Francisco Free Pantry Chart

Page 1. See other side for more pantries!

Pantries that give away free groceries &/ or produce

Bayview/Hunters Point/Visitation

Girls 2000 (Hunters Point Food Pantry). 195 KISKA (at Dormitory, at the old Milton Meyer Rec Ctr). 824-3225. **Thur 2-3:30pm**, first come first served.

For Hunters Point families. Sign in with address; no ID needed. ☒

Heritage Homes & Britton Court. 243 REY (at Sunnydale). 333-9956. **Mon 2-5pm**. For residents of Heritage Homes or Britton Court. No ID required. ☒

Our Lady of Lourdes. 410 HAWES (at Innes). 285-3377. **Sat 10am-12pm**. Produce, canned & dry goods. ID or proof of address required. Bring a bag. English, Spanish. ☒

Rainbow 7th Day Adventist. 1400 PALOU (at Keith). Sign up **Mon 9am**; vegetarian groceries given out **12pm**. Closed **July 7, Sept 1**. ☒

St. Paul Tabernacle Baptist Church. 1789 OAKDALE (at Phelps). 642-4965. **Fri 12-2pm**. Must live in 94124 zip code. ID required. ☒

United Council of Human Services. 1065 OAKDALE (bet. Ingalls & Griffith). 643-1700. **MWThF 9am-4pm**, **Tues 12-4pm**: Sign up for a monthly box of canned food; produce given out **Wed 10am**. Call about what kind of ID to bring (no ID needed for free clothing). Closed **July 4**. ☒

Visitation Valley Family & Community Services Ctr. 161 LELAND AVE (at Rutland). 586-6998. Must register once (with ID): **Tues 10-10:30am**; food given out **Mon 3-4pm**. 70 people served. ID & bags required. Call or drop in **Mon-Fri 9-5** for emergency food box (one available per eligible family every 12 months). Cantonese, English, Mandarin, Spanish, Tagalog.

Mission/Potrero/Castro

Arriba Juntos. 1850 MISSION (bet. 14th & 15th Sts.). 487-3240. Sign up **Thur 8:30am**; groceries given out **9am**. Must live in 94110 or 94103 zipcode. ID required. ☒

Diamond Heights at St. Aidan's Church. 101 GOLDMINE DR (at Diamond Heights Blvd). **Fri 1-2:30pm**. Produce, canned & dry goods. Must live in 94131 zip code. ID required. Closed **July 4**. ☒

Fill Up America. 1050 S. VAN NESS (bet. 21st & 22nd Sts). 503-1100. Get a ticket **Fri 10am**; food given out **12:30pm**. 1 bag per person. Must live in 94110 or 94103 zip code. ID required. Call to volunteer.

Potrero Hill Family Resource Ctr. 751 MISSOURI (at Turner). 206-2121. **Fri 12:30-4pm**, last two Sats of the month **10am-2pm** (July 19, 26; Aug 23, 30; Sept 20, 27). Must live in 94107 zip code. Bring ID & lease for 1st visit. No ID required for emergency food boxes, for any SF resident referred by an agency. Closed **July 4**; open **July 3** instead.

Salvation Army Family Services, Mission. 1156 VALENCIA (bet. 22nd & 23rd Sts). Sign up **M-Th 9-11:45am**; food given out **Fri 9-11am**. Must live in 94107, 94110, 94112, 94114, 94131, or 94134 zip code. Bring ID, proof of income & of address. English, Spanish. Closed **July 1-4**. ☒

Ocean View/Sunset/Richmond

***Feed The Hungry.** 1400 JUDAH (near 19th Ave). 566-3704. **Fri 8-10am**. Bring a bag. ID required. English, Cantonese, Mandarin, Tagalog.

Fill Up America. 200 ONONDOGA (near Otsego). 503-1100. Get a ticket **Fri 10:30am**; food given out **1:45-2:15pm**. 1 bag per person. Must live in 94112 zip code. ID required. ☒

OMI Family Resource Ctr.

650 CAPITOL (near Montana). 406-1370. Get a number **Tue 9:30am**; food given out **11am**. Must live in 94112, 94116, or 94132 zip code. Proof of address required. ☒

OMI Senior Ctr. 1948 OCEAN (at Fairfield). 587-1443. Food boxes given out to seniors **9:30am-1pm** on the **4th Mon of the month** (July 28, Aug 25, Sept 22). Grocery bags given out to seniors (60+) who live in 94127 or 94132 zipcode **Thur 9-11am**. ID & proof of income required. Cantonese, English, Mandarin, Spanish, Tagalog. ☒

Sunrise Community Pantry at Christ Church Lutheran.

1090 QUINTARA (at 20th Ave). 664-0915. Tickets given out **Sat 7am**, order determined by lottery. Produce, canned & dry goods. Only 1 person per household allowed to shop. ID required.

Temple United Methodist Church.

65 BEVERLY (at 19th Ave). 586-1444. **Wed 6-7pm**. Line up no earlier than 5:45pm to get a randomly assigned number (not first come, first served). Produce, canned & dry goods. ☒

Tenderloin/Chinatown/SoMa

Project Open Hand. 730 Polk (near Ellis). 800-551-6325. Call **M-F 9am-4pm**, **Sat 9am-12pm** for interview appt. If accepted, pick up food **Tues 9am-4pm**, **Wed-Sat 11am-4pm**. For people with symptomatic or disabling HIV or AIDS. Letter of diagnosis, proof of SF residency, & photo ID required. Closed **July 4**. ☒

Salvation Army Asian American Yerba Buena Corps. 360 4TH ST. (at Clara). 777-2677. Get a ticket **Fri 8:45am**; food given out **9am**. For seniors 60+ who live in 94103, 94105, or 94107 zip code. ID required. Care providers must have client's ID with current address, their own ID & authorization letter. English, Cantonese & Mandarin spoken. Closed **July 4**. ☒

*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>

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July-September 2008 San Francisco Free Pantry Chart

Page 2. See other side for more pantries!

Pantries that give away free groceries &/or produce

Tenderloin/Chinatown/SOMA (cont.)

***Salvation Army Family Services, Chinatown Court.** 1450 POWELL ST. (at Fortway). 781-7002. Call for interview **MWF 9am-12pm** for food given out **Fri 2:30pm**. Produce, meat, bread, etc. Must live in 94104, 94108, 94109, 94111, 94123, 94130, 94133, or 94158. ID required. **Closed July 4.** ☒

Salvation Army Family Services, Turk Street. 220 TURK (bet. 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. **Closed July 4.** ☒

S.F. Rescue Mission. 140 TURK (bet. Taylor & Jones). 441-1628. **Sign up Wed 12-12:30pm; food given out Thurs 12-12:30pm.** Must live in 94102 zip code. Bring photo ID & proof of address. You can get food once a month. Canned & dry goods. ☒

Western Addition/Haight

Bethel AME Church. 916 LAGUNA (at Golden Gate). 921-4935. **Sign up 8am on 1st Fri of the month (Aug 1, Sept 5) to get food 12-2pm** on the remaining Fridays of the month. No ID required. Bring a box or bag. Those without tickets can show up **Fri 1:10pm** to see if there's extra food. **Closed July 4.** ☒

Booker T. Washington Community Svce Ctr. 800 PRESIDIO (at Sutter). 928-6596. **Thur 12-1:30pm.** Produce, canned & dry goods. Photo ID required. ☒

First Friendship Institutional Baptist Church. 501 STEINER (at Oak). **Friday 10am-12pm.** Bring a bag. ☒

Jones Memorial United Methodist Church. 1975 Post (at Steiner). 921-7653. **Get a ticket Sat 8:30am; food given out 10:30-11:30am.** Bring a bag. Must live in 94115 zip code. **Closed July 5, Aug 30.** ☒

Korean American Senior Community Ctr. 745 BUCHANAN (at Grove). **Fri 10am-12pm.** No ID required. **Closed July 4.**

Macedonia Missionary Baptist Church. 2135 SUTTER (near Pierce). **Wed 10am-12pm.** Must live in 94102, 94109, or 94115 zip code. ID required. Produce, canned & dry goods.

***St. Andrew Missionary Baptist Church.** 2565 Post (near Baker). 346-6500. **Get a ticket 8-10am 1st Wed of every other month (July 2, Sept 3) to get groceries Wed 9:30am** for 2 months. Those without tickets can get groceries at 10:30am. No ID required, just a smile. ☒

Treasure Island/Daly City

North Peninsula Food Pantry & Dining Center of Daly City. 31 BEPLER (near Mission). Call (650) 994-5150 for appt. No ID required. ☒

***Treasure Island Homeless Development Initiative.** BLDG. 497 AVENUE I ON TREASURE ISLAND (bet. 9th & 11th Sts.). 274-0311. **Tues 3:30-5pm.** For Treasure Island residents only. ID required. ☒

Citywide

Supplemental Food Program. CALL 211 (HELPLINK) to get on waiting list for one 35-lb box of dry & canned goods per month. For SF residents age 60+ & non-WIC families with children under 6. Must provide proof of age & income. ☒

Other ways to get free groceries

Food Stamps. Department of Human Services, 1235 MISSION (betw. 8th & 9th Sts.). 558-1001 (or toll-free 877-366-3076) for information in Cantonese, Mandarin, English, Spanish, Tagalog, Russian; 558-4186 to leave message. Disabled people may be able to apply by mail; otherwise they will probably tell you to just apply in person **M-F 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. & fingerprint you. You should get your food stamps sometime within 3 days to a month. Individuals can get up to \$162 worth of Food Stamps per month (most individuals get less; most families get more). 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). **M-F 8am-5pm.** Women who are pregnant or have children under 5 years, call for referral to sign up in one of 5 locations. Take proof of income (check stubs, Medi-Cal card) & address (California ID/phone or PG&E bill/piece of mail) & verification of pregnancy (with due date). WIC provides food vouchers, nutritional counseling, & breastfeeding info & support. You can take 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. ☒

* indicates important changes since April-June 2008. 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>

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Locales que reparten alimentos gratis

Bayview/Hunters Point/Visitation

Girls 2000 (Hunters Point Food Pantry). 195 KISKA (con Dormitory, en Milton Meyer Rec. Ctr.). 824-3225. Jueves 2-3:30pm, primero venido primero servido. Para las familias de Hunters Point. No se pide identificación, pero tiene que firmar su nombre y domicilio. ☎

Heritage Homes & Britton Court. 243 REY (con Sunnydale). 333-9956. Lun 2-5pm. Debe vivir en Heritage Homes o Britton Court. No se pide identificación. ☎

Our Lady of Lourdes. 410 HAWES (con Innes). 285-3377. Sábado 10am-12pm. Comidas secas y enlatadas, y vegetales. Se pide identificación o prueba de residencia, y una bolsa. Español e inglés. ☎

Rainbow 7th Day Adventist. 1400 PALOU (con Keith) 822-3200. Registrarse lun 9am para tener prioridad en obtención de alimentos vegetarianos repartidos 12pm. Cerrado 7 julio, 1 sept. ☎

St. Paul Tabernacle Baptist Church. 1789 OAKDALE (con Phelps). 642-4965. Viernes 12-2pm. Para residentes del código postal 94124. Se pide identificación. ☎

United Council of Human Services. 1065 OAKDALE (entre Ingalls y Griffith). 643-1700. LM&V 9am-4pm, martes 12-4pm, registrarse para una bolsa o caja de comida enlatada mensual. Vegetales distribuidos los miér 10am. Llame para preguntar que tipo de identificación se pide. Hay ropa (no se pide identificación para ropa.). Cerrado 4 julio. ☎

Visitation Valley Family and Community Services Center. 161 LELAND AVE (con Rutland). 586-6998. Tiene que registrarse una vez (con identificación): ma 10-10:30am, para obtener un boleto para conseguir alimentos el miér 3-4pm. 50 personas servido. Se pide identificación y bolsas. Para caja del alimento de emergencia (una caja disponible por la familia eligible por 12 meses), llame o presentarse L-V 9am-5pm. Español, inglés, cantonés, mandarín, y tagalog.

Mission/Potrero/Castro

Arriba Juntos. 1850 MISSION (entre calles 14 y 15). 487 3240. Se dan números juev 8:30am, se reparten

alimentos 9am. Para residentes de códigos postales 94110 o 94103. Se requiere identificación. ☎

Diamond Heights a St. Aidan's Church. 101 GOLDMINE DR (con Diamond Heights). Viernes 1-2:30pm. Solamente para residentes del código postal 94131. Comidas secas y enlatadas, y vegetales. Se pide identificación. Cerrado 4 julio. ☎

***Fill Up America.** 1050 S. VAN NESS (entre calles 21 y 22). 503-1100. Se dan boletos vier 10am para conseguir alimentos 12:30pm. Una bolsa por persona. Para residentes de códigos postales 94110 o 94103. Se pide identificación. Voluntarios llamen. ☎

Potrero Hill Family Resource Ctr. 751 MISSOURI (con Turner). 206-2121. Viernes 12:30-4pm y los dos últimos sábados del mes 10am-2pm (19 y 26 julio, 23 y 30 agosto, 20 y 27 sept). Para residentes del código postal 94107. Se requiere identificación y arrendamiento para la primera visita. No se pide identificación para cajas de emergencia con alimentos para cualquier residente de San Francisco, pero debe ser referido por una agencia. Cerrado 4 julio; abierto 3 julio en vez.

Salvation Army Family Services, Mission. 1156 VALENCIA (entre calles 22 y 23). Registrarse L-V 9-11:45am para conseguir alimentos los vier 9-11am. Para residentes de códigos postales 94107, 94110, 94112, 94114, 94131, y 94134. Se pide identificación y prueba de sus ingresos y residencia. Español e inglés. Cerrado 1-4 julio. ☎

Ocean View/Sunset/Richmond

***Feed The Hungry.** 1400 JUDAH (cerca de 19th Ave). 566-3704. Vier 8-10am. Traiga su propia bolsa. Se pide identificación. Cantonés, inglés, mandarín, tagalo.

***Fill Up America.** 200 ONONDAGA (cerca de Otsego). 503-1100. Se dan boletos vier 10:30am, se reparten alimentos 1:45-2:15pm. Una bolsa por persona. Para residentes del código postal 94112. Se pide identificación. ☎

***OMI Family Resource Ctr.** 650 CAPITOL (con Montana). 406-1370. Se dan números mar 9:30am, se reparten alimentos 11am. Para residentes de códigos

postales 94112, 94116, 94132. Se pide prueba de su domicilio. ☎

OMI Senior Center. 1948 OCEAN (con Fairfield Way). 587-1443. Las cajas de comida se reparten a personas mayores (60+) 9:30am-1pm el cuarto lun del mes (28 julio, 25 agosto, 22 sept). Bolsas de compras se reparten juev 9-11am a residentes mayores de los códigos postales 94127 o 94132. Se pide identificación y prueba de sus ingresos. Español, cantonés, inglés, mandarín, tagalo. ☎

Sunrise Community Pantry at Christ Church

Lutheran. 1090 QUINTARA (con Av. 20). 664-0915. Se dan boletos sáb 7am; una lotería determina la orden. Comidas secas y enlatadas, frutas y vegetales. Solo se permite comprar a una persona por familia. Se pide identificación.

Temple United Methodist Church. 65 BEVERLY (con Av. 19). 586-1444. Miércoles 6-7pm. Alinee no antes de las 5:45pm para obtener un numero asignado aleatoriamente. Comidas secas y enlatadas y vegetales. ☎

Tenderloin/Chinatown/SoMa

Project Open Hand. 730 POLK (cerca de Ellis). 800-551-6325. Llame L-V 9-4, sáb 9am-12pm para hacer una cita de entrevista. Si se aceptaran, se puede conseguir alimentos martes 9am-4pm y miér-sáb 11am-4pm. Para personas con sintomas o discapacidad de HIV o SIDA. Se requiere carta médica con el diagnóstico, identificación con foto, y prueba de residencia en SF. Cerrado 4 julio. ☎

Salvation Army Asian American Yerba Buena Corps. 360 CALLE 4 (en Clara). 777-2677. Obtenga un boleto vier 8:45am, se reparten alimentos 9am. Se pide identificación. Para personas mayores (60+) de los códigos postales 94103, 94105, 94107. Se habla inglés, cantonés, y mandarín. Los proveedores del cuidado deben tener la identificación de los clientes con la dirección actual, su propia identificación, y una carta de autorización. Inglés, cantonés y mandarín. Cerrado 4 julio. ☎

* indica cambios importantes desde abril-junio 2008

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Locales que reparten alimentos gratis

Tenderloin/Chinatown/SoMa (cont.)

***Salvation Army Family Services, Chinatown Ct.** 1450 POWELL (con Fortway). 781-7002. Llame **LMiV 9am-12pm para entrevista** para el alimento repartido **V 2:30pm**. Vegetales, frutas, carnes, panes, etc. Para residentes de códigos postales 94104, 94108, 94109, 94111, 94123, 94130, 94133, 94158. Se pide identificación. Cerrado 4 julio. ☎

Salvation Army Family Services, Turk Street. 220 TURK (entre Jones y Leavenworth). **Viernes 9-11am**. Traiga su propio bolso. Para residentes de códigos postales 94102, 94103, 94105, 94115, 94117, 94118, o 94124. 120 personas servidas. Se pide identificación. Cerrado 4 julio. ☎

S.F. Rescue Mission. 140 TURK (entre Taylor y Jones). 441-1628. Puede registrarse **miérc 12-12:30pm**, se reparten alimentos **jueves 12-12:30pm**. Solamente para residentes del código postal 94102. Cada persona puede conseguir alimentos una vez al mes. Se pide identificación y prueba de dirección. Comidas secas y enlatadas. ☎

Western Addition/Haight

Bethel AME Church. 916 LAGUNA (con Golden Gate). 921-4835. **Apuntarse 8am del primer vier del mes** (1 agosto, 5 sept) para recibir alimentos **12-2pm los demás viernes** del mes. No se pide identificación. U.d. debe traer su propio bolso. Personas no registradas **vengan vier 1:10pm** para ver si hay comidas extras. Cerrado 4 julio. ☎

Booker T. Washington Community Service Center. 800 PRESIDIO (con Sutter). 928-6596. **Jueves 12-1:30pm**. Comidas secas y enlatadas, y vegetales. Se pide identificación con foto. ☎

First Friendship Institutional Baptist Church. 501 STEINER (con Oak). **Viern 10am-12pm**. Traiga un bolso. ☎

***Jones Memorial United Methodist Church.** 1975 POST (con Steiner). 921-7653. **Los boletos repartidos sáb 8:30am**; se reparten alimentos

10:30am-11:30am. Traiga una bolso. Para residentes de código postal 94115. Cerrado 5 jul, 30 ag.

Korean American Senior Community Ctr. 745 BUCHANAN (con Grove). **Viernes 10am-12pm**. No se pide identificación. Cerrado 4 julio.

***Macedonia Missionary Baptist Church.** 2135 SUTTER (near Pierce). **Miérc 10am-12pm**. Para residentes de códigos postales 94102, 94109, o 94115. Se pide identificación. Comidas secas y enlatadas, y vegetales.

St. Andrew Missionary Baptist Church. 2565 POST (con Baker). 346-6500. **Se dan boletos 8am el primero miér del cado otro mes** (2 julio, 3 sept) para recibir alimentos **9:30am los demás miér** por 2 meses.

Personas no registradas **vengan miér 10:30am** para ver si hay comidas extras. No se pide identificación, se pide solo una sonrisa. ☎

Treasure Island/Daly City

North Peninsula Food Pantry & Dining Center of Daly City. 31 BEPLER ST (por Mission). Llame (650) 994-5150 para una cita. No se pide identificación. ☎

***Treasure Island Homeless Development Initiative.** EDIFICIO 497 AVENIDA I EN TREASURE ISLAND (entre calles 9 y 11). 274-0311. **Mar 3:30-5pm**. Debe ser un residente de Treasure Island. Se pide identificación. ☎

Abarca Toda la Ciudad

Supplemental Food Program. LLAME 211 (HELPLINK) para locación. Una caja de 35 lbs de comidas secas y enlatadas cada mes. Para residentes de San Francisco de 60 años y mas y familias con niños menores de 6 años que no tienen WIC. Debe tener prueba de edad y ingresos. ☎

Estampillas de Comida. Departamento de Servicios Humanos, 1235 MISSION (entre calles 8 y 9). 558-1001 (o sin cargo 877-366-3076) para información en español, cantonés, inglés, mandarín, ruso o tagalo; 558-4186 para dejar mensaje. Descapacidades pueden aplicar por correo; de otra forma le diran que aplique en persona **L-V 8-11am y 1-3pm**. Venga temprano, 8-10am, para llenar una solicitud y entregarla en la ventanilla. Le darán una cita por la tarde o en pocos días. Cuando usted se presente a su cita, le pedirán su identificación, tarjeta de Seguro Social, y su Tarjeta Verde (si Ud. es inmigrante) y prueba de su alquiler, gastos e ingresos después de lo cual comprobarán sus cuentas bancarias, se tomarán hueyes digitales, etc. Ud. deberá recibir sus Estampillas de Comida en un período de tres días hasta un mes. Individuos pueden recibir hasta \$162 en Estampillas de Comida por mes (la mayoría de los individuos recibe menos; la mayoría de las familias recibe más). La cantidad que Ud. reciba dependerá de sus ingresos y la cantidad de dinero que Ud. paga de alquiler y gastos. ☎

WIC. LLAME 575-5788 (si no contestan, deje su mensaje). **Lunes-viernes 8am-5pm**. Para mujeres embarazadas o que han dado a luz recientemente y para niños menores de 5 años. Se le enviará a alguno de los 5 sitios del WIC para registrarse. Lleve prueba de sus ingresos (talono de cheques, tarjeta MediCal) y domicilio (identificación de California, cuenta de PG&E, o recibo de teléfono) y prueba de embarazo (con fecha de vencimiento). WIC ofrece bonos para comida, consejo sobre nutrición, e información y apoyo sobre amamantamiento. Ud. puede utilizar los bonos en algunas tiendas de alimentos para obtener leche fortificada con hierro para niños, cereal, jugo, huevos, leche y queso, y frijoles o crema de cacahuete. Las mujeres que amamenten y no utilicen productos artificiales para alimentar a sus bebés obtendrán mayor cantidad de alimentos además, y zanahorias y atún. ☎

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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, 3rd 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

Services Description

- For seniors who are ambulatory, there are 50 different congregated 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, 3rd 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

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

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.
- The application is taken by phone. Call: (415) 920-1111

Languages Available

English, Chinese (Cantonese and Mandarin), Tagalog, Russian, Spanish, and Samoan.

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 (6325) or (415) 447-2326

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, Tuesday 9:00 a.m.-4:00 p.m., Wednesday-Saturday 11:00 a.m.-4:00 p.m.)

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

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

- No matter the age or income level, anyone who has a current breast cancer diagnosis and is in active treatment, is eligible- including dependents between the ages of 5–18. Clients must reside in San Francisco or Alameda counties.
- 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.

Continued on next page

Project Open Hand, Homebound Critically Ill Program, cont.

- 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.*

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

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 11 am to 1 pm. Menus are available at the front desk at the center.

Eligibility Criteria

Person age 18 or older

Enrollment Procedures

Walk-ins welcome

Languages

Services are available in English and Spanish

Fees

- 55 and up \$1.50 to eat in and \$1.75 to go
- 55 and under \$2.50 to eat in and \$2.75 to go

FOOD RESOURCES
MEALS AND FOOD FOR SPECIAL POPULATIONS



The Salvation Army Congregate Meal Program – Turk Street

240 Turk Street
San Francisco, CA 94102
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

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 beginning at 11:15 am. Center closes at 2 pm.

Eligibility Criteria

Person age 18 or older

Enrollment Procedures

Walk-ins welcome

Languages

Services are available in English and Chinese

Fees

55 and up \$1.50 to eat in and \$1.75 to go

FOOD RESOURCES
MEALS AND FOOD FOR SPECIAL POPULATIONS



The Salvation Army Meals that Heal

850 Harrison Street, # 3
San Francisco, CA 94107

Phone: (415) 440-4325

www.tsagoldenstate.org

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 fax 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 13th Street, Suite 3280

San Francisco, CA 94103

Phone: (415) 405-0500

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 40 Head Start centers. 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.
- Please call the program at (415) 405-0500 for a list of 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

Continued on next page

San Francisco Head Start/Early Head Start Program cont.

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).
- Drop off all completed applications to a Head Start center or mail to address above

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

Grant Operated Centers/Programs	Delegate Programs	Partner Programs
<p>Cadillac Head Start F/D 316 Leavenworth Street San Francisco, CA 94102 415-447-1384 Fax: 415-776-0365</p>	<p>Kai Ming Head Start / Cumberland 865 Jackson Street (Powell St.) San Francisco, CA 94133 415-982-4570 Fax: 415-982-4120 AM/PM</p>	<p>Catholic Charities – Children’s Village 250 10th Street San Francisco, CA 94103 415-865-2610 Fax: 415-503-0750</p>
<p>Ella Hill Hutch F/D <u>1050 McAllister Street</u> <u>San Francisco, CA 94115</u> 415-885-6547 Fax: 415-885-6187</p>	<p>Kai Ming Head Start/Geary 6221 Geary Blvd. San Francisco, CA 94121 (415) 387-3133</p>	<p>Frandelja Enrichment Center 950 Gilman Avenue San Francisco, CA 94124 415-822-1699 Fax: 415-822-1657</p>
<p>Hunter’s View Head Start F/D <u>125 West Point Road</u> <u>San Francisco, CA 94124</u> 415-824-4686 Fax: 415-824-4656</p>	<p>Kai Ming Head Start / Methodist <u>1600 Clay Street (Larkin St.)</u> <u>San Francisco, CA 94109</u> 415-771-3340 Fax: 415-982-4120 F/D-AM/PM</p>	<p>Glide Family, Youth & Childcare 434 Ellis Street San Francisco, CA 94102 415-674-6200 Fax: 415-674-5570</p>
<p>OMI Head Start F/D <u>1111 Junipero Serra Blvd.</u> <u>San Francisco, CA 94132</u> 415-337-0221 Fax: 415-585-0433</p>	<p>Mission Head Start / Capp St. 362 Capp Street San Francisco, CA 94110 415-206-7752 Fax: 415-647-6911 AM/PM <i>*Call for enrollment & additional information*</i></p>	<p>Good Samaritan Family Resource 1294 Potrero Avenue San Francisco, CA 94110 415-401-4253 Fax: 415-824-9527</p>
<p>Potrero Hill Head Start F/D 824 Carolina Street San Francisco, CA 94107 415-821-6639 Fax: 415-821-6540</p>	<p>Mission Head Start / Bernal Dwellings 3141 26th Street San Francisco, CA 94110 415- 826-1653 Fax: 415- 826-1417</p>	<p>San Francisco Unified School District 20 Cook Street San Francisco, CA 94118 415-750-8500 Fax: 415-751-0874 <i>12 sites, call for additional information</i></p>
<p>Southeast Head Start F/D 1300 Phelps Street San Francisco, CA 94124 415-821-6005 Fax: 415-647-7473</p>	<p>Mission Head Start / Jean Jacob 459 Vienna Street San Francisco, CA 94112 415-469-2162 Fax: 415-469-8645</p>	<p>Visitacion Valley Community Center Administration Office 103 Tucker, San Francisco, CA 94134 415-467-6300 Fax: 415-467-5664 <i>2 sites, call for additional information</i></p>
<p>Sunnydale Head Start F/D 1652 Sunnydale Avenue San Francisco, CA 94134 (415) 337-8407</p>	<p>Mission Head Start / Mission Bay 152 Berry Street San Francisco, CA 94107 415-856-0656 Fax: 415-856-0659</p>	<p>Wu Yee Children’s Services Child Development Program 706 Mission Street, 6th Floor San Francisco, CA 94103 415-677-0100 Fax: 415-495-2242 <i>4 sites, call for additional information</i></p>
<p>Westside Head Start F/D <u>2400 Post Street</u> <u>San Francisco, CA 94115</u> 415-474-7637 Fax: 415-474-7430</p>	<p>Mission Head Start / Regina Chiong 3013 24th Street San Francisco, CA 94110 415-285-9662 Fax: 415-285-9008 AM/PM</p>	<p>Asian Perinatal Advocates <i>Administrative Office</i> 1001 Potrero Avenue, MS6E San Francisco, CA 94110 415-206-5450 Fax: 415-206-4778</p>

Grant Operated Centers/Programs	Delegate Programs	Partner Programs
<p>Family Child Care Program F/D Locations in Bayview/Hunter's Point, Visitacion Valley, Mission, SOMA, Tenderloin, Hayes Valley, OMI, Excelsior, Sunset and Richmond. Administration located at: 205 13TH Street Suite 3280 San Francisco, CA 94103 415-405-0500 Fax: 415-552-4354</p>	<p>Mission Head Start / Stevenson 1320 Stevenson, P.O. Box C-513 San Francisco, CA 94113 415-252-7008 Fax: 415-252-0903</p>	<p><i>Family Support Center in Chinatown</i> 730 Commercial Street San Francisco, CA 94108 415-616-9797 Fax: 415-616-9796</p>
<p>San Francisco Head Start Administrative Offices 205 13TH Street, Suite 3280 San Francisco, CA 94103 415-405-0500 Fax: 415-552-4354 (Managers) Fax: 415-552-7257 (Admin)</p>	<p>Mission Head Start / Valencia <i>673 Valencia Street</i> San Francisco, CA 94110 415-552-0169 Fax: 415-551-1814 F/D</p>	<p>Mount St. Joseph – St. Elizabeth Epiphany Center 100 Masonic Avenue San Francisco, CA 94118 415-567-8370 Fax: 415-346-2356</p>
	<p>Mission Head Start / Woman's Bldg. 3543 18th Street San Francisco, CA 94110 415-701-1995 Fax: 415-701-1997</p>	

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

FOOD RESOURCES
LOW COST FOOD SOURCES



Big Lots

3333 Mission Street (at 30th Street)
San Francisco, CA 94110

Phone: (415) 648-5256

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

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 \$50 (as of October 2008).
- 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 \$50.
- 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.rainbowgrocery.org

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

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

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. I noticed that some who do not accept EBT, show up in the individual listings. Please confirm.

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**



Alemany 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

3rd Street and Oakdale Street at the Bayview Opera House
San Francisco, CA

Phone: 355-3723

Administrative Office:

Girls 2000

1651 Quesada Street
San Francisco, CA 94124

Phone: (415) 970-1064

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

**FOOD RESOURCES
FARMERS' MARKETS**



Crocker Galleria Farmers' Market

50 Post Street at Montgomery Street
San Francisco, CA

Administrative Office:

California Farmer's Market Association
3000 Citrus Circle, Suite 111
Walnut Creek, CA 94598

Phone: 1(800) 806-3276

www.cafarmersmrkrts.com

Description

- The Galleria market is managed by the California Farmer's Market Association
- Market is located inside the Crocker Galleria shopping mall
- Market sells California seasonal farm grown foods. Shoppers can buy in season fruits, vegetables, eggs, nuts, fruit spreads, honey, flowers and plants.

Market Hours

- Thursdays 11:00 am – 3:00 pm (year-round)
- Hours subject to change. Check website or call for details.

**FOOD RESOURCES
FARMERS' MARKETS**



Divisadero Farmers' Market

Grove Street at Divisadero Street
San Francisco, CA

Administrative Office:

Pacific Coast Farmers' Market Association

Mailing Address: 5056 Commercial Circle, Suite E
Concord CA 94520

Main Line: 925-825-9090

Hotline: 800 949-FARM/3276

www.pcfma.com

Description

- The Divisadero market is managed by the Pacific Coast Farmers' Market Association
- Outdoor market selling locally grown fresh fruits and vegetables

Market Hours

- Sundays 10:00 am- 2:00 pm (seasonal- July through November)
- Hours subject to change, please call for updates

FOOD RESOURCES FARMERS' MARKETS



Ferry Plaza Farmers' Market

Ferry Building (Embarcadero & Market Streets)
San Francisco, CA

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

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**



Fillmore Farmers' Market

O'Farrell and Fillmore Streets
San Francisco, CA

Administrative Office:

Pacific Coast Farmers' Market Association

Mailing Address: 5056 Commercial Circle, Suite E
Concord CA 94520

Main Line: 925-825-9090

Hotline: 800 949-FARM/3276

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 (year round)

**FOOD RESOURCES
FARMERS' MARKETS**



Heart of the City Certified Farmers' Market

United Nations Plaza
Market Street (between 7th and 8th 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

Geary Blvd. at Saint Joseph's Street
San Francisco, CA

Administrative Office:

Pacific Coast Farmers' Market Association

Mailing Address: 5056 Commercial Circle, Suite E
Concord CA 94520

Main Line: 925-825-9090

Hotline: 800 949-FARM/3276

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 (year round)
- Hours subject to change. Check website or call for updates

**FOOD RESOURCES
FARMERS' MARKETS**



Noe Valley Farmers' Market
24th St between Sanchez and Vicksburg
San Francisco, CA

Administrative Office:

Phone: (415) 248-1332

Email: info@noevallyefarmersmarket.com

www.noevalleyfarmersmarket.com

Description

- The Noe Valley market was organized by the community in response to the closing of the Real Foods Grocery store.
- Outdoor market selling California seasonal farm grown foods. Shoppers can buy in season fruits, vegetables, baked goods and other specialty foods.

Market Hours

- Saturdays 8:00 am – 1:00 pm (year round)

**FOOD RESOURCES
FARMERS' MARKETS**



Park Merced Farmers' Market

Arballo Drive at Serrano Drive
San Francisco, CA

Administrative Office:

California Farmer's Market Association
3000 Citrus Circle, Suite 111
Walnut Creek, CA 94598

Phone: 1(800) 806-3276

www.cafarmersmrkrts.com

Description

- The Galleria market is managed by the California Farmer's Market Association. Not sure if this is right text, since you say The Galleria market – Please check.
- Outdoor market selling California seasonal farm grown foods. Shoppers can buy in season fruits, vegetables, baked goods and other specialty foods.

Market Hours

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

**FOOD RESOURCES
FARMERS' MARKETS**



UCSF Farmers' Market

ACC Breezeway Atrium
400-500 Parnassus Avenue
San Francisco, CA

Administrative Office:

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

Main Line: 925-825-9090

Hotline: 800 949-FARM/3276

www.pcfma.com

Description

- The UCSF market is managed by the Pacific Coast Farmers' Market Association.
- Outdoor market selling fresh, seasonal, locally-grown strawberries, stone fruits, greens, mushrooms, vegetables and more.



Market Hours:

- Wednesdays 10:00 am – 3:00 pm (seasonal- May-October)
- Hours subject to change. Check website or call for updates



Farmers' Markets in San Francisco


三藩市農夫市場

Locations	地點	Sun 星期日	Tues 星期二	Wed 星期三	Thurs 星期四	Sat 星期六
Alemanys Farmers' Market 100 Alemany Blvd. (by freeways 101 and 280) (415) 647-9423 	Alemanys 農夫市場 100 Alemany Blvd. (近 101 公路夾 280 公路) (415) 647-9423 					6AM - 5PM 上午六時至下午五時
Bayview Hunters Point Farmers' Market Mendell Plaza 3rd St. and Oakdale St. (May 21st - Oct 29th) (415) 355-3723	灣景區獵人角農夫市場 Mendell Plaza 3 街和 Oakdale 街 (五月二十一日至十月二十九日) (415) 355-3723			★ 9AM - 1PM 上午九時至下午一時		
Crocker Galleria Farmers' Market 50 Post St. at Montgomery St. (800) 806-3276	Crocker Galleria 農夫市場 50 Post 街夾 Montgomery 街 (800) 806-3276				11AM - 3PM 上午十一時至下午三時	
Divisadero Farmers' Market Grove St. at Divisadero St. (July 13th - November 23rd) (800) 949-FARM /3276	Divisadero 農夫市場 Grove 街夾 Divisadero 街 (七月十三日至十一月二十三日) (800) 949-FARM /3276	10AM - 2PM 上午十時至下午二時				
Ferry Plaza Farmers' Market The Ferry Building Embarcadero at Market St. (415) 291-3276 	渡輪廣場農夫市場 渡輪大樓 (415) 291-3276 		10AM - 2PM 上午十時至下午二時			8AM - 2PM 上午八時至下午二時
Fillmore Farmers' Market Fillmore Center Plaza O'Farrell and Fillmore St. (800) 949-FARM /3276 	Fillmore 農夫市場 Fillmore Center Plaza O'Farrell 街和 Fillmore 街 (800) 949-FARM /3276 					9AM - 1PM 上午九時至下午一時
Heart of the City Farmers' Market United Nations Plaza Market St. between streets 7th and 8th (415) 558-9455 	市中心農夫市場 聯合國廣場 Market 街夾 7 街和 8 街 (415) 558-9455 	7AM - 5PM 上午七時至下午五時		7AM - 5:30PM 上午七時至下午五時半		
Kaiser Permanente San Francisco Farmers' Market Geary Blvd. at St. Joseph's St. (800) 949-FARM/3276 	Kaiser 醫院農夫市場 2425 Geary 街夾 St. Joseph's 街 (800) 949-FARM/3276 			10AM - 2PM 上午十時至下午		

				二時		
Noe Valley Farmers' Market 24th St. between streets Sanchez and Vicksburg (415) 248-1332	Noe Valley 農夫市場 24 街夾 Sanchez 街和 Vicksburg 街 (415) 248-1332					8AM - 1PM 上午八時 至下午 一時
Park Merced Farmers' Market Arballo Dr. at Serrano Dr. (June 2 nd – November 2008) (800) 806-3276	Park Merced 農夫市場 Arballo 街夾 Serrano 街 (六月二日至十一月) (800) 806-3276					★ 10AM - 2 PM 上午十時至 下午二時
UCSF Farmers' Market ACC Breezeway Atrium 400-500 Parnassus Avenue (May 14 th – October 29 th) (800) 949-FARM/3276	UCSF 農夫市場 ACC Breezeway Atrium 400-500 Parnassus 街 (五月十四日至十月二十九日) (800) 949-FARM/3276			★ 10AM - 3PM 上午十 時至下午 三時		

★ This market may not be open during the entire year. Call to confirm day and time.

★ 這些農夫市場並不是全年營業。請致電確實日期及時間。

 This market accepts Electronic Benefit Transfer (EBT) cards. Speak with the market manager when you arrive.

 這些市場接受電子傳遞糧食券 (EBT) , 請向市場經理查詢



For more information about the Feeling Good Project and to download this schedule, please visit:
www.sfdph.org/dph/comupg/oprograms/MCH/FeelingGood.asp





Developed by the San Francisco Department of Public Health, Nutrition Services Program, Feeling Good Project (revised 08/2008).
Funded by the USDA's Food Stamp Program through the *Network for a Healthy California*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious food for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. To contact your local San Francisco Food Stamp Program, call (415) 558-1001.



Farmers' Markets in San Francisco

Mercados Agrícolas en San Francisco

Locations	Locales	Sun Domingo	Tues Martes	Wed Miércoles	Thurs Jueves	Sat Sábado
Alemanya Farmers' Market 100 Alemany Blvd. (by freeways 101 and 280) (415) 647-9423	Mercado "Alemany" 100 del bulevar Alemany (por autopistas 101 y 280) (415) 647- 9423					6 AM - 5 PM
Bayview Hunters Point Farmers' Market Mendell Plaza 3 rd St. and Oakdale St. (May 21 st – Oct 29 th) (415) 355-3723	Mercado "Bayview Hunters Point" Plaza "Mendell" Calles 3 y Oakdale (21 de mayo – 29 de octubre) (415) 355-3723			★ 9 AM - 1 PM		
Crocker Galleria Farmers' Market 50 Post St. at Montgomery St. (800) 806-3276	Mercado "Crocker Galleria" 50 de la calle Post, sobre la calle Montgomery (800) 806-3276				11 AM - 3 PM	
Divisadero Farmers' Market Grove St. at Divisadero St. (July 13 th - November 23 rd) (800) 949-FARM /3276	Mercado Divisadero Calles Grove y Divisadero (13 de Julio - 23 de noviembre) (800) 949-FARM /3276	10 AM - 2 PM				
Ferry Plaza Farmers' Market The Ferry Building Embarcadero at Market St. (415) 291-3276	Mercado "Ferry Plaza" "Ferry Building" En el Embarcadero sobre la calle Market (415) 291-3276		10 AM - 2 PM			8 AM - 2 PM
Fillmore Farmers' Market Fillmore Center Plaza O'Farrell and Fillmore Streets (800) 949-FARM /3276	Mercado "Fillmore" Plaza "Fillmore Center" calles O'Farrell y Fillmore (800) 949-FARM/3276					9 AM - 1 PM
Heart of the City Farmers' Market United Nations Plaza Market St. between streets 7 th and 8 th (415) 558-9455	Mercado El Corazón de la Ciudad Plaza "United Nations" Calle Market entre calles 7 y 8 (415) 558-9455	7 AM - 5 PM		7 AM - 5:30 PM		
Kaiser Permanente San Francisco Farmers' Market Geary Blvd. at St. Joseph's St. (800) 949-FARM /3276	Mercado Kaiser Permanente San Francisco bulevar Geary sobre la calle St. Joseph's (800) 949-FARM /3276			10 AM - 2 PM		
Noe Valley Farmers' Market 24th Street between streets Sanchez and Vicksburg (415) 248-1332	Mercado "Noe Valley" Calle 24 entre calles Sánchez y Vicksburg (415) 248-1332					8 AM - 1 PM

Park Merced Farmers' Market Arballo Drive at Serrano Drive (June 2 nd – November 2008) (800) 806-3276	Mercado "Park Merced" Arballo Drive y Serrano Drive (2 de junio – noviembre 2008) (800) 806-3276					 10 AM - 2 PM
UCSF Farmers' Market ACC Breezeway Atrium 400-500 Parnassus Avenue (May 14 th – October 29 th) (800) 949-FARM/3276	Mercado UCSF "ACC Breezeway Atrium" 400-500 Parnassus Avenue (14 de mayo – 29 de octubre) (800) 949-FARM/3276			 10AM - 3PM		



This market may not be open during the entire year. Call to confirm day and time.

Este mercado puede que no esté abierto durante todo el año. Llame para confirmar el día y horario.



This market accepts Electronic Benefit Transfer (EBT) cards. Speak with the market manager when you arrive.

Este mercado acepta tarjetas de transferencia electrónica de beneficios (EBT). Hable con la persona encargada del mercado cuando llegue.



For more information about the Feeling Good Project and to download this schedule, please visit:

www.sfdph.org/dph/comupg/oprograms/MCH/FeelingGood.asp



Developed by the San Francisco Department of Public Health, Nutrition Services Program, Feeling Good Project (revised 08/2008).
 Funded by the USDA's Food Stamp Program through the *Network for a Healthy California*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious food for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. To contact your local San Francisco Food Stamp Program, call (415) 558-1001.

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)

www.eatright.org

Services Description

- ADA provides a national referral service that links consumers with nutrition practitioners. Participants in the American Dietetic Association's referral service are professionals or technicians who provide reliable, objective nutrition information and individual nutrition counseling. Participating members provide services on a fee-for-service basis. The referral service is available online at www.eatright.org/findanrd

Eligibility Criteria

Services available to all.

Languages Available

English and Spanish

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

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
3801 Sacramento Street, 7th floor
San Francisco, CA 94118

Phone: (415) 600-0506

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
- Program is accredited by the American Diabetes Association

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, MediCal is accepted
- 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)

Languages Available

- English, Cantonese, and Mandarin

Continued on next page

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 425

San Francisco, CA 94133

Phone : (415) 677-2473

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

- Nutrition counseling is available to clients of physicians who are members of the Chinese Community Health Care Association and 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 th 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 th Avenue Sa Francisco, 94122
Potrero Hill HC	(415) 648-3022	Potrero, Mission, Bayview	1050 Wisconsin Street San Francisco, 94107
Silver Avenue Family HC	(415) 657-1700	Excelsior, Portola, Bayview	1525 Silver Avenue San Francisco, 94134

Continued on next page

Community Health Network Clinics, Nutrition Counseling, cont.

Health Center (HC) Name	Main Phone	Neighborhood(s)	Address
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
- Nutrition classes and lectures on a variety of health topics are provided on an ongoing basis.

Eligibility Criteria

- Clients of physicians of CPMC
- General public, no doctor referral needed
- Services and lectures are available to community groups

Languages Available

English and Spanish

Fees

Call for fees. Sliding scale available.

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

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 cholesterol, hypertension, and weight loss.

Group Education:

- Prenatal nutrition classes
- Pediatric nutrition classes
- Adult nutrition classes (diabetes, hypertension, high cholesterol, medication management)

Eligibility Criteria

Nutrition services are available to all MNHC clients

Languages Available

English and Spanish. Please call ahead for schedule.

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

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

1333 Bush St.

San Francisco, CA 94109

Phone: 1-888-886-6565

www.onlok.org

Services Description

- Primary medical care and specialty care as needed (such as cardiology, neurology)
- Routine preventative care such as audiology, dentistry, optometry and podiatry
- Rehabilitation therapy (physical, occupational, speech) and recreational therapy.
- Home health care and personal care
- Social services and case management
- Nutrition services and home-delivered meals
- Transportation and emergency medical transport.
- Acute hospital and nursing home care
- Nursing care and monitoring
- Adult day health care
- Prescription drugs and necessary health care related equipment and supplies
- 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 of age or older
- Live in the city of San Francisco, Union City, Newark, or Fremont, California
- Requires ongoing medical care and supportive services to continue living at home and
- Be able to live in the community without jeopardizing personal health and safety or that of others

Continued on next Page

OnLok Senior-Health, Nutrition Counseling, cont.

Languages Available

- English, Chinese, Spanish, Tagalog, Korean, Vietnamese, and Italian
- Interpreters are available for other languages, upon request

Fees

- No fee for members of On Lok Senior-Health 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

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.
- We offer a diabetes education program that is certified by the American Diabetes Association, The diabetes education program offers education from a registered nurse and a registered dietitian certified in diabetes education.
- We provide **free** group classes on diabetes education. These classes are an 8 week series on the care and treatment for diabetes. 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

Appointments: (415) 353-6444

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, 5th Floor

San Francisco, CA 94143-1222

Phone: (415) 353-2266

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 everyone (not just those with managed care insurance.)

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

<http://nutrition.ucsfmedicalcenter.org/>

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 (2nd Floor)

San Francisco, CA 94143-0374

Phone: (415) 353-2002

www.pediatrics.medschool.ucsf.edu/youth/clinical/

Services Description

- Individualized nutrition counseling for adolescents and their families
- Counseling for disordered eating, weight management, dyslipidemia, hypertension, hyperinsulinemia and other nutrition disorders.

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

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 focus on participants' needs and learning styles.

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 clinic nearest to your client or see chart on page 2.28 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, or 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.

San Francisco WIC Program Clinics			
Clinic Location	Address	Telephone	Fax
San Francisco General Hospital	2550-23 rd 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) 657-1724	(415) 657-1744
Chinatown Public Health Center	1490 Mason Street San Francisco, CA 94133	(415) 364-7654	(415) 364-7659
Ocean-Park Health Center	11351- 24 th Avenue San Francisco, CA 94122	(415) 682-1928	(415) 682-1990
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 Dr. Robert C. & Veronica Atkins Center for Health and Weight website at <http://www.cnr.berkeley.edu/cwh/>, under Programs and Materials Index.

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

National Eating Disorders Association (NEDA)

The following materials are available through National Eating Disorders Association, the largest national nonprofit organization dedicated solely to the elimination of eating disorders and body dissatisfaction through prevention efforts, education, referral and support services, advocacy, training, and research. Visit the [NEDA](http://www.neda.org) website to learn about these and a vast array of other resources and materials.

** Please note that the following organizations have merged to form the National Eating Disorders Association. Eating Disorders Awareness & Prevention (EDAP); American Anorexia Bulimia Association (AABA); National Eating Disorder Organization (NEDO); and Anorexia Nervosa & Related Eating Disorders (ANRED).*

Order from:

[NEDA](http://www.neda.org)

603 Stewart Street, Suite 803

Seattle, WA 98101-1264

Ph. (206) 382-3587

Fax (206) 829-8501

Toll-Free Information & Referral Helpline 1-800-931-2237

www.NationalEatingDisorders.org

info@nationaleatingdisorders.org

Bodytalk Video and Facilitator Guide

A video on body acceptance issues for 9 to 18 year-old girls and boys. Girls and boys

from a range of socio-economic status and body sizes discuss the messages they receive from media, family, and friends about their eating patterns.

Eating Disorders Support Group Curriculum

Written by Thomas J. Shiltz, an informative twelve-session curriculum for grades 7 - 12, complete with supplements and handouts.

Eating Disorder Awareness and Prevention Coordinator's Packet

Packet offering information on eating disorders and related topics, including educational materials about signs and symptoms of eating disorders and treatment information.

Girls in the 90's

Manual by SS Friedman, designed for facilitators involved in the primary prevention of eating disorders in pre- and early-adolescent girls. Targeting girls in the 6th and 7th grades, focuses on healthy eating, stress management, and self-esteem issues. Provides specific ideas for group discussion and activities, and includes visual aids and handouts.

GO GIRLS!

Eating Disorders and Awareness Prevention, Inc.'s newest curriculum, GO GIRLS! (Giving Our Girls Inspiration & Resources for Lasting Self-Esteem), is a 12-week course aimed at strengthening high school girls' self-esteem. Through their participation in the program, the GO GIRLS! team members will strengthen their own self-esteem and body image, while discovering that they have powerful voices able to effect social, political, and personal change.

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!

Prevention curriculum written by Kathy Kater, LICSW. For grades 4-6, uses age appropriate prevention principles to help students:

- develop an identity based on inner strengths, not appearance
- understand normal weight gain during puberty
- respect genetic diversity of body shapes and sizes
- understand the dangers of dieting
- develop incentives for healthy eating & active lifestyles
- think critically about media messages
- resist unhealthy cultural pressures regarding weight and dieting.

Just for Girls

Preventive program guide designed by Sandra Friedman, B.A., B.S.W. for teachers of grades 6-7. Focuses on healthy eating, coping with stress, and the impact of self-image, gender, and culture on self-esteem. Group discussion guidelines and activities, visual aids, and handouts are included.

Puppet Strings Video & Facilitator's Guidebook

By Jessica Weiner & the A.C.T. Out Ensemble, a 20-minute video featuring five emotional and thought-provoking vignettes designed to be used as a tool to prompt an informative and in-depth discussion about eating, food, and body image issues. Comes with facilitator's guidebook for follow-up discussions.

Other Resources

Afraid to Eat: Children and Teens in Weight Crises

By Frances Berg

This book contains up-to-date research findings and practical guidelines for dealing with current problems related to children and weight, including: dysfunctional and disordered eating, undernutrition of teenage girls, hazardous weight loss, eating disorders, size prejudice, and overweight.

Order from:

[The Healthy Weight Network](http://www.healthyweightnetwork.com/)

402 South 14th Street

Hettinger, ND 58639

(701) 567-2646

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

Am I Fat? Helping Youth Children Accept Differences in Body Size

By Joanne Ikeda and Priscilla Naworski

This guide, for teachers, parents, school nurses, and other caregivers, provides ideas for communicating with kids up to age twelve about size diversity, teasing, body image, and self-esteem. It includes realistic case studies, nutrition guidelines, classroom activities, and suggestions for physical activities.

Order from:

[Gurze Books](http://www.gurzebooks.com/)

(800) 756-7533

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

Body Talk I and II

Produced by The Body Positive (www.thebodypositive.org). Body Talk I is geared for ages 12 and up. This excellent 28-minute video is ideal for prevention because it does not directly discuss (and thereby teach) the symptoms of eating disorders. It follows one group of girls and boys of diverse backgrounds and sizes who talk about the messages they receive from the media, family, and peers about their bodies and eating patterns. Their honesty is refreshing, and engaging. Body Talk II is geared for ages 8-11 and focuses on puberty, dieting, teasing, and trying to fit in.

Order from:

[Gurze Books](#)

(800) 756-7533

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

Body Wise Information Packet

Produced by the Department of Health and Human Services Office of Women's Health in conjunction with the Girl Power! Campaign (see website below). For adults working with students in grades 5, 6, and 7. The packet addresses signs/symptoms of eating disorders, steps to take when concerned about students, and ways to create a school environment that discourages disordered eating.

<http://www.4woman.gov/BodyImage/bodywise/bodywise.htm>

Girl Power in the Mirror: A Book about Girls, their Bodies, and Themselves

By Helen Courdes

Written for adolescent girls ages 9-13, this book suggests ways for girls to develop self-esteem and become assertive in the face of pressures from advertisers, family, and peers to have the "perfect" body. Includes two resource sections: one for girls, the other for parents and teachers.

Order from:

[Lerner Publishing Group](#)

241 First Avenue North
Minneapolis, MN 55401
(800) 328-4929

http://www.lernerbooks.com/cgi-bin/wspd_cgi.sh/index.html

Growing a Girl: Seven Strategies for Raising a Strong, Spirited Daughter

By Dr. Barbara Mackoff

This research-based yet highly readable book offers parents (and other adults who care about girls) skills to help girls develop high self-esteem. Includes a helpful chapter on body image. Available in bookstores. Published by Bantam Doubleday, and Dell.

Helping Girls Become Strong Women: Curriculum

Curriculum was developed by Dr. Kearney-Cooke for the Partnership for Women's Health at Columbia University. Designed for mentors and adolescents, it includes breakout sessions on Developing a Positive Body Image, Goal Setting, Dealing with Stress, and Helping Adolescent Girls Develop Healthy Relationships. Designed to be included in regular health classes. A parallel program for adolescent boys is in development.

Order from:

Partnership for Women's Health
Columbia University
14 East 60th Street, Penthouse Floor
New York, New York 10022-1006
Attn: Christine Haider
Web: <http://partnership.hs.columbia.edu/>

If My Child is Overweight, What Should I Do About It?

By Joanne Ikeda

This 20-page booklet for parents provides information on how to help their overweight children. It includes a range of helpful information, including addressing emotional issues as well as making healthy food choices.

Order from:

[ANR Catalog](#)

University of California

Division of Agricultural and Natural Resources

Communication Services Publications

(800) 994-8849

<http://anrcatalog.ucdavis.edu/InOrder/Shop/Shop.asp>

If Your Child is Overweight: A Guide for Parents

By Susan M. Kosharek

This booklet, written for parents with overweight children ages 6-12, contains practical information and strategies to improve family eating habits (to benefit all members not just overweight children).

Order from:

American Dietetic Association

216 West Jackson Blvd.

Chicago, IL 60606-6995

(800) 877-1600 ext 5000

www.eatright.org

New Moon (The Magazine for Girls and Their Dreams) and New Moon Network (For Adults Who Care About Girls)

These bimonthly companion publications are devoted to nurturing the development of strong, confident girls. New Moon magazine has news and fiction for and about girls, without the usual diet, clothes, and boys articles.

Order from:

New Moon

P.O. Box 3587
Duluth, MN 55803-3587
(800) 381-4743

Over It!

By Carol Emery Normandi and Laurelee Roark, a teen guide to getting beyond obsessions with food and weight. The authors discuss the behaviors that may lead to eating disorders and the cultural, emotional, and physical reasons girls obsess about weight and eating. They offer girls and their parents a map and a method for finding a realistic and livable balance.

Order from:

New World Library
14 Pmaron Way
Novato, CA 94949
Phone: (800) 972-6657 X 52
Fax: (415) 884-2199
Web: <http://www.newworldlibrary.com/>

Win the Rockies (Wellness IN the Rockies)

[WIN the Rockies](#), a community-based research, intervention and outreach project seeks to improve health in Idaho, Montana and Wyoming by addressing obesity innovatively and effectively. Through a four-year food and nutrition-related behavior-change consortium project involving the University of Idaho, Montana State University, the University of Wyoming, their extension services, their WWAMI Medical Education Programs, the Area Health Education Centers in Wyoming and Montana, along with other state organizations and community groups, WIN presents topics such as valuing health, respecting body-size differences, enjoying the benefits of self-acceptance, enjoying physically active living, and enjoying healthful and pleasurable eating to communities in the Rockies. Web pages of interest: [A New You: Health for Every Body](#).

educational materials:

<http://crhreweb.uwyo.edu/WinTheRockies/edmaterials.asp>

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/

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

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/

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

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

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

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/

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/

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/who.htm

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.orgwww.nationaleatingdisorders.org/p.asp?WebPage_ID=337

National Eating Disorders Association

This is the nation's largest non-profit organization devoted to the awareness and prevention of eating disorders. The site includes many "printer-ready" resources, including "10 Things Parents Can Do to Help Prevent Eating Disorders."

<http://www.nationaleatingdisorders.org>

** Please note that the following organizations have merged to form the National Eating Disorders Association. Eating Disorders Awareness & Prevention (EDAP); American Anorexia Bulimia Association (AABA); National Eating Disorder Organization (NEDO); and Anorexia Nervosa & Related Eating Disorders (ANRED).*

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

(See also 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/

Obesity Resource List

American Public Health Association: Food and Nutrition Section: Overweight in Children

This website provides information and links to resources on the subject of overweight in childhood and adolescence that can be used to promote awareness and education, improve public health practice, and strengthen public policy.

<http://aphafoodandnutrition.org/>

American Obesity Association

A nonprofit organization dedicated to promoting education, research and community action that can improve the quality of life for people with obesity. www.obesity.org

Center for Healthy Weight

The Center is an interdisciplinary, cross-departmental effort to tackle childhood obesity through advances in patient care, state-of-the-art research and the design and development of successful community programs. Under the direction of Thomas Robinson, MD, MPH, physicians and researchers from LPCH and the Stanford University School of Medicine address the different factors that cause obesity and overweight and provide a range of prevention and treatment strategies, including: Patient Care, Research and Community Programs.

<http://www.lpch.org/clinicalSpecialtiesServices/ClinicalSpecialties/centerHealthyWeight/>

Cyberdiet

Commercial site with adult BMI calculator, other assessment tools and tips.

<http://www.cyberdiet.com/reg/index.html>

Food and Drug Administration

The Food and Drug Administration web page, *How to Lose and Manage Weight - Watch Your Calories, Be Active* provides tools for consumers to use to achieve and maintain a healthy weight and lifestyle, as well as information about FDA's recently announced program to combat obesity. Special information addresses the important

issue of childhood obesity. The site also serves as a gateway to information on obesity and weight loss from other government agencies, such as the National Institutes of Health and the U.S. Centers for Disease Control. Topics include Get Active, Keep Fit, Lose Weight; Approved Obesity Treatment; You Can Lose Weight - Here's How; What Are 'Obesity' and 'Overweight; Are You Overweight? Check Your Body Mass Index (BMI), and Weight Loss for Children.

<http://www.fda.gov//oc/opacom/hottopics/obesity.html>

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. <http://www.healthyweight.net/>

HUGS for Teens

HUGS is an initiative built on a framework of diet free lifestyles. It is Health focused, centered on Understanding lifestyle behaviors, Group supported, and Self esteem building. HUGS offers programs and workshops for adults and teens based on the publication of three lifestyle books (You Count, Calories Don't; Staying Off the Diet Roller Coaster; Tailoring Your Tastes). www.hugs.com/

The Modoc County Childhood Obesity Prevention Project

The Modoc County Childhood Obesity Prevention Project is developing a countywide educational obesity prevention plan targeting pregnant women and parents with children ages 0-5. The program will provide nutrition education and physical activity presentations to child care providers, health care providers, community members, parents, schools, etc. A collaborative round-table of community partners will be organized to develop an educational obesity prevention plan. This will include development of educational materials, media outreach, presentation, and incentives.

<http://www.modoccohealthservices.com/obesityprevention.html>

Montana Department of Public Health and Human Services (DPHHS)

Montana Dept. of Public Health and Human Services has developed this report "[Obesity-A National Epidemic Affecting Montanans](#)" to raise awareness of the

severity of the problem of obesity among children and adolescents. View with free [Adobe Reader](#).

National Association to Advance Fat Acceptance (NAAFA)

An organization working to end discrimination based on body size and to provide people of size with the tools for self-empowerment, through public education, advocacy and member support. [www.naafa.org/back to top](http://www.naafa.org/back-to-top)

North American Association for the Study of Obesity (NAASO)

An interdisciplinary society whose purpose is to develop, extend and disseminate knowledge in the field of obesity. The website contains links to related organizations, obesity journals, research centers. www.naaso.org/

Personal Fit Weight Loss Guide

Commercial site with interactive meal planner/calorie calculator, BMI calculator, articles, and links to other organizations, assessment tools and tips. <http://personal-fit-weight-loss-guide.com/>

The Weight-Control Information Network (WIN)

A service of the NIH's National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) that assembles and disseminates to health professionals and the public science based information on weight control, obesity, and nutritional disorders. www.niddk.nih.gov/health/nutrit/pubs/health.htm

Weight loss and Fitness Resources on the Web

Provides extensive links to weight and fitness sites of all persuasions. <http://home.globaleyes.net/cycrd/fitness.htm>

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 Managing Your Weight

- 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 Managing Your Weight is a one-session class to help participants 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

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

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- 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 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- \$117.508.00 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 94143-0310

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

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.*

Continued on next page

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.

Continued on next page

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

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2. Wolf AM, Colditz GA. Current estimates of the economic cost of obesity in the United States. *Obes Res.* 1998;6:97-106.
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Continued on next page

Weight Management and Resources Information, cont.

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Obes Res. 1998;6 (suppl 2):121S-122.

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.

6. Schick SM, Wing RR, Klem ML, McGuire T, et al. Persons successful at long-term weight loss and maintenance continue to consume a low energy, low fat diet. *JADA.* 1998;98:408-413.

7. Wing RR, Hill JO. Successful weight loss maintenance. *Ann Rev Nutr.* 2001;21:323-341.

8. Kassirer JP, Angell M. Losing weight -- An ill-fated New Year's Resolution. *N Engl J Med.* 1998;338:52-54.

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).

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Weight Management and Resources Information, cont.

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.

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.

Continued on next page

Weight Management and Resources Information, cont.

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).

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

Center for Science and the Public Interest

Nutrition Action newsletter

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.preventioninstitute.org/sa

www.eatbettermovemore.org

START YOUR PHYSICAL ACTIVITY PROGRAM

America On The Move
Get Your own Walking Program Started
www.americaonthemove.org

San Francisco City Guide Walking Tours
<http://www.sfcityguides.org/descriptions.html>
<http://www.sfcityguides.org/index.html>

Shape Up America!
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 720

San Francisco, CA 94105

Phone: (415) 394-7100

www.cancer.org

Services Description

Provide nutrition handbooks for cancer patients and information on cancer risk reduction, along with referrals to local nutrition services.

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 120

Emeryville, CA, 94608

Local Phone: (510) 654-4499

Toll Free Phone: (888) DIABETES

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

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
- For diabetes-related questions or to request a diabetes information packet, email AskADA@diabetes.org. In order to better serve you, please provide your **name and address** along with your request. Please note that the Diabetes Information Representatives cannot perform diagnosis or recommend medical treatment. They are able to provide general information about diabetes and its management.

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

Services Description

- Provide food and nutrition messages recorded by a registered dietitian
- Monday - Friday, 8:00am - 8:00pm (Central Standard Time) Web site provides information on a variety of nutrition topics.

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

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

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

Services Description

- Comprehensive health education lending library for teachers (K-12) in California that introduces includes nutrition education and food service materials
- Technical assistance with selection and use of materials is also available
- Books, laserdiscs DVDs, 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

Fees

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

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

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 1407901 Oakport St., Suite 3200

Oakland, CA 94621

Phone: (510) 286-0490

www.dairycouncilofca.org

Services Description

- Programs for patients available to Dietitians, Nurses, Physicians, and Health Educators in private and government settings (e.g. WIC & Head Start)
- Pregnancy - A Special Time for Nutrition: Provides helpful information on nutrition, exercise, weight gain, breastfeeding and managing postpartum weight.
- The Calcium Connection: Helps girls and women throughout the lifecycle with age-specific information about the wide range of calcium's health benefits from bone health to a likely role in weight management.
- Making Meals Matter for Your School-Age Child: Offers parents guidance and practical information about feeding their preschoolers (ages 2 through 6). Suggestions on managing individual feeding challenges are provided.
- Activity & Eating: Helps adult women and men understand the connection between these two important lifestyle factors in achieving optimal health. Individuals assess current activity and food choices and create a plan for improvement. Includes a section on weight management.

Programs for students available to Teachers (K-12):

- 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

Continued on next page

Dairy Council of California, cont.

- Healthy Choices, Healthy Me (1st - 2nd): Focuses on food and activity behaviors that students can use to make healthy choices and develop healthy habits. Includes a teacher's guide, poster, pictures of foods, parent connection, and student workbooks.
- Healthy Choices, Healthy Me (1st - 2nd): Focuses on food and activity behaviors that students can use to make healthy choices and develop healthy habits. Includes a teacher's guide, poster, pictures of foods, parent connection, and student workbooks.
- 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 (3rd - 5th): A camp-like simulation engages students to learn about the role of food and activity in their growth and challenges students to experience real-world practice in applying problem-solving, reasoning, and critical thinking skills. Includes a teacher's guide, set of 12 Camp Eatawella CD-ROMs, student workbooks, and online parent/teacher/student support through an affiliated website.
- 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
- Exercise Your Options (6th - 8th): Helps middle school students make and practice healthier food and activity choices on a daily basis. Through a series of interrelated lessons, students view brief video clips and complete workbook activities. Includes a teacher's guide, CD-ROM/DVD housing video clips, and student workbooks.
- Activity & Eating (HS): Helps students address healthy food and physical activity choices for optimum fitness and well-being. Provides opportunities to developed personalized plans to increase physical activity and plan healthier food options. Includes a teacher instruction sheet.

Continued on next page

Dairy Council of California, cont.

- Deal Me In...Food and Fitness (afterschool, K-6th): Several fun, interactive activities provide students with core nutrition and physical activity concepts. Game card activities and activity booklets are age-appropriate for K-2 and 3-6 graders. Includes leader and game instruction cards, food cards, physical activity cards, portion size cards, reference cards, activity books, and parent newsletters.
- Helps students identify the connection between physical activity, food choices, and good health. Includes a teacher's guide, poster, and student workbooks

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 for California health professionals or teachers

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

Services Description

- Provide nutrition education classes to staff of agencies and organizations serving low income San Francisco residents
- Provide nutrition education materials
- Available to support 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 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

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 and Spanish. 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

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

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

Continued on next page

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. <http://www.cdc.gov/nccdphp/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/

Fruits & Veggies – More Matters (formerly the 5 A Day for Better Health Program)

The Fruits and Veggies More Matters (formerly the 5 A Day for Better Health campaign) is a national initiative to increase consumption of fruits and vegetables by all Americans. The program seeks to do this by increasing public awareness of the importance of eating more 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, a personal calculator to find out how many fruits and vegetables you need each day, and increasing the availability of fruits and vegetables at home, school, work, and other places where food is served. The program also provides information on exciting new fruits and vegetables to try, including recipes. FruitsandVeggiesMatter.gov

The Fruits and Veggies More Matters Program is a national initiative to increase consumption of fruits and vegetables by all Americans to 5 to 9 servings a day.

Continued on next page

Nutrition Information and Education Internet resources, cont.

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.

<http://www.fruitsandveggiesmatter.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

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

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

Continued on next page

Nutrition Information and Education Internet resources, cont.

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

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

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. www.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.

Continued on next page

Nutrition Information and Education Internet resources, cont.

The site is kept fresh with the latest news and features links to interesting sites.

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.niams.nih.gov/bone. 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

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

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

NUTRITION INFORMATION AND EDUCATION



La Leche League of San Francisco

394 Rutland Avenue

San Jose, CA 95128 P.O. Box 210465

San Francisco, CA 94121

Local Website: <http://llnocal.org> Phone: (800) LA-LECHE

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

International Website: www.lalecheleague.org

Services Description

- Group and individual support, education, and information on all breastfeeding issues Our Mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.
- Telephone help, informational and support meetings and home visits are offered to women starting with their 6th month of pregnancy and breastfeeding mothers Support group meetings are offered once a month to all women interested in breastfeeding throughout the Bay Area.
- La Leche League leaders are all volunteers and experienced breastfeeding mothers who have been accredited by La Leche League International (LLLI) National Breastfeeding Helpline access to a 24-hour toll free helpline service by calling **1-877-4-LALECHE (1-877-452-5324)**. This helpline provides information, education, and support for women who want to breastfeed, and to healthcare providers and others.
- 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 Our handbook, “The Womanly Art of Breastfeeding” includes medical research on breastfeeding and the wisdom and experience of breastfeeding mothers.

Continued on next page

La Leche League, cont.

- Continuing Medical Education is offered to physicians and other health care providers through local and national conferences

Eligibility Criteria

Services available to all interested women. Babies and children are always welcome.

Languages Available

Bay Area Locations (some not all)

- English, Spanish, Japanese, French spoken in some Bay Area Locations. Portuguese, French, and services for the deaf
- 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 **1-877-4-LALECHE (1-877-452-5324)**
- Free online help available at http://www.llli.org/help_formMothers attending meetings are asked to join LLL by paying a membership fee.
- Support groups are free but membership is highly encouraged.
- Our tax deductible \$40 yearly membership fee includes: (First meeting is always free)
- \$30 yearly membership fee includes:
- Magazine subscription to “New Beginnings” in English or Spanish

Continued on next page

La Leche League, cont.

- Discounts on conferences, 10% discount on most catalog purchases
- Use of lending library Advance notification of events
- Discounts at our online store 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, 4th Floor

San Francisco, CA 94111

Phone: (415) 788-2202

Local Website: www.baydimes.org/ca

National English Website: www.marchofdimes.com

National Spanish Website: 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 print and online modules, 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



Network for a Healthy California

1616 Capitol Avenue,
Suite 74.516, MS 7204
Sacramento, CA 95814

or

P.O. Box 997413, MS 7204
Sacramento, CA 95899-7413

Phone: (916) 449-5400

For Materials Call:

(888-328-3483)

www.networkforahealthycalifornia.org

or

www.cdph.ca.gov/programs/CPNS/Pages/default.aspx

Services Description

- The Network for a Healthy California (*Network*) represents a statewide movement of local, state and national partners collectively working toward improving the health status of low-income Californians through increased fruit and vegetable consumption and daily physical activity. Multiple venues are used to facilitate behavior change in the homes, schools, worksites, and communities of low-income Californians to create environments that support fruit and vegetable consumption and physical activity.
- The *Network* works with Local Incentive Awardees (LIAs) that represent almost 100 local agencies in a variety of different community channels, including 37 low resource school districts, 26 local health departments, 10 county offices of education, 6 public colleges and universities, 4 Indian tribal organizations, 2 city governments, 2 First Five Commissions, 2 cooperative extension agencies, as well as sister programs within the California Department of Public Health, park and recreation departments, and non-profit organizations.

Continued on next page

Network for a Healthy California, cont.

- Local assistance projects are supported by a statewide infrastructure of eleven *Regional Networks* and targeted campaigns and programs to promote fruit and vegetable consumption and physical activity. These include the *Be Active! Worksite Program*, the *Retail Program*, Harvest of the Month, the Children's *Power Play!* Campaign, and interventions for special populations including Latinos and African Americans. In addition, the Network contracts with the California Association of Food Banks to conduct food stamp outreach through the California Food Stamp Program Access Improvement Plan.

The services provided by the *Network* consist of the following:

- Community interventions funded through over 160 local assistance contracts with a variety of local governments and community based organizations.
- Staff support for statewide public private partnerships, planning and administration, including resource development.
- Research and evaluation that supports interventions.
- Media and supermarket interventions.
- Special projects of statewide significance to promote systems and environmental change within USDA parameters.
- Training and technical assistance to *Network* grantees and LIAs.

Eligibility Criteria

- USDA requires that Network programs and funding be targeted only to food-stamp eligible populations and, with formal waiver approval, other low-income households with incomes at or below 185% of the Federal Poverty Level within approved census tract locations and community sites.

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



San Francisco Study Center

1095 Market Street Suite 601

San Francisco, CA 94103

(415) 626-1650

www.studycenter.org

Services Description

- Information about where to get fresh fruit and vegetables in San Francisco's two lowest-income neighborhoods, Bayview Hunters-Point and the Tenderloin.
- Bayview-Hunters Point information includes walking distances between neighborhood public housing sites and nearest fresh food outlets.
- Tenderloin information includes addresses and map of the 24 stores in the 50-block neighborhood that carry 10 or more fresh food items. Tenderloin information will become available as a health education brochure in the near future.

Eligibility Criteria

- There are no eligibility criteria, but the information targets seniors and low-income.
- Bayview-Hunters Point information is available to all in brochure form and online at www.studycenter.org.
- Tenderloin information is available to all in printed form as Issue 69 of Central City Extra by calling (415) 626-1650 and requesting a copy or online at www.studycenter.org.

Languages Available

Information available in English only.

Fees

No fees

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

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 (janet.mcdonald@fda.hhs.gov)
- 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. Printed materials are available in quantities for educational purposes
- A wealth of information, including educational materials and slide shows for downloading, can be found on the website – www.fda.gov

Eligibility Criteria

Services available to all

Languages Available

- Materials are available in English
- Some materials are also available in Spanish and various Asian languages

Fees

No fee

NUTRITION INFORMATION AND EDUCATION



University of California Cooperative Extension (UCCE)

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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
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VEGETARIANISM and VEGETARIAN DIETS

**The following paper is printed with permission from the American
Dietetic Association**

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

**We have additional online resources on vegetarian diets following
the paper.**

Position of the American Dietetic Association and Dietitians of Canada: Vegetarian diets

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 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. *J Am Diet Assoc.* 2003;103:748-765.

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.

VEGETARIANISM IN PERSPECTIVE

A vegetarian is a person who does not eat meat, fish, or fowl or products containing these foods. The eating patterns of vegetarians may vary considerably. The lacto-ovo-vegetarian eating pattern is based on grains, vegetables, fruits, legumes, seeds, nuts, dairy products, and eggs but excludes meat, fish, and fowl. The lacto-vegetarian excludes eggs as well as meat, fish, and fowl. The vegan, or total vegetarian, eating pattern is similar to the lacto-vegetarian pattern, with the additional exclusion of dairy and other animal products. Even within these patterns, considerable variation may exist in the extent to which animal products are avoided.

People choosing macrobiotic diets are frequently identified as following a vegetarian diet. The macrobiotic diet is based largely on grains, legumes, and vegetables. Fruits, nuts, and seeds are used to a lesser extent. Some people following a macrobiotic diet are not truly vegetarian because they use limited amounts of fish. Some "self-described" vegetarians, who are not vegetarians at all, will eat fish, chicken, or even meat (1,2). Some research studies have identified these "self-described" vegetarians as semivegetarians and have defined semi-vegetarian as occasional meat eaters who predominately practice a vegetarian diet (3) or those who eat fish and poultry but less than 1 time per week (4). Individual assessment is required to accurately evaluate the nutritional quality of the diet of a vegetarian or someone who says that they are vegetarian.

Common reasons for choosing a vegetarian diet include health considerations, concern for the environment, and animal welfare factors (5,6). Vegetarians also cite economic reasons, ethical considerations, world hunger issues, and religious beliefs as their reasons for following their chosen eating pattern.

Consumer Trends

In 2000, approximately 2.5% of the US adult population (4.8 million people) consistently followed a vegetarian diet and affirmed that they never ate meat, fish, or poultry (7). Slightly less than 1% of those polled were vegans (7). According to this poll, vegetarians are most likely to live on the east or west coast, in large cities, and to be female. Approximately 2% of 6- to

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17-year-old children and adolescents in the United States are vegetarians, and around 0.5% of this age group are vegan (8). According to a 2002 survey (9), about 4% of Canadian adults are vegetarian; this represents an estimated 900,000 people. Factors that may affect the number of vegetarians in the United States and Canada in the future include an increased interest in vegetarianism and the arrival of immigrants from countries where vegetarianism is commonly practiced (10). Twenty to 25% of adults in the United States report that they eat 4 or more meatless meals weekly or “usually or sometimes maintain a vegetarian diet,” suggesting an interest in vegetarianism (11). Additional evidence for the increased interest in vegetarianism includes the emergence of animal rights/ethics courses on college and university campuses; the proliferation of Web sites, magazines and newsletters, and cookbooks with a vegetarian theme; and the public’s attitude toward ordering a vegetarian meal when eating away from home. More than 5% of those surveyed in 1999 said they always order a vegetarian meal when they eat out; close to 60% “sometimes, often, or always” order a vegetarian item at a restaurant (12).

Restaurants have responded to this interest in vegetarianism. The National Restaurant Association reports that 8 out of 10 restaurants in the United States with table service offer vegetarian entrees (13). Fast-food restaurants are beginning to offer salads, veggie burgers, and other vegetarian options. Many college students consider themselves vegetarians. In response to this, most university foodservices offer vegetarian options (14).

There has also been a growth in professional interest in vegetarian nutrition; the number of articles in the scientific literature related to vegetarianism has increased from less than 10 articles per year in the late 1960s to 76 articles per year in the 1990s (15). In addition, the main focus of the articles is changing. Twenty-five or more years ago, articles primarily had themes questioning the nutritional adequacy of vegetarian diets. More recently, the theme has been the use of vegetarian diets in the prevention and treatment of disease. More articles feature epidemiological studies, and fewer reports are case studies and letters to the editor (15).

There is a growing appreciation for the benefits of plant-based diets, defined as diets that include generous amounts of plant foods and limited amounts of animal foods. The American Institute for Cancer Research and the World Cancer Research Fund call for choosing predominantly plant-based diets rich in a variety of vegetables and fruits, legumes, and minimally processed starchy staple foods and limiting red meat consumption, if red meat is eaten at all (16). The American Cancer Society recommends choosing most food from plant sources (17). The American Heart Association recommends choosing a balanced diet with an emphasis on vegetables, grains, and fruits (18), and the Heart and Stroke Foundation of Canada recommends using grains and vegetables instead of meat as the centerpiece of meals (19). The Unified Dietary Guidelines developed by the American Cancer Society, the American Heart Association, the National Institutes of Health, and the American Academy of Pediatrics call for a diet based on a variety of plant foods, including grain products, vegetables, and fruits to reduce risk of major chronic diseases (20).

New Product Availability

The US market for vegetarian foods (foods like meat analogs, non-dairy milks, and vegetarian entrees that directly replace meat or other animal products) was estimated to be \$1.5 billion in 2002, up

from \$310 million in 1996 (21). This market is expected to nearly double by 2006 to \$2.8 billion (21). Canadian sales of meat analogs more than tripled between 1997 and 2001 (22).

The ready availability of new products, including fortified foods and convenience foods would be expected to have a marked impact on nutrient intake of vegetarians. Fortified foods such as soymilks, meat analogs, juices, and breakfast cereals can add substantially to vegetarians’ intakes of calcium, iron, zinc, vitamin B-12, vitamin D, and riboflavin. Vegetarian convenience foods including veggie burgers and veggie dogs, frozen entrees, meals in a cup, and soymilk can make it much simpler to be a vegetarian today than in the past.

Vegetarian foods are readily available, both in supermarkets and in natural foods stores. About half of vegetarian foods volume is sold through supermarkets and about half through natural foods stores (21). Three-fourths of soymilk sales take place in supermarkets (21).

Public Policy Statements and Vegetarian Diets

The United States Dietary Guidelines (23) state, “Vegetarian diets can be consistent with the *Dietary Guidelines for Americans*, and meet Recommended Dietary Allowances for nutrients.” They give recommendations on meeting nutrient requirements for those who choose to avoid all or most animal products. Some have said that implementation of the Dietary Guidelines can best be achieved by use of vegetarian and plant-rich diets (24). National food guides include some vegetarian options. Foods commonly eaten by vegetarians such as legumes, tofu, soyburgers, and soymilk with added calcium are included in a table accompanying the USDA’s Food Guide Pyramid (23). Canada’s Food Guide to Healthy Eating can be used by lacto and lacto-ovo-vegetarians (25). Health Canada has stated that well-planned vegetarian diets are supportive of good nutritional status and health (26).

HEALTH IMPLICATIONS OF VEGETARIANISM

Vegetarian diets offer a number of advantages, including lower levels of saturated fat, cholesterol, and animal protein and higher levels of carbohydrates, fiber, magnesium, boron, folate, antioxidants such as vitamins C and E, carotenoids, and phytochemicals (27-30). Some vegans may have intakes for vitamin B-12, vitamin D, calcium, zinc, and occasionally riboflavin that are lower than recommended (27,29,31).

NUTRITION CONSIDERATIONS FOR VEGETARIANS

Protein

Plant protein can meet requirements when a variety of plant foods is consumed and energy needs are met. Research indicates that an assortment of plant foods eaten over the course of a day can provide all essential amino acids and ensure adequate nitrogen retention and use in healthy adults, thus complementary proteins do not need to be consumed at the same meal (32).

Estimates of protein requirements of vegans vary, depending to some degree on diet choices (33). A recent metaanalysis of nitrogen balance studies found no significant difference in protein needs due to the source of dietary protein (34,35). Based primarily on the lower digestibility of plant proteins, other groups have suggested that protein requirements of vegans may be increased by 30% to 35% for infants up to the age of 2 years, 20% to 30% for 2- to 6-year-old children, and 15% to 20% for those 6 years and older, in comparison with those of nonvegetarians (36).

The quality of plant proteins varies. Based on the protein

digestibility corrected amino acid score (PDCAAS), which is the standard method for determining protein quality, isolated soy protein can meet protein needs as effectively as animal protein, whereas wheat protein eaten alone, for example, may be 50% less usable than animal protein (37). Nutrition care professionals should be aware that protein needs might be higher than the RDA in vegetarians whose dietary protein sources are mainly those that are less well digested, such as some cereals and legumes.

Cereals tend to be low in lysine, an essential amino acid. This may be relevant when evaluating diets of individuals who do not consume animal protein sources and are relatively low in protein (35). Dietary adjustments such as the use of more beans and soy products in place of other protein sources that are lower in lysine or an increase in dietary protein from all sources can ensure an adequate intake of lysine.

Although some vegan women have protein intakes that are marginal, typical protein intakes of lacto-ovo-vegetarians and of vegans appear to meet and exceed requirements (29). Athletes can also meet their protein needs on plant-based diets (38,39).

Iron

Plant foods contain only nonheme iron, which is more sensitive than heme iron to both inhibitors and enhancers of iron absorption. Inhibitors of iron absorption include phytate; calcium; teas, including some herb teas; coffee; cocoa; some spices; and fiber (40). Vitamin C and other organic acids found in fruits and vegetables can enhance iron absorption and can help to reduce effects of phytate (41-43). Studies show that iron absorption would be significantly reduced if a diet were to be high in inhibitors and low in enhancers. Recommended iron intakes for vegetarians are 1.8 times those of nonvegetarians because of lower bioavailability of iron from a vegetarian diet (44).

The main inhibitor of iron absorption in vegetarian diets is phytate. Because iron intake increases as phytate intake increases, effects on iron status are somewhat less than might be expected. Fiber appears to have a minor effect on iron absorption (45,46). Vitamin C, consumed at the same time as the iron source, can help to reduce the inhibitory effects of phytate (42,43), and some research links high vitamin C intake to improved iron status (47,48). The same is true for organic acids in fruits and vegetables (41). The higher intakes of vitamin C and of vegetables and fruits by vegetarians can favorably impact iron absorption (2). Some food preparation techniques such as soaking and sprouting beans, grains, and seeds can hydrolyze phytate (49-51) and may improve iron absorption (42,51,52). Leavening of breads hydrolyzes phytate and enhances iron absorption (49-51,53,54). Other fermentation processes, such as those used to make soy foods like miso and tempeh, may also make iron more available (55), although not all research supports this. Whereas many studies of iron absorption have been short term, there is evidence that adaptation to low intakes takes place over the longer term and involves both increased absorption and decreased losses (56,57). It is likely that iron needs will depend on the make up of the overall diet and be significantly lower for some vegetarians than for others.

Studies typically show iron intake by vegans to be higher than that of lacto-ovo-vegetarians and of nonvegetarians, and most studies show iron intake by lacto-ovo-vegetarians to be higher than that of nonvegetarians (29). Iron sources are shown in the Table. Incidence of iron deficiency anemia among vegetarians is similar to that of nonvegetarians (29,31,58). Although vegetarian adults have lower iron stores than nonveg-

etarians, their serum ferritin levels are usually within the normal range (58-62).

Zinc

Because phytate binds zinc, and animal protein is believed to enhance zinc absorption, total zinc bioavailability appears to be lower on vegetarian diets (63). Also, some vegetarians have diets that are significantly below recommended intakes for zinc (27,29,64,65). Although overt zinc deficiency has not been seen in Western vegetarians, the effects of marginal intakes are poorly understood (66). Zinc requirements for vegetarians whose diets are high in phytate may exceed the RDA (44). Zinc sources are shown in the Table.

Compensatory mechanisms may help vegetarians adapt to lower intakes of zinc (65,67). Some food preparation techniques, such as soaking and sprouting beans, grains, and seeds as well as leavening bread, can reduce binding of zinc by phytate and increase zinc bioavailability (49,50,68).

Calcium

Calcium is present in many plant foods and fortified foods (see Table). Low-oxalate greens (bok choy, broccoli, Chinese/Napa cabbage, collards, kale, okra, turnip greens) provide calcium with high bioavailability (49% to 61%), in comparison with calcium-set tofu, fortified fruit juices, and cow's milk (bioavailability in the range of 31% to 32%) and with fortified soymilk, sesame seeds, almonds, and red and white beans (bioavailability of 21% to 24%) (69-71). Figs and soy foods such as cooked soybeans, soy nuts, and tempeh provide additional calcium. Calcium-fortified foods include fruit juices, tomato juice, and breakfast cereals. Thus, various food groups contribute dietary calcium (72,73). Oxalates present in some foods can greatly reduce calcium absorption, so vegetables that are very high in these compounds, such as spinach, beet greens, and Swiss chard, are not good sources of usable calcium despite their high calcium content. Phytate may also inhibit calcium absorption. However, some foods with high contents of both phytate and oxalate, such as soy foods, still provide well-absorbed calcium (71). Factors that enhance calcium absorption include adequate vitamin D and protein.

Calcium intakes of lacto-vegetarians are comparable with or higher than those of nonvegetarians (74,75), whereas intakes of vegans tend to be lower than both groups and often below recommended intakes (27,31,71,75). Diets high in sulfur-containing amino acids may increase losses of calcium from bone. Foods with a relatively high ratio of sulfur-containing amino acids to protein include eggs, meat, fish, poultry, dairy products, nuts, and many grains. There is some evidence that the impact of sulfur-containing amino acids is only important with low calcium intakes. Excessive sodium intake may also promote calcium losses. In addition, some studies show that the ratio of dietary calcium to protein is more predictive of bone health than calcium intake alone. Typically, this ratio is high in lacto-ovo-vegetarian diets and favors bone health, whereas vegans have a calcium to protein ratio that is similar to or lower than that of nonvegetarians (71,76).

All vegetarians should meet the recommended intakes for calcium, established for their age group by the Institute of Medicine (77). This can be accomplished, in nonpregnant, nonlactating adults, by consuming at least 8 servings per day of foods that provide 10% to 15% of the Adequate Intake (AI) for calcium, as indicated in the Vegetarian Food Guide Pyramid and Vegetarian Food Guide Rainbow (72,73). Adjustments for

Table
Vegetarian food sources of nutrients

Nutrient	Amount per serving
Iron	
	← mg →
<i>Soyfoods</i>	
Soybeans, cooked, 1/2 c (125 mL)	4.4
Soybeans, dry roasted, (soy nuts), 1/4 c (60 mL)	1.7
Soymilk 1/2 c (125 mL)	0.4-1.0
Tempeh, 1/2 c (83 g)	2.2
Tofu, firm, 1/2 c (126 g)	6.6
Veggie "meats," fortified, 1 oz (28 g)	0.5-1.9
<i>Legumes (cooked, 1/2 c/125 mL)</i>	
Adzuki beans	2.3
Baked beans, canned, vegetarian	1.7
Black beans	1.8
Chickpeas, garbanzo beans	2.4
Great northern beans	1.9
Kidney beans	2.6
Lentils	3.3
Lima beans	2.2
Navy beans	2.3
Pinto beans	2.2
<i>Nuts, peanuts, seeds, and their butters</i>	
Almonds, 1/4 c (60 mL)	1.5
Cashews, 1/4 c (60 mL)	2.1
Peanut butter, 2 tbsp (30 mL)	0.6
Peanuts, dry roast, 1/4 c (60 mL)	0.8
Pumpkin and squash seeds, dried, 1/4 c (60 mL)	5.2
Sesame tahini, 2 tbsp (30 mL)	2.7
Sunflower seeds, toasted, 1/4 c (60 mL)	2.3
<i>Breads, cereals, and grains</i>	
Barley, pearled, cooked, 1/2 c (125 mL)	1.0
Cereal, ready-to-eat, fortified, 1 oz (28 g)	2.1-18
Cream of Wheat, cooked, 1/2 c (125 mL)	5.1
Oatmeal, instant, fortified, cooked, 1/2 c (125 mL)	4.2
Oatmeal, regular, quick or instant, cooked, 1/2 c (125 mL)	1.6
Quinoa, cooked, 1/2 c (125 mL)	2.1
Wheat germ, 2 tbsp (14 g)	0.9
Whole wheat or white enriched bread, 1 slice (28 g)	0.9
<i>Fruits (dried, 1/4 c/60 mL)</i>	
Apricots	1.5
Currants	1.2
Figs	1.1
Prunes	1.1
Raisins	1.1
<i>Vegetables (cooked, 1/2 c/125 mL unless indicated otherwise)</i>	
Bok choy (Chinese cabbage, pak choi)	0.9
Broccoli	0.7
Green or yellow beans	0.8
Kale	0.6
Mung bean sprouts	0.8
Mushrooms	1.4
Potato, baked, with skin, 1 medium (173 g)	2.3
Tomato juice	0.7
Turnip greens	0.6
<i>Other foods</i>	
Blackstrap molasses, 1 tbsp (15 mL)	3.5
Zinc	
<i>Soyfoods</i>	
Soybeans, cooked, 1/2 c (125 mL)	1.0
Soybeans, dry roasted, 1/2 c (60 mL)	2.1
Soymilk, 1/2 c (125 mL)	0.3
Soymilk, fortified, 1/2 c (125 mL)	0.5-1.0
Tempeh, 1/2 c (83 g)	0.9
Tofu, firm, 1/2 c (126 g)	1.0
Veggie "meats," fortified, 1 oz (28 g)	1.2-2.3

Table cont'd
Vegetarian food sources of nutrients

Nutrient	Amount per serving
<i>Legumes (cooked, 1/2 c/125 mL)</i>	← mg →
Adzuki beans	2.0
Baked beans, canned, vegetarian	1.8
Black beans	1.0
Chickpeas, garbanzo beans	1.3
Great northern beans	0.8
Kidney beans	0.9
Lima beans	0.9
Lentils	1.2
Navy beans	2.3
<i>Nuts, peanuts, seeds, and their butters</i>	
Almonds, 1/4 c (60 mL)	1.2
Cashews, 1/4 c (60 mL)	1.9
Peanut butter, 2 tbsp (30 mL)	0.9
Peanuts, dry roast, 1/4 c (60 mL)	1.2
Pumpkin and squash seeds, dried, 1/4 c (60 mL)	2.6
Sesame tahini, 2 tbsp (30 mL)	1.4
Sunflower seeds, toasted, 1/4 c (60 mL)	1.8
<i>Breads, cereals, and grains</i>	
Barley, pearled, cooked, 1/2 c (125 mL)	0.6
Cereal, ready-to-eat, fortified, 1 oz (28 g)	0.7-15
Quinoa, cooked, 1/2 c (125 mL)	0.8
Wheat germ, 2 tbsp (14 g)	1.8
Whole wheat bread, 1 slice (28 g)	0.5
<i>Vegetables (cooked, 1/2 cup/125 mL)</i>	
Mushrooms	0.7
Peas	1.0
<i>Dairy foods and eggs</i>	
Cow's milk, 1/2 c (125 mL)	0.5
Cheddar cheese, 3/4 oz (21 g)	0.7
Egg, large, 1 (50 g)	0.5
Yogurt, 1/2 c (125 mL)	0.8-1.1
Calcium	
<i>Soyfoods</i>	
Cultured soy yogurt, fortified, 1/2 c (125 mL)	367
Soybeans, cooked, 1/2 c (125 mL)	88
Soybeans, dry roasted, (soy nuts), 1/4 c (60 mL)	60
Soybeans, green, 1/2 c (125 mL)	130
Soymilk, fortified, 1/2 c (125 mL)	100-159
Tofu, firm, calcium-set, 1/2 c (126 g)	120-430
Tempeh, 1/2 c (83 g)	92
<i>Legumes (cooked, 1/2 c/125 mL)</i>	
Black beans	46
Chickpeas, garbanzo beans	40
Great northern or navy beans	60-64
Pinto beans	41
Vegetarian baked beans	64
<i>Nuts, seeds and their butters</i>	
Almonds, 1/4 c (60 mL)	88
Almond butter, 2 tbsp (30 mL)	86
Sesame tahini, 2 tbsp (30 mL)	128
<i>Breads, cereals, and grains</i>	
Cereal, ready-to-eat, fortified, 1 oz (28 g)	55-315
<i>Fruits</i>	
Figs, dried, 5	137
Orange, 1 large	74
Orange juice, fortified, 1/2 c (125 mL)	150
<i>Vegetables (cooked, 1 c/250 mL)</i>	
Bok choy (Chinese cabbage, pak choi)	167-188
Broccoli	79
Collard greens	239
Kale	99
Kale, Scotch	181
Mustard greens	109
Okra	107
Turnip greens	208

Table cont'd
Vegetarian food sources of nutrients

Nutrient	Amount per serving
<i>Other foods</i>	
Blackstrap molasses, 1 tbsp (15 mL)	← mg → 172
<i>Dairy products</i>	
Cow's milk, 1/2 c (125 mL)	137-158
Cheddar cheese, 3/4 oz (21 g)	153
Yogurt, plain, 1/2 c (125 mL)	137-230
Vitamin D	
Cereals, ready-to-eat, fortified, 1 oz (28 g)	← mcg → 0.5-1
Egg yolk, large, 1 (17 g)	0.6
Cow's milk, fortified, 1/2 c (125 mL)	1.2-1.3
Soy milk or other nondairy milk, fortified, 1/2 c (125 mL)	0.5-1.5
Riboflavin	
Almonds, 1/4 c (60 mL)	← mg → 0.3
Cereal, ready-to-eat, fortified, 1 oz (28 g)	0.2-1.7
Cow's milk, whole, 2% or skim, 1/2 c (125 mL)	0.2
Yogurt, 1/2 c (125 mL)	0.3
Egg, large, 1 (50 g)	0.6
Mushrooms, cooked, 1/2 c (125 mL)	0.2
Nutritional yeast miniflakes, 1 tbsp (3 g)	1.9
Soy milk, fortified, 1/2 c (125 mL)	0.2
Vitamin B-12	
Cereals, ready-to-eat, fortified, 1 oz (28 g)	← mcg → 0.6-6.0
Cow's milk, 1/2 c (125 mL)	0.4-0.5
Egg, large, 1 (50 g)	0.5
Nutritional yeast (Red Star Vegetarian Support Formula), miniflakes, 1 tbsp (3 g)	1.5
Soy milk or other nondairy milks, fortified, 1/2 c (125 mL)	0.4-1.6
Veggie "meats," fortified, 1 oz (28 g)	0.5-1.2
Linolenic acid	
Canola oil, 1 tbsp (15 mL)	← g → 1.3-1.6
Flaxseed, ground, 1 tbsp (15 mL)	1.9-2.2
Flaxseed oil, 1 tsp (5 mL)	2.7
Soybean oil, 1 tbsp (15 mL)	0.9
Soybeans, cooked, 1/2 c (125 mL)	1.0
Tofu, 1/2 c (126 g)	0.7
Walnuts, 1/4 c (60 mL)	2.7
Walnut oil, 1 tbsp (15 mL)	1.4-1.7

NOTE. Sources: Package information and data from US Department of Agriculture, Agricultural Research Service, 2002; USDA Nutrient Database for Standard Reference, Release 15; Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>; Bhatti RS. Nutrient composition of whole flaxseed and flaxseed meal. In: Cunnane SC, Thompson LU, eds. *Flaxseed and Human Nutrition*. Champaign, IL: AOCS Press; 1995:22-42.

other stages of the life cycle are available (72,73). Many vegans may find that it is easier to meet needs if fortified foods or supplements are included (69-71,78).

Vitamin D

Vitamin D status depends on sunlight exposure and intake of vitamin D fortified foods or supplements. Sun exposure to the face, hands, and forearms for 5 to 15 minutes per day during the summer at the 42nd latitude (Boston) is believed to provide sufficient amounts of vitamin D for light-skinned people (79). Those with dark skin require longer exposure (79). Sun exposure may be inadequate for those living in Canada and at northern latitudes in the United States, especially in winter months, for those in smoggy regions, and for those whose sun exposure is limited. Furthermore, infants, children, and older adults synthesize vitamin D less efficiently (77,79,80). Sunscreen can interfere with vitamin D synthesis, although reports are inconsistent and may depend on amount of sunscreen applied (79,81,82). Low vitamin D levels and reduced bone mass have been observed in some vegan populations at northern latitudes who did not use supplements or fortified foods, particularly

children following macrobiotic diets and adult Asian vegetarians (29,83-85).

Foods that are fortified with vitamin D include cow's milk, some brands of soy milk and rice milk, and some breakfast cereals and margarines (see Table). Vitamin D3 (cholecalciferol) is of animal origin, whereas vitamin D2 (ergocalciferol) is a form acceptable to vegans. Vitamin D2 may be less bioavailable than vitamin D3, which could raise the requirements of vegetarians who depend on D2 supplements to meet vitamin D needs (86). If sun exposure and intake of fortified foods are insufficient, vitamin D supplements are recommended.

Riboflavin

Some studies have shown vegans to have lower intakes of riboflavin, compared with nonvegetarians; however, clinical riboflavin deficiency has not been observed (27,29,31). In addition to foods shown in the Table, foods that provide about 1 mg of riboflavin per serving are asparagus, bananas, beans, broccoli, figs, kale, lentils, peas, seeds, sesame tahini, sweet potatoes, tofu, tempeh, wheat germ, and enriched bread (87).

Vitamin B-12

Sources of vitamin B-12 that are not derived from animals include B-12 fortified foods (such as some brands of soymilk, breakfast cereals, and nutritional yeast) or supplements (see Table). Unless fortified, no plant food contains significant amounts of active vitamin B-12. Foods such as sea vegetables and spirulina may contain vitamin B-12 analogs; neither these nor fermented soy products can be counted on as reliable sources of active vitamin B-12 (29,88). Lacto-ovo-vegetarians can get adequate vitamin B-12 from dairy foods and eggs if these foods are consumed regularly.

Vegetarian diets are typically high in folic acid, which can mask the hematological symptoms of vitamin B-12 deficiency. Therefore, some cases of deficiency may not be detected until after the onset of neurological symptoms (89). If there are concerns about vitamin B-12 status, serum homocysteine, methylmalonic acid, and holotranscobalamin II should be measured (90).

A regular source of vitamin B-12 is crucial for pregnant and lactating women and for breastfed infants if the mother's diet is not supplemented. Infants born to vegan mothers whose diets lack reliable sources of this vitamin are at especially high risk of deficiency. Maternal vitamin B-12 intake and absorption during pregnancy appear to have a more important influence on vitamin B-12 status of the infant than do maternal vitamin B-12 stores (91). Because 10% to 30% of those over the age of 50 years, regardless of the type of diet they follow, lose their ability to digest the protein-bound form of the vitamin that is present in eggs, dairy, and other animal products, all people over the age of 50 should use vitamin B-12 supplements or fortified foods (92).

Studies indicate that some vegans and other vegetarians do not regularly consume reliable sources of vitamin B-12 and that this is reflected in less than adequate vitamin B-12 status (27,29,88,89,93-95). It is essential that all vegetarians use a supplement, fortified food, dairy products, or eggs to meet recommended intakes of vitamin B-12 (see Table).

Absorption is most efficient when small amounts of vitamin B-12 are consumed at frequent intervals. This could be achieved through use of fortified foods. When less than 5 μg of crystalline vitamin B-12 is consumed at one time, approximately 60% is absorbed, whereas $\leq 1\%$ of a dose of 500 μg or higher of vitamin B-12 is absorbed (92).

Vitamin A/Beta Carotene

Because preformed vitamin A is found only in animal foods, vegans get all of their vitamin A from conversion of dietary carotenoids, particularly beta carotene. Research suggests that absorption of beta carotene from plant foods is less efficient than previously believed (44,96). This suggests that vegans intake of vitamin A is about half of what previous studies have suggested, and intake by lacto-ovo-vegetarians may be 25% lower than previously shown. Despite this, vegetarians have been reported to have higher serum carotenoid levels than nonvegetarians (29). Vitamin A requirements can be met with the inclusion of three servings per day of deeply yellow or orange vegetables, leafy green vegetables, or fruits that are rich in beta carotene (apricots, cantaloupe, mango, pumpkin). Cooking increases beta carotene absorption, as does the addition of small amounts of fat to meals (97). Chopping and pureeing vegetables may also increase bioavailability (98,99).

N-3 Fatty Acids

Whereas vegetarian diets are generally rich in n-6 fatty acids (especially linoleic acid), these diets can be low in n-3 fatty acids, resulting in an imbalance that can inhibit production of the physiologically active long chain n-3 fatty acids, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Diets that do not include fish, eggs, or generous amounts of sea vegetables generally lack direct sources of EPA and DHA. Recently, vegan sources of DHA derived from microalgae have become available as supplements in nongelatin capsules. Algae sources of DHA have been shown to positively affect blood levels of DHA and of EPA through retroconversion (100).

Most studies show vegetarians, and particularly vegans, to have lower blood levels of EPA and DHA than nonvegetarians (101-104). The new Dietary Reference Intakes recommend intakes of 1.6 and 1.1 grams of α -linolenic acid per day for men and women, respectively. These are designated as AIs rather than RDAs. These recommendations assume some intake of long-chain n-3 fatty acids and may not be optimal for vegetarians who consume little if any DHA and EPA (35). The Joint World Health Organization/Food Agriculture Organization (WHO/FAO) Expert Consultation on Diet, Nutrition and the Prevention of Chronic Diseases (105) recommends 5% to 8% of calories from n-6 fatty acids and 1% to 2% of calories from n-3 fatty acids. Based on an energy intake of 2,000 kcal per day, this would suggest a daily intake of 2.2 to 4.4 grams of n-3 fatty acids. Those who do not receive a preformed source of EPA and DHA require increased amounts of n-3 fatty acids. The recommended ratio of n-6 to n-3 fatty acids is in the range of 2:1 to 4:1 (106-109).

It is recommended that vegetarians include good sources of α -linolenic acid in their diet (106,110). These would include foods like flaxseed and flaxseed oil (see Table). Those with increased requirements (eg, pregnant and lactating women or those with diseases associated with poor essential fatty acid status) or those at risk for poor conversion (eg, people with diabetes) may benefit from direct sources of long-chain n-3 fatty acids, such as DHA-rich microalgae (100,106,111).

Iodine

Some studies suggest that vegans who do not consume iodized salt may be at risk for iodine deficiency; this appears to be particularly true for those living in iodine-poor areas (29,112,113). Bread can be a source of iodine because some dough stabilizers contain iodine. In the United States, about 50% of the general population uses iodized salt, whereas, in Canada, all table salt is fortified with iodine. Sea salt and kosher salt are generally not iodized nor are salty seasonings such as tamari. Concern has been raised about vegetarian diets that include foods, such as soybeans, cruciferous vegetables, and sweet potatoes, that contain natural goitrogens. However, these foods have not been associated with thyroid insufficiency in healthy people provided iodine intake is adequate. The adult RDA for iodine is easily met by one-half teaspoon of iodized salt daily (44). Some vegetarians may have very high intakes of iodine because of consumption of sea vegetables.

VEGETARIANISM THROUGHOUT THE LIFE CYCLE

Well-planned vegan, lacto-vegetarian, and lacto-ovo-vegetarian diets are appropriate for all stages of the life cycle, including pregnancy and lactation. Appropriately planned vegan, lacto-vegetarian, and lacto-ovo-vegetarian diets satisfy nutrient needs of infants, children, and adolescents and promote normal

growth (36,114,115). Vegetarian diets in childhood and adolescence can aid in the establishment of lifelong healthy eating patterns and can offer some important nutritional advantages. Vegetarian children and adolescents have lower intakes of cholesterol, saturated fat, and total fat and higher intakes of fruits, vegetables, and fiber than nonvegetarians (2,116-118). Vegetarian children have also been reported to be leaner and to have lower serum cholesterol levels (119-121).

Infants

When vegetarian infants receive adequate amounts of breast milk or commercial infant formula and their diets contain good sources of energy and nutrients such as iron, vitamin B-12, and vitamin D, growth throughout infancy is normal. Extremely restrictive diets such as fruitarian and raw foods diets have been associated with impaired growth and therefore cannot be recommended for infants and children (29).

Many vegetarian women choose to breastfeed their infants (122), and this practice should be encouraged and supported. The breast milk of vegetarian women is similar in composition to that of nonvegetarians and is nutritionally adequate. Commercial infant formulas should be used if infants are not breastfed or are weaned before 1 year of age. Soy formula is the only option for vegan infants who are not being breastfed.

Soy milk, rice milk, homemade formulas, cow's milk, and goat's milk should not be used to replace breast milk or commercial infant formula during the first year because these foods do not contain the proper ratio of macronutrients nor do they have appropriate micronutrient levels for the young infant.

Guidelines for the introduction of solid foods are the same for vegetarian and nonvegetarian infants (115). When it is time for protein-rich foods to be introduced, vegetarian infants can have mashed or pureed tofu, legumes (pureed and strained if necessary), soy or dairy yogurt, cooked egg yolks, and cottage cheese. Later, foods such as cubes of tofu, cheese or soy cheese, and bite-size pieces of soy burger can be started. Commercial, full-fat, fortified soy milk, or cow's milk can be used as a primary beverage starting at age 1 year or older for a child who is growing normally and is eating a variety of foods (115). Foods that are rich in energy and nutrients such as legume spreads, tofu, and mashed avocado should be used when the infant is being weaned. Dietary fat should not be restricted in children younger than 2 years.

Breastfed infants whose mothers do not consume dairy products, foods fortified with vitamin B-12, or B-12 supplements regularly will need vitamin B-12 supplements (115). Guidelines for the use of iron and vitamin D supplements in vegetarian infants do not differ from guidelines for nonvegetarian infants. Zinc supplements are not routinely recommended for vegetarian infants because zinc deficiency is rarely seen (123). Zinc intake should be individually assessed and zinc supplements or zinc-fortified foods used during the time when complementary foods are being introduced if the diet is low in zinc or mainly consists of foods with low zinc bioavailability (124,125).

Children

Lacto-ovo-vegetarian children exhibit growth similar to that of their nonvegetarian peers (114,119,126). Little information about the growth of nonmacrobiotic vegan children is available, although findings suggest that children tend to be slightly smaller but within the normal ranges of the standards for weight and height (114,122). Poor growth in children has been seen primarily in those on very restricted diets (127).

Frequent meals and snacks and the use of some refined foods (such as fortified breakfast cereals, breads, and pasta) and foods higher in unsaturated fat can help vegetarian children meet energy and nutrient needs. Average protein intake of vegetarian children (lacto-ovo, vegan, and macrobiotic) generally meets or exceeds recommendations, although vegetarian children may consume less protein than nonvegetarian children (116,128). Vegan children may have protein needs that are slightly higher than those of nonvegan children because of differences in protein digestibility and amino acid composition of plant food proteins (36,129), but these protein needs are generally met when diets contain adequate energy and a variety of plant foods (35). Good sources of calcium, iron, and zinc should be emphasized for vegetarian children along with dietary practices that enhance absorption of zinc and iron from plant foods. A reliable source of vitamin B-12 is important for vegan children. If there is concern about vitamin D synthesis owing to limited sunlight exposure, skin tone, season, or sunscreen use, vitamin D supplements or fortified foods should be used. The Table provides information about food sources of nutrients. Food guides for vegetarian children under 4 years of age (36,130) and for older children (72,73) have been published elsewhere.

Adolescents

There are limited data available on the growth of vegetarian adolescents, although studies suggest there is little difference between vegetarians and nonvegetarians (131). In the West, vegetarian girls tend to reach menarche at a slightly later age than nonvegetarians (132,133), although not all research supports this finding (134,135). If slightly later menarche does occur, it may offer health advantages, including lower risk of developing breast cancer and obesity (136,137). Vegetarian diets appear to offer some nutritional advantages for adolescents. Vegetarian adolescents are reported to consume more fiber, iron, folate, vitamin A, and vitamin C than nonvegetarians (2,60). Vegetarian adolescents also consume more fruits and vegetables and fewer sweets, fast foods, and salty snacks compared with nonvegetarian adolescents (2,118). Key nutrients for adolescent vegetarians include calcium, vitamin D, iron, zinc, and vitamin B-12.

Vegetarian diets are somewhat more common among adolescents with eating disorders than in the general adolescent population; therefore, dietetics professionals should be aware of young clients who greatly limit food choices and who exhibit symptoms of eating disorders (138,139). However, recent data suggest that adopting a vegetarian diet does not lead to eating disorders, rather that vegetarian diets may be selected to camouflage an existing eating disorder (27,140,141). With guidance in meal planning, vegetarian diets are appropriate and healthful choices for adolescents.

Pregnant and Lactating Women

Lacto-ovo-vegetarian and vegan diets can meet the nutrient and energy needs of pregnant women. Infants of vegetarian mothers generally have birth weights that are similar to those of infants born to nonvegetarians and to birth weight norms (122,142,143). Diets of pregnant and lactating vegans should contain reliable sources of vitamin B-12 daily. If there is concern about vitamin D synthesis because of limited sunlight exposure, skin tone, season, or sunscreen use, pregnant and lactating women should use vitamin D supplements or fortified foods. Iron supplements may be needed to prevent or treat

iron-deficiency anemia, which is commonly seen during pregnancy. Women capable of becoming pregnant and women in the periconceptional period are advised to consume 400 μg of folate daily from supplements, fortified foods, or both in addition to consuming food folate from a varied diet (92).

Infants of vegetarian mothers have been reported to have lower cord and plasma DHA than do infants of nonvegetarians, although the functional significance of this is not known (104,143). Breast milk DHA levels in vegan and lacto-ovo-vegetarian women appear to be lower than levels in nonvegetarians (144). Because DHA seems to play a role in the development of the brain and the eye and because a dietary supply of DHA may be important for the fetus and newborn, pregnant and lactating vegans and vegetarians (unless eggs are eaten regularly) should include sources of the DHA precursor linolenic acid in their diet (ground flaxseed, flaxseed oil, canola oil, soybean oil) or use a vegetarian DHA supplement (from microalgae). Foods containing linoleic acid (corn, safflower, and sunflower oil) and *trans*-fatty acids (stick margarine, foods with hydrogenated fats) should be limited because these fatty acids can inhibit DHA production from linolenic acid (145).

Older Adults

Studies indicate that most older vegetarians have dietary intakes that are similar to nonvegetarians (146,147). With aging, energy needs decrease, but recommendations for several nutrients, including calcium, vitamin D, vitamin B6, and possibly protein, are higher. Sunlight exposure is often limited, and vitamin D synthesis is decreased in older adults so that dietary or supplemental sources of vitamin D are especially important.

Older adults may have difficulty with vitamin B-12 absorption from food so vitamin B-12-fortified foods or supplements should be used because the vitamin B-12 in fortified foods and supplements is usually well absorbed (92). Protein requirements for older adults are controversial. The current DRIs do not recommend additional protein for older adults (35). A metaanalysis of nitrogen balance studies concluded that there is not enough evidence to recommend different protein intakes for older adults but pointed out that the data are limited and contradictory (34). Others have concluded that protein requirements of older adults may be around 1 to 1.25 g/kg body weight (148,149). Older adults can easily meet protein needs on a vegetarian diet if a variety of protein-rich plant foods, including legumes and soy products, are eaten daily.

Vegetarian diets, which are high in fiber, may be beneficial for older adults with constipation. Older vegetarians may benefit from nutritional counseling on foods that are easy to chew, require minimal preparation, or are appropriate for therapeutic diets.

Athletes

Vegetarian diets can also meet the needs of competitive athletes. Nutrition recommendations for vegetarian athletes should be formulated with consideration of the effects of both vegetarianism and exercise. The position of the American Dietetic Association and Dietitians of Canada on nutrition and athletic performance (39) provides appropriate dietary guidance for athletes, although some modification may be needed to address vegetarians' needs. Protein recommendations for endurance athletes are 1.2 to 1.4 g/kg body weight, whereas resistance and strength-trained athletes may need as much as 1.6 to 1.7 g/kg body weight (39). Not all groups support an increased protein need for athletes (35). Vegetarian diets that meet energy needs and contain a variety of plant-based protein

foods, such as soy products, other legumes, grains, nuts, and seeds, can provide adequate protein without the use of special foods or supplements (150). For adolescent athletes, special attention should be given to meeting energy, protein, calcium, and iron needs. Amenorrhea may be more common among vegetarian than nonvegetarian athletes, although not all research supports this finding (151,152). Female vegetarian athletes may benefit from diets that include adequate energy, higher levels of fat, and generous amounts of calcium and iron.

VEGETARIAN DIETS AND CHRONIC DISEASE

Obesity

Among Seventh-day Adventists (SDA), 40% of whom follow a meatless diet, vegetarian eating patterns have been associated with lower body mass index (BMI). In the Adventist Health Study, which compared vegetarians and nonvegetarians within the Adventist population, BMI increased as the frequency of meat consumption increased in both men and women (4). In the Oxford Vegetarian Study, BMI values were higher in nonvegetarians compared with vegetarians in all age groups and for both men and women (112).

In a study of 4,000 men and women in England comparing the relationship between meat consumption and obesity among meat eaters, fish eaters, lacto-ovo-vegetarians, and vegans, mean BMI was highest in the meat eaters and lowest in the vegans (153). BMI was lowest in those lacto-ovo-vegetarians and vegans who had adhered to their diet for 5 years or longer.

Factors that may help to explain the lower BMI among vegetarians include differences in macronutrient content (lower protein, fat, and animal fat intake), higher fiber consumption, decreased alcohol intake, and greater consumption of vegetables.

Cardiovascular Disease

An analysis of five prospective studies involving more than 76,000 subjects showed that death from ischemic heart disease was 31% lower among vegetarian men compared with nonvegetarian men and 20% lower among vegetarian women compared with nonvegetarian women (154). Death rates were also lower for vegetarian men and women compared with semivegetarians, those who ate fish only or ate meat less than once per week. Among SDA, vegetarian men had a 37% reduction in risk of developing ischemic heart disease compared with nonvegetarian men (4). In the only study to include vegan subjects, risk for developing heart disease was even lower among SDA vegan men than in the SDA lacto-ovo-vegetarians (155).

The lower rates of heart disease among vegetarians are explained in part by their lower blood cholesterol levels. A review of 9 studies found that, in comparison to nonvegetarians, lacto-ovo-vegetarians and vegans had mean blood cholesterol levels that were 14% and 35% lower, respectively (156). Although the lower average BMI of vegetarians may help to explain this, Sacks and colleagues found that, even when vegetarian subjects were heavier than nonvegetarian subjects, the vegetarians had markedly lower plasma lipoprotein values (157), and Thorogood and colleagues found that differences in plasma lipids in vegetarians, vegans, and meat eaters persisted, even following adjustment for BMI (158). Some, but not all, studies have shown lower high-density lipoprotein (HDL) levels in vegetarian subjects (29). Lower HDL levels may be due to the type or amount of dietary fat or to lower alcohol intake. This may help to explain the smaller differences in heart disease rates between vegetarian and nonvegetarian women because HDL

may be a more important risk factor than LDL levels for women (159). Average triglyceride levels tend to be similar in vegetarians and nonvegetarians.

A number of factors in vegetarian diets may affect cholesterol levels. Although studies show that most vegetarians do not typically consume low-fat diets, saturated fat intake is considerably lower among vegetarians than nonvegetarians, and vegans have a lower ratio of saturated to unsaturated fat in their diets (29). Vegetarians also consume less cholesterol than nonvegetarians, although the range of intake varies considerably across studies. Vegan diets are free of cholesterol.

Vegetarians consume between 50% and 100% more fiber than nonvegetarians, and vegans have higher intakes than lacto-ovo-vegetarians (29). Soluble fiber may lower risk for cardiovascular disease by reducing blood cholesterol levels (160). Limited research suggests that animal protein is directly associated with higher serum cholesterol levels even when other dietary factors are controlled (161). Lacto-ovo-vegetarians consume less animal protein than nonvegetarians, and vegans consume no animal protein. Research shows that consumption of at least 25 g per day of soy protein, either in place of animal protein or in addition to the usual diet, reduces cholesterol levels in people with hypercholesterolemia (162). Soy protein may also raise HDL levels (162). Vegetarians are likely to consume more soy protein than the general population.

Other factors in vegetarian diets may impact cardiovascular disease risk independent of effects on cholesterol levels. Vegetarians have higher intakes of the vitamin antioxidants vitamins C and E, which may reduce oxidation of LDL cholesterol. Isoflavones, which are phytoestrogens found in soy foods, may also have antioxidant properties (163) as well as enhancing endothelial function and arterial compliance (164). Although there is limited information available about intake of specific phytochemicals among population groups, vegetarians appear to consume more phytochemicals than nonvegetarians because a greater percentage of their energy comes from plant foods. Some phytochemicals may affect plaque formation through effects on signal transduction and cell proliferation (165) and may exert antiinflammatory effects (166). Research from Taiwan found that vegetarians had significantly better vasodilation responses, which correlated directly with years on a vegetarian diet, suggesting a direct beneficial effect of vegetarian diet on vascular endothelial function (167).

Not all aspects of vegetarian diets are associated with reduced risk for heart disease. Some (89,103,168-171) but not all (62,172) studies have found higher serum homocysteine levels in vegetarians compared to nonvegetarians. Homocysteine is believed to be an independent risk factor for heart disease. Inadequate intake of vitamin B-12 may be the explanation. Vitamin B-12 injections lowered homocysteine levels in vegetarians, many of whom had low B-12 levels and high serum homocysteine (173). In addition, low intakes of n-3 fatty acids and a high ratio of n-6 to n-3 fatty acids in the diet may raise risk of heart disease among some vegetarians (173).

There are only limited data on the role of vegetarian diets as intervention for heart disease. Vegetarian diets used in these studies have usually been very low in fat. Because these diets have been used along with other lifestyle changes and they have produced weight loss, it has not been possible to ascertain any direct effect of adoption of vegetarian diet on risk factors for heart disease or mortality. Vegetarian diets can be planned to conform to standard recommendations for the treatment of hypercholesterolemia.

Hypertension

Many studies show that vegetarians have both lower systolic and diastolic pressures with differences between vegetarians and nonvegetarians generally falling between 5 and 10 mm Hg (29). In the Hypertension Detection and Follow-Up Program, blood pressure reduction of just 4 mm Hg caused marked reduction in mortality from all causes (174).

In addition to having lower blood pressures in general, vegetarians have markedly lower rates of hypertension than meat eaters (175,176). In one study, 42% of nonvegetarians had hypertension (defined as 140/90 mm Hg) compared with only 13% of vegetarians. Even semivegetarians are 50% more likely to have hypertension than vegetarians (4). Even when body weights were similar between subjects, vegetarians had lower blood pressures. Placing nonvegetarian subjects on a vegetarian diet led to reduced blood pressure in normotensive (177) and hypertensive subjects (178).

A number of studies have controlled for various factors that might help to explain the lower blood pressures of vegetarians and the hypotensive effects of changing to a vegetarian diet. The lower blood pressures do not appear to be due to lower BMI (175), exercise habits (179), absence of meat (180), milk protein (181), fat content of diet (182), fiber (183) or differences in potassium, magnesium, or calcium intakes (184). Because sodium intake of vegetarians is comparable or only modestly lower than that of nonvegetarians, sodium does not explain the differences either. Suggested explanations include a difference in blood glucose-insulin response because of a lower glycemic index of vegetarian diets (185) or a collective effect of beneficial compounds from plant foods (186).

Diabetes

Vegetarian diets can meet guidelines for the treatment of diabetes (187), and some research suggests that diets that are more plant-based reduce risk for type 2 diabetes. Rates of self-reported diabetes among Seventh-day Adventists (SDA) were less than half those of the general population, and, among SDA, vegetarians had lower rates of diabetes than nonvegetarians (188). In the Adventist Health Study, age-adjusted risk for developing diabetes for vegetarian, semivegetarian, and nonvegetarian men was 1.00, 1.35, and 1.97, respectively, and, for women, it was 1.00, 1.08, and 1.93 (4). Among the possible explanations for a protective effect of vegetarian diet are the lower BMI of vegetarians and higher fiber intake, both of which improve insulin sensitivity. However, among men in the Adventist Health Study, risk for diabetes was still 80% higher in nonvegetarian men after adjustment for weight. In men, meat consumption was directly associated with increased risk of diabetes. Among women, risk increased only when meat consumption exceeded five servings per week (188).

Cancer

Vegetarians have an overall lower cancer rate compared with the general population, but it is not clear to what extent this is due to diet. When nondietary cancer risk factors are controlled for, differences in overall cancer rates between vegetarians and nonvegetarians are greatly reduced, although marked differences remain in rates of certain cancers. An analysis from the Adventist Health Study that controlled for age, sex, and smoking found no differences between vegetarians and nonvegetarians for lung, breast, uterine, or stomach cancer but did find that nonvegetarians had a 54% increased risk for prostate cancer and an 88% increased risk for colorectal cancer (4). Other

research has shown lower rates of colon cell proliferation in vegetarians compared with nonvegetarians (189) and lower levels of serum insulin-like growth factor-I, thought to be involved in the etiology of several cancers in vegans compared with both nonvegetarians and lacto-ovo-vegetarians (190). Both red and white meat have been independently linked to increased risk for colon cancer (4). Observational studies have found an association between high intake of dairy foods and calcium with increased risk for prostate cancer (191-193), although not all studies support this finding (194). A pooled analysis of 8 observational studies found no link between meat or dairy consumption and breast cancer (195).

Research suggests that a number of factors in vegetarian diets may impact cancer risk. Vegetarian diets come closer to matching the dietary guidelines issued by the National Cancer Institute than do nonvegetarian diets, particularly in regard to fat and fiber intakes (196). Although data on fruit and vegetable intake of vegetarians are limited, a recent study found that intake was considerably higher among vegans compared with nonvegetarians (62). High lifetime exposure to estrogen has been linked to increased breast cancer risk. Some research shows that vegetarians have lower serum and urinary estrogen levels (197). There is also some evidence that vegetarian girls begin menstruation at a later age, which may reduce cancer risk because of lower lifetime estrogen exposure (132,133). High fiber intake is believed to protect against colon cancer, although not all research supports this (198,199). The environment of the colon of vegetarians is strikingly different from that of nonvegetarians. Vegetarians have a lower concentration of potentially carcinogenic bile acids (200) and fewer intestinal bacteria that convert the primary bile acids into carcinogenic secondary bile acids (201). More frequent elimination and the levels of certain enzymes in the colon enhance elimination of potential colon carcinogens (200,202). Most research shows that vegetarians have lower levels of fecal mutagens (203).

Vegetarians do not consume heme iron, which has been shown to lead to the formation of highly cytotoxic factors in the colon increasing colon cancer risk (204). Finally, vegetarians most likely have higher intakes of phytochemicals, many of which have anticancer activity. Isoflavones in soy foods have been shown to have anticancer effects, particularly in regard to breast and prostate cancer, although this is not supported by all research (205,206).

Osteoporosis

Osteoporosis is a complex disease affected by a variety of lifestyle, dietary, and genetic factors. Although some data indicate that osteoporosis is less common in developing countries with a mostly plant-based diet, these studies have relied on hip fracture data, which has been found to be unreliable for comparing bone health across cultures. There is little evidence to suggest that bone mineral density differs between western nonvegetarians and lacto-ovo-vegetarians.

A number of studies have shown that high protein intake, from animal foods in particular, causes increased excretion of calcium and raises calcium needs (207-209). The effect is believed to be due to the increased acid load from metabolism of sulfur-containing amino acids (SAA). However, grains are also high in these amino acids, and some research shows that SAA intake was similar between nonvegetarians and vegetarians (210). Despite this, there is some evidence that postmenopausal women with diets high in animal protein and low in plant protein had a high rate of bone loss and a greatly increased risk

of hip fracture (211). Although excessive protein intake may compromise bone health, there is evidence that low protein intakes could raise risk for poorer bone health (212). Although there are very little reliable data on bone health of vegans, some studies suggest that bone density is lower among vegans compared with nonvegetarians (213-215). Vegan women, like other women, may have low calcium intakes despite the availability of nondairy sources of well-absorbed calcium. Some vegan women may also have protein intakes that are marginal, and vitamin D status has shown to be compromised in some vegans (216-218). The lower serum estrogen levels of vegetarians may be a risk factor for osteoporosis. In contrast, short-term clinical studies suggest that soy protein rich in isoflavones decreases spinal bone loss in postmenopausal women (219). Higher intake of potassium and vitamin K among vegetarians may also help to protect bone health. However, the data suggest that a vegetarian diet does not necessarily protect against osteoporosis despite lower animal protein content.

Renal Disease

High intake of dietary protein may worsen existing kidney disease or increase risk for those who are susceptible to this disease because protein intake is associated with a higher glomerular filtration rate (GFR) (220). The GFR of healthy vegetarians is lower than that of nonvegetarians and even lower in vegans (221). The type of protein consumed may also have an effect, with plant foods having a more beneficial effect on GFR than animal protein (222, 223). GFR was 16% higher in healthy subjects after eating a meal containing animal protein compared with a meal with soy protein (222). Because the pathology of renal disease is similar to that of atherosclerosis, the lower serum cholesterol levels and reduced cholesterol oxidation resulting from a vegetarian diet may be beneficial for those with kidney disease.

Dementia

Although rates of dementia differ markedly throughout the world, differences in diagnostic criteria make cross-cultural comparisons difficult. In the United States, among SDA, those who ate meat were more than twice as likely to develop dementia (224). Those who had eaten meat for many years were more than three times as likely to develop signs of dementia. Diets high in antioxidants have been found to protect cognitive function (225-227). The lower blood pressure of vegetarians may also be protective. There is also some evidence that lower blood cholesterol protects against dementia (228). Higher homocysteine levels are linked to increased risk of dementia, and this may present one risk factor for vegetarians who do not get adequate vitamin B-12 (229-232). Although one observational study found an increased rate of dementia among Japanese American men who ate tofu regularly (233), the study had a number of methodological limitations, and other research has not supported these findings (234).

Other Health Effects of Vegetarian Diets

Diverticular disease

Gear and colleagues found that both male and female vegetarians aged 45 to 59 years were 50% as likely to have diverticulitis compared with nonvegetarians (235). Although fiber is believed to be the most important reason for this difference, other factors may have an effect as well. High-fat diets, independent of fiber intake, have been associated with increased risk of

diverticulitis (236). Meat intake may also increase risk (236). Older research suggests that meat consumption may promote growth of bacteria that produce a toxic metabolite that weakens the wall of the colon (237).

Gallstones

In a study of 800 women aged 40 to 69 years, nonvegetarians were more than twice as likely as vegetarians to suffer from gallstones (238). The relationship held even after controlling for the three known risk factors for gallstones: obesity, gender, and aging.

Rheumatoid arthritis

Rheumatoid arthritis (RA), believed to be an autoimmune disease, involves inflammation of the joints. Several studies from one group of researchers in Finland suggest that fasting, followed by vegan diet, may be useful in treatment of RA (239,240).

Although data are very limited and more follow-up is needed before conclusions can be drawn, some studies suggest that a mostly raw foods vegan diet reduces symptoms of fibromyalgia (241) and that a vegetarian diet may reduce symptoms of topical dermatitis (242).

PROGRAMS AND AUDIENCES IMPACTED

Special Supplemental Nutrition Program for Women, Infants, and Children

In the United States, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federal grant program that serves pregnant, postpartum, and breastfeeding women and infants and children up to 5 years of age who are documented as being at nutritional risk and with family income below state standards. This program provides checks or coupons to purchase some foods suitable for vegetarians, including infant formula, iron-fortified infant cereal, vitamin C-rich fruit or vegetable juice, carrots, cow's milk, cheese, eggs, iron-fortified ready-to-eat cereal, dried beans or peas, and peanut butter. Individual state agencies are allowed to submit a plan to USDA's Food and Nutrition Service for substitution of foods to allow for different cultural eating patterns, provided the proposed substitute food is nutritionally equivalent or superior to the food it replaces, is widely available, and does not cost more than the food it is to replace (243). This provision could possibly allow more foods suitable for vegans to be purchased.

Canada Prenatal Nutrition Program (CPNP), federally funded by Health Canada, and perinatal community programs provide vouchers, coupons, or groceries to those who meet the income and nutritional risk criteria for the program. Vouchers can be used for some foods acceptable to vegetarians, including milk, juice, cheese, eggs, fortified soymilk, and other foods (244).

Child Nutrition Programs

In the United States, the National School Lunch Program (NSLP) allows nonmeat protein products, including certain soy products, cheese, eggs, cooked dried beans or peas, yogurt, peanut butter, other nut or seed butters, peanuts, tree nuts, and seeds to be used (245,246). USDA information for school foodservice personnel includes several vegetarian and vegan quantity recipes (247). Few public schools regularly feature vegetarian menu items. School lunches are not adequate for vegans even when some vegan options are available because soymilk can only be served as a part of school lunch in cases of documented lactose intolerance.

In Canada, school lunch, breakfast, and snack programs; food selection standards; and provision for vegetarian meals vary from one region to another. Nationally, the Canadian Living Foundation's Breakfast for Learning program is developing Best Practice Program Standards for breakfast, snack, and lunch programs. Vegetarian meals based on Canada's Food Guide to Healthy Eating fit within this framework (248).

Feeding Programs for the Elderly

The federal Elderly Nutrition Program (ENP) distributes funds to states, territories, and tribal organizations for a national network of programs that provide congregate and home-delivered meals (often known as Meals on Wheels) for older Americans. Meals served under this program must provide at least one-third of the RDAs (249). Meals are often provided by local Meals on Wheels agencies. A 4-week set of vegetarian menus has been developed for use by the National Meals on Wheels Foundation (250,251).

Corrections Facilities

Court rulings in the United States and Canada have granted prison inmates the right to have vegetarian meals for religious and medical reasons (and in Canada, by choice, as well) (252,253). Federal institutions and those for many states and provinces provide vegetarian options for meals. The Canadian federal court has ruled that prison inmates who are opposed to eating meat have a constitutional right to be served vegetarian meals. The Freedom of Conscience provisions in the Charter of Rights allow prisoners to demand vegetarian fare for moral reasons, just as other inmates may request special meals on religious or medical grounds (252).

Military/Armed Forces

The US Army's Combat Feeding Program, which oversees all food regulations, provides a choice of vegetarian menus (254). Canadian Forces Food Services offers one or more vegetarian options at every meal (255). An estimated 10% to 15% of Canadian Forces members choose vegetarian meals for combat rations (individual meal packs) (256).

Other Institutions and Quantity Food Service Organizations

Other institutions, including colleges, universities, hospitals, restaurants, and publicly funded museums and parks offer varying amounts and types of vegetarian selections. Resources are available for vegetarian quantity food preparation (Figure 1). As interest in vegetarianism grows and because of the nutritional and health benefits of choosing a vegetarian diet, increased provision of vegetarian meals on a daily basis should be encouraged.

ROLE OF DIETETICS PROFESSIONALS

Vegetarian clients may seek nutrition counseling services for a specific clinical condition or for assistance in planning healthful vegetarian diets. They may sometimes be referred because of problems related to poor diet choices. Dietetics professionals have an important role in supporting clients who express an interest in adopting vegetarian diets or who already eat a vegetarian diet. It is important for dietetics professionals to support any client who chooses this style of eating and to be able to give current accurate information about vegetarian nutrition. Information should be individualized depending on type of vegetarian diet, age of the client, food preparation skills, and ac-

tivity level. It is important to listen to the client's own description of his or her diet to ascertain which foods can play a role in meal planning. Figure 1 provides a listing of Web resources on vegetarianism. Figure 2 includes meal planning tips.

Qualified dietetics professionals can help vegetarian clients in the following ways:

- provide information about meeting requirements for vitamin B-12, calcium, vitamin D, zinc, iron, and n-3 fatty acids because poorly planned vegetarian diets may sometimes fall short of these nutrients;
- give specific guidelines for planning balanced lacto-ovo-vegetarian or vegan meals for all stages of the life cycle;
- adapt guidelines for planning balanced lacto-ovo-vegetarian or vegan meals for clients with special dietary needs because of allergies or chronic disease or other restrictions;
- be familiar with vegetarian options at local restaurants;
- provide ideas for planning optimal vegetarian meals while traveling;
- instruct clients about the preparation and use of foods that frequently are part of vegetarian diets; the growing selection of products aimed at vegetarians may make it impossible to be

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>

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&fiction.htm>

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

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/

VegDining.com
www.veg dining.com/Home.cfm

Vegetarian Resource Group
www.vrg.org/travel/

Quantity Food Preparation:

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

FIG 1. Useful Web sites.

A variety of menu planning approaches can provide adequate nutrition for vegetarians. The Vegetarian Food Guide Pyramid and Vegetarian Food Guide Rainbow (72,73) suggest one approach. In addition, the following guidelines can help vegetarians plan healthful diets:

- Choose a variety of foods including whole grains, vegetables, fruits, legumes, nuts, seeds, and if desired, dairy products, and eggs.
- Choose whole, unrefined foods often and minimize the intake of highly sweetened, fatty and heavily refined foods.
- Choose a variety of fruits and vegetables.
- If animal foods such as dairy products and eggs are used, choose lower-fat dairy products and use both eggs and dairy products in moderation.
- Use a regular source of vitamin B-12 and, if sunlight exposure is limited, of vitamin D.

FIG 2. Meal planning.

knowledgeable about all such products. However, practitioners working with vegetarian clients should have a basic knowledge of preparation, use, and nutrient content of a variety of grains, beans, soy products, meat analogs and fortified foods.

- be familiar with local sources for purchase of vegetarian foods. In some communities, mail order sources may be necessary.
- work with family members, particularly the parents of vegetarian children, to help provide the best possible environment for meeting nutrient needs on a vegetarian diet; and,
- if a practitioner is unfamiliar with vegetarian nutrition, he/she should assist the individual in finding someone who is qualified to advise the client or should direct the client to reliable resources.

CONCLUSIONS

Appropriately planned vegetarian diets have been shown to be healthful, nutritionally adequate, and beneficial in the prevention and treatment of certain diseases. Vegetarian diets are appropriate for all stages of the life cycle. There are many reasons for the rising interest in vegetarianism. The number of vegetarians in the United States and Canada is expected to increase over the next decade. Dietetics professionals can assist vegetarian clients by providing current, accurate information about vegetarian nutrition, foods, and resources.

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Nutrition in Complementary Care DPG (Dennis Gordon, MEd, RD, Saint Joseph Mercy Health System, Ann Arbor, MI; Rita Batheja, MS, RD, Private Practice, Long Island, NY);

Pediatric Nutrition DPG (Maria Hanna, MS, RD, Children's Hospital of Philadelphia, Philadelphia, PA; Cristine M. Trahms, MS, RD, FADA, University of Washington, Seattle, WA; Tamara Schryver, MS, RD, University of Minnesota, St. Paul, MN);

Sports, Cardiovascular, and Wellness Nutritionist DPG (Gita B. Patel, MS, RD, Alice Peck Day Memorial Hospital, Lebanon, NH; Pamela J. Edwards, MS, RD, University of Nebraska Lincoln, Lincoln, NE);

Vegetarian Nutrition DPG (Winston J. Craig, PhD, RD, Andrews University, Berrien Springs, MI; Catherine Conway, MS, RD, Private Practice, New York, NY);

Women and Reproductive Nutrition DPG (Judith B. Roepke, PhD, RD, Ball State University, Muncie, IN).

Dietitians of Canada Reviewers:

Karen Birkenhead, RD, (Group Health Centre, Sault Ste Marie, ON);

Samara Felesky Hunt (Consulting Dietitian, Calgary AB);
Susie Langley MS, RD (Nutrition Consultant in Private Practice, Toronto, ON);

Pam Lynch, MHE, RD (Nutrition Counselling Services, Halifax, NS);

Shefali Raja (Vancouver Coastal Health Authority, Vancouver BC);

Marilyn Rabin PDt (Douglas Hospital, Verdun, PQ);
Laura Toews, RD (St. Boniface General Hospital, Winnipeg, MB).

Members of the Association Positions Committee Workgroup:

Barbara Emison Gaffield, MS, RD (chair), Barbara Baron, MS, RD; Suzanne Havala Hobbs, DrPH, RD, FADA (content advisor).

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>

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>

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

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/

Continued on next page

Vegetarianism, cont.

VegDining.com

www.veg dining.com/Home.cfm

Vegetarian Resource Group

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.
- Two options are offered by SFDPH, with different registration fees for each: Course with Examination and Examination only.
- To sign up for a class or exam, you must enroll by completing and submitting the course application form. Contact the SFDPH Environmental Health Section by phone (415) 252-3800 or (415) 252-3845 or in person at 1390 Market Street, Suite 210 to obtain the form. Information is also available at the following website:
<http://www.sfdph.org/eh/food/index.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/>

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/

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 \(FSTEА\)](#), 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 involving 3 or less persons, 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

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](#) in English and Spanish languages and tests for employees of food facilities. With a passing test score, this course satisfies California Food Law 2007 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. Written tests are also available in Chinese, Korean, Vietnamese and Japanese if requested in advance.

FOOD SAFETY



Restaurant Inspections and Violations

According to California Food Law 2007, a copy of the most recent inspection report shall be maintained at all food facilities (e.g. restaurants, bars, and markets). The food facility shall post a notice advising patrons that the copy of the most recent inspection report is available for review. A facility's inspection score is not required to be posted on site. However, it is posted on the Health Dept's website.

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 California Food Law 2007. *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. Moderate risk and *Low risk Violations* are those that do not pose an imminent public health risk, but do warrant correction. Examples of High risk 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.sfdph.org/eh

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.sfdph.org/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, discard 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 measured at the center of the food mass.

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, throw leftovers out.

Discard 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/food-reflections.shtml>.

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



Alemany Farm

100 Crescent Ave
San Francisco, CA 94110

www.alemanyfarm.org

Email: community.gardens@gmail.com

Phone: (415) 568-1296

Description

- Alemany Farm’s mission is to encourage people to engage with their communities through the process of growing their own food. The farm provides low-income jobs while supporting economic and environmental justice.
- Alemany Farm has four main goals – 1) Ecological-Economic Development – to provide jobs for Alemany residents 2) Food Security – to provide healthy organic and local food to the community 3) Environmental Education– to introduce residents to the importance of local food production 4) Building People’s Power– to engage residents in decision making processes and activities that foster community involvement for social, economic and environmental justice.
- Alemany Farm is run by the Alemany Resident Management Corporation, a non-profit dedicated to improving the conditions in the community at the 165 unit public housing development in Alemany. The program is run thanks to the support of Renaissance Parents of Success and volunteer gardeners.

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

<http://casfs.ucsc.edu>

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, low cost and free 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: Steven W. Brown (415) 239-3140

E-mail: sbrown@ccsf.edu

Floristry Program: (415) 239-3106

Environmental Horticulture Program: (415) 239-3236

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.

Financial aid and registration assistance are available from the Financial Aid Office. A number of scholarships are available to students that are enrolled. Information is available through the City College Scholarship Office.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



Dominican University of California
Pathways Evening Degrees for Working Adults
Sustainable Communities

50 Acacia Avenue
San Rafael, CA 94901

Admissions: (415) 485-3204 (Day) (415) 485-3280 (Evening)

Toll Free: (888) 323-6763

Assistant Professor: (707) 874-9532

<http://www.dominican.edu>

Description

- Sustainable Communities (SC) is a unique and vibrant degree major that addresses current needs by integrating environmental education with cultural analysis, social action, public policy, and hands-on skill building. The course of study encourages a student's capacity to think globally and systemically; to clarify value conflicts, motivations, and learning styles; and to plan and carry out imaginative projects. Students undergo an expansion of their perspectives and a deepening awareness of themselves in relation to their world.
- Sustainable Communities is a two-year, four-semester, Upper Division weekend program within the Pathways Evening/Weekend Degree Program for Adult Learners. This program employs a cohort model, with structure, content, and activities that encourage development of a sense of community among students moving through the program together. This allows the academic subject matter of group dynamics, leadership, and building community to be put into practice.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



Garden for the Environment (A project of the Haight Ashbury Neighborhood Council (HANC))

Garden address:
7th Avenue at Lawton

Mailing address:
780 Frederick Street
San Francisco, CA 94117

Office info:
755 Frederick Street
Phone: (415) 731-5627

www.gardenfortheenvironment.org

Description

- The Garden for the Environment (GFE) educates San Franciscans about urban, organic gardening and composting in a variety of settings and capacities.
- The GFE website includes a calendar with free and low cost organic gardening 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:
 - Organic Gardening Education
 - Urban Compost Education
 - Gardening & Composting Educator Training Program
 - Youth Garden Programs
 - Sustainable Landscape Education

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



Growing Green Kids

<http://www.growinggreenkids.org>

Email: info@growinggreenkids.org

Description

- Growing Green Kids is dedicated to uniting the school garden movement, with the goal of a school garden for every school in San Francisco. The organization works to train garden coordinators and advocate for school garden support.
- Growing Green Kids currently works with the following schools: Dr William Cobb Elementary, ER Taylor Elementary, Fairmount Elementary, Las Americas CDC, Miraloma Elementary, and Willie Brown Jr. Academy.
- For a nominal fee, Growing Green Kids offers a newsletter, gardening webpage, gardening consultation and fundraising materials to interested schools. It also helps to plan special events for school garden programs, such as restaurant visits.

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

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

Description

- The Merritt College Landscape Horticulture Program offers courses that cover an array of subjects including the following: Plant Materials classes which include groundcovers, shrubs, trees, native plants, herbaceous plants, Mediterranean plants etc.. Classes in soils, plant nutrition, diseases, insects, landscape design, construction, irrigation, urban community gardening, permaculture and natural building to name a few.
- Facilities include 5,000 ft² of greenhouses, a 5000 ft² lath house, a floral and drafting lab, library, arboretum, and horticultural equipment, all on 7.5 acres!
- Associates Degrees and certificates are offered in the following areas:
 - Landscape Design and Construction
 - Landscape Maintenance
 - Nursery Management
 - Floral Design

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



Mission Pie Cafe

2901 Mission St (Entrance on 25th)
San Francisco, CA 94110

(415) 282-4PIE or (415) 282-1500

www.missionpie.com

a project of:

Pie Ranch

PO Box 138,

Davenport, CA, 95017

www.pieranch.org

Description

- Mission Pie is a café in the Mission district featuring high school students from Mission High serving locally made pies. The pies feature ingredients such as pumpkins, apples and walnuts that the students planted and harvested at the Pie Ranch farm
- Mission Pie is one of many programs of Pie Ranch, a farm in Davenport dedicated to inspiring urban and rural residents to connect to the agricultural sources of their food. It encourages urban youth to transform their relationship to food through education and outreach programs, in efforts to create a healthier food system.

(Information acquired from www.missionpie.com)

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



Pie Ranch

PO Box 138

Davenport, CA 95017

Phone: 650-879-0971

www.pieranch.org

Description:

- Pie Ranch seeks to inform and inspire an ever-widening circle of urban and rural residents to know and take intimate part in the food they eat.
- Pie Ranch has planted wheat for pie crusts and berries for filling, and are raising bees for honey, goats for milk and chickens for eggs on a 14-acre parcel above the historic Steele Ranch at Green Oaks Creek.
- In 2005, Pie Ranch began its youth education programs, inviting school groups out to experience a working farm. Through hands-on collaboration, teenagers discovered new competencies that benefit them as individuals and in community.
- Pie Ranch is also working to protect and restore the old Green Oaks Ranch - a historically, agriculturally, and ecologically significant farm on the San Mateo coast - as the permanent home for its rural education and production.
- A city-based pie shop, [Mission Pie](#), has grown in the Mission district of San Francisco, serving as the urban link to Pie Ranch and to other local farms. Motivated to be a supportive business collaborator with Pie Ranch, the shop provides the youth employment development part of the program by hiring 9 Mission High students. (See Mission Pie listing for more information.)
- Permanently protect this special resource of the San Mateo Coast.
- Dedicate the property to educational programs related to food and farming, as well as natural and cultural history.
- Inspire urban youth to transform their relationships to food, and to work with their communities in building healthier local food systems.
- Demonstrate economically viable agriculture that is compatible with wild Nature.
- Pie Ranch is a center for education and social change. Through hands-on learning about the full cycle of food production - from seed and shoot to scrumptious meal to steaming compost - we inspire people to build a healthier food system. While much of our activity is based on the farm, we also work in the city with individuals, organizations, businesses and public agencies to foster stronger relationships between urban and rural communities. (Information acquired from www.pieranch.org)

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



San Francisco Unified School District (SFUSD)/Preparing the Ground

Director of Educational Gardens

135 Van Ness Ave.

San Francisco, CA 94102

Phone: (415) 355-6923

www.preparingtheground.org

www.sfusd.edu

www.sfgreenschools.org

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 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

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE GARDENING AND FARMING PROGRAMS



Santa Rosa Junior College and Shone Farm

Agriculture/Natural Resources Department

Room 2092, Lark Hall

1501 Mendocino Avenue

Santa Rosa, CA 95401-4395

Phone: (707) 527-4011

Toll Free: (800) 564-SRJC

Shone Farm: (707) 887-1187

Garden at Shone Farm: (707) 887-0740

www.santarosa.edu/instruction/instructional_departments/agriculture/shone_farm/

Description

- Santa Rosa Junior College is the only community college in California that offers an A.S. degree and two certificates in Sustainable Agriculture. At SRJC we recognize what an important issue the sustainability of agriculture is to growers, researchers, policy makers, corporations, and especially consumers.
- The excellence of SRJC's Sustainable Agriculture Program has garnered increasing support and acceptance by the mainstream agriculture industry, environmentalists, food enthusiasts, home cooks, health-care providers, and local communities because people are beginning to understand that sustainable farming not only contributes to our health and well being, it is also an important part of a community's economy.
- SRJC's hands-on Sustainable Agriculture Program gives students the knowledge and skills necessary to meet the many agricultural and environmental challenges facing agriculture in the 21st century. Students enrolled in SRJC's Sustainable Ag Program emerge at the forefront of this critical field, and are in demand as innovative problem solvers and catalysts for positive change. 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.

Continued on next page

Santa Rosa Junior College and Shone Farm, cont.

Instruction and Hands-On Learning - Shone Farm:

- SRJC's Sustainable Agriculture classes give students a foundation in plant and soil science, integrated pest management, crop production, while emphasizing the ecological principles of agriculture. Courses emphasize the how-to aspects of organic gardening and farming, including tillage, compost production, crop planning and production. Specialty areas include: organic viticulture, specialty crops for the culinary market, organic apple and olive production, direct farm-marketing, setting-up and managing a community-supported agriculture (CSA) system. There's even a class on how to drive tractors!

- When you enroll in SRJC's Sustainable Ag courses you will experience a variety of unique, hands-on sustainable agriculture techniques at the College's beautiful 365-acre Shone Farm - a diversified college farm that is literally an outdoor field laboratory and learning environment featuring:
 - 35-acre Sustainable Agriculture Unit:
 - * 5-acre market garden
 - * Greenhouse, shade house, office, equipment shed
 - * Perennial beneficial insect landscapes
 - * Compost production
 - * Medicinal & Culinary herbs
 - * Vegetable fields, fruit orchard, cut flowers
 - * 4-acre high-density olives and apples
 - * 1-acre food pyramid garden
 - * 10-acre organic vineyard
 - * Native hedgerow
 - * 15-acre expansion land for student enterprise projects

The Shone Farm serves primarily as an outdoor laboratory site for agriculture and natural resource classes. A full complement of farm equipment exists on the farm for use by the staff and students. Facilities include everything from equipment sheds to livestock barns and corrals. The 1982 addition of the Belden Center, a multi-purpose building provides shop space, offices, a mini-dorm, and a meeting room. The sustainable agriculture unit provides a hands-on learning laboratory for growing specialty vegetables, herbs, flowers, berry and fruit tree crops. The focus is on organic methods of production as well as soil fertility management, integrated pest management, sustainable production practices, and marketing methods.

Continued

Santa Rosa Junior College and Shone Farm, cont.

Nearly every student has the opportunity to learn through participation in the instructional activities of the farm during his or her tenure at SRJC. Students not only gain practices but also learn how to make important business management decisions through direct sales of farm products such as the Fall Farm Stand and the seasonal U-Pick operation.

The Shone Farm serves as a community resource by supporting 4H/FFA field days, short courses, and industry meetings each year. The community supports the Shone Farm through substantial contributions of equipment, livestock, labor and money. The Robert Shone Foundation has been established in order to receive tax deductible contributions. The Shone Farm cooperates fully with other public and private organizations.

The Shone Farm is located approximately 10 miles from the main campus in Santa Rosa.

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

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 GARDENING AND FARMING PROGRAMS



Urban Sprouts

<http://urbansprouts.blogspot.com/>

Email: abby@urbansprouts.org

Description

- Urban Sprouts is a school garden project, focused on low-income youth from underserved-neighborhoods. Its mission is to connect youth to environment and each other, engage them in school and improve their health, through growing, harvesting and preparing vegetables from a school garden.
- Urban Sprouts currently works with many San Francisco schools, including Excelsior Middle School, Martin Luther King Jr Middle School, June Jordan School for Equity, and Ida B Wells High School.
- Urban Spouts works with Garden for the Environment to create a summer program that has middle school youth work in the garden at Garden for the Environment and learn skills of gardening and leadership, as well as how to make healthy eating choices and the importance of physical activity.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



Agricultural Commissioner

San Francisco Dept of Public Health, Environmental Health
1390 Market Street, Suite 210
San Francisco, CA 94102

Phone: (415) 252-3800

<http://www.sfdph.org/eh/agr/index.htm>

Description

- The agricultural commissioner protects health and safety through the enforcement of agricultural laws regarding produce inspections, pest inspections and pesticide safety laws.
- The commissioner provides San Francisco with a connection to agricultural community. He is responsible for the oversight of farmers' markets, wholesale produce inspections, and organic produce inspections.
- The commissioner inspects wholesale nurseries, enforces plant quarantines and monitors insect traps as crucial line of defense against invasive agricultural pests and diseases.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



California Certified Organic Farmers (CCOF)

2155 Delaware Avenue, Suite 150
Santa Cruz, CA 95060

Phone: (831) 423-2263

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 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

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

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

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 student writing contest, “Imagine this...” each year for 3rd – 8th grade students as well as an annual conference for educators with keynote presenters, workshops, exhibits, and local farm and food tours.
- The CFAITC website includes downloadable fact and activity sheets, lesson plans, teacher guides, and many other free resources.

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

Toll Free (888) CPR-4880 (in California only)

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

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

Description

- CUESA's mission is to promote a sustainable food system through the operation of the Ferry Plaza Farmer's Market and its educational programs.
- CUESA operates California Certified Farmers' Markets outside the Ferry Building, year round, on Tuesdays (10:00am – 2:00pm), and Saturdays (8:00 am – 2:00 pm)
- CUESA's *Market to Table* program, which take place at the Saturday market, offer free seasonal cooking demonstrations and tastings from local chefs and producers. A "Meet the Producer" interview precedes every demonstration.
- CUESA's Weekly E-letter provides a list of upcoming educational events, produce highlights, and a feature article related to sustainable agriculture.
- CUESA's website, www.cuesa.org, is an extension resource for information about the Ferry Plaza Farmer's Market, seasonal eating, sustainable agriculture, and more.
- Through CUESA's farm tour program, urbanites can get an inside look at the source of their food on tours led by the farmers themselves.

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

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. CAFF's county based Local Food Guide offers consumers a resource to find local food in their area. Searchable online at <http://guide.buylocalca.org/>

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

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

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 \$5 million a year. 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.
- The California Food and Justice Coalition (CFJC) is an affiliate of the Community Food Security Coalition, dedicated to supporting universal access to food that is equitable, healthful, sustainable, and community driven. The organizations envision a food system that socially just as well as ecologically and economically sustainable.
- Current campaigns of the CFJC include Farm Bill policy changes, healthy school lunch programs and land access for small-time producers.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



Ecology Center
2530 San Pablo Avenue
Berkeley, CA 94702
Phone: (510) 548-2220
www.ecologycenter.org

Description

- 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 reduces impacts of urban lifestyles by offering information, products and services related to food, transportation, energy, water, and wasting. We do this through the following:
 - 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
 - Three Berkeley Farmers' Market, each week
 - Farm Fresh Choice, a food justice program
 - Statewide farmers' markets EBT nutritional education efforts
 - Terrain Magazine, free regional quarterly publication
 - EcoHouse, a demonstration home for sustainability

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

Description

- FRAC is a leading national nonprofit organization working to improve public policies and public-private partnerships 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 works with hundreds of national, state, and local nonprofit organizations, public agencies, and corporations to address hunger and poverty.
- 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



Girls 2000

Hunters Point Family

<http://www.hunterspointfamily.org/girls.html>

Email: <http://www.hunterspointfamily.org>

Phone: (415) 822-8895

Description

- Hunters Point Family is a community-based grass-roots organization dedicated to enriching the lives of youths and their families in the Bayview/ Hunters Point area. One of their programs is Girls 2000, tailored to girls aged 10-18 through a holistic effort aimed at helping them succeed.
- Girls 2000 gives young women living in the Hunters Point Public Housing projects an opportunity to work on urban organic farms and learn the ecological and environmental benefits of organic farming. The girls raise their own produce and sell it at the Bayview Farmers' Market and distribute it at the community's food pantry. They also educate residents about the importance of eating healthy fresh produce as opposed to processed foods through door-to-door awareness campaigns.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



La Cocina

Mailing address:

2948 Folsom St.
San Francisco, CA 94110

Phone: (415) 824-2729

www.lacocinasf.org

Description

- La Cocina provides commercial kitchen space and technical assistance to low-income entrepreneurs who are launching, growing or formalizing a food business. We prioritize immigrant women and women of color.
- In providing commercial kitchen space, La Cocina aims to increase the diversity of food offerings in San Francisco while encouraging financial self-sustenance for low-income entrepreneurs.
- La Cocina, a San Francisco-certified Green Business, is committed to imparting green business practices to all program participants.
- La Cocina provides technical assistance, one-on-one product development, workshops, mentorships and seminars to informal food producers who are bringing their product to a larger marketplace. The kitchen can hold up to 20 growing businesses in the program and an additional 6 commercial users. The incubation period can last anywhere from 1 to 5 years.
- La Cocina offers orientations on the 3rd Wednesday of every month from 6:00 PM to 7:30 PM at the kitchen.
- Opened in 2005, La Cocina has already had two graduates and is currently incubating 16 businesses.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



Literacy for Environmental Justice (LEJ)

800 Innes Ave, Unit # 11
San Francisco, CA 94124

Phone: (415) 282-6840

Fax (415) 282-6839

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. 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 collaborative effort supported by the SF Dept. of Public Health and funded primarily by the CA Endowment. Other partners in this work include SF Environment, the SF Redevelopment Agency, and the Mayor's Office of Economic Development. The program started as a pilot economic incentive program for Bayview merchants who agree to increase their store stock of healthier foods by 20%. This success was replicated statewide by the passage of AB 2384 in 2006 by Assemblyman Mark Leno.

Continued on next page

Literacy for Environmental Justice, cont.

- Another LEJ program is a youth-run micro-enterprise called Front Door Farms that connects fresh produce from the farm to neighborhood households and schools that do not have direct access to them through a mobile farmers' market/community supported agriculture model. The youth learn first-hand about food sources by working in the farm and community gardens and are responsible for the many aspects of running this small business that benefits the community. This program was funded primarily by the Kellogg Foundation,

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



Next Course

1 Fort Mason

San Francisco, CA 94123

Phone: (415) 441-7700 (ext 12)

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

Email: Susie@nextcourse.org

Description

- Next Course's mission is to improve the health of individuals and communities by designing educational programs that teach the value of healthy affordable fresh foods, by focusing diets towards food that is locally produced and minimally processed
- Next Course aims to serve youth and low income communities with the help of meaningful partnerships with other like minded organizations. Education is only part of it- Next Course inspires and motivates people to be stewards of local food systems in their community.
- Next Course works with schools and jails to teach practical skills such as shopping and cooking methods, as well as nutritional education and the importance of eating as a family.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



Om Organics
Phone (fax): (415) 358-4131
www.omorganics.org

Description

- The mission of Om Organics is to educate the community regarding the health, environmental and economic benefits of local sustainable food production. Om also aims to help people access local sustainably grown products as well as help farms meet community needs.
- Om's website lists all food, farm and environment related events in the Bay Area, including farm visits, chef demonstrations, cooking classes and more. The website offers practical advice on where to find organic produce at local retail stores, restaurants, and farmers markets and provides a sound background information on the importance of organics and seasonality.
- Om also summarizes food-related governmental policies and offers ways to take action and create change.

**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

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 ensure 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



Quesada Gardens Initiative

PO Box 881764

San Francisco, CA 94188

Phone: (415) 822-0800

www.quesadagardensblog.blogspot.com

Email: info@quesadagardens.org

Description

- Quesada Gardens Initiative began as an urban garden project, transforming the 1700 block of Quesada from weeds to vibrant gardens, and has since grown to a movement dedicated to fostering community in the Bayview Hunters Point area. The community-led organization works in many different areas to increase safety, promote food security and access, and raise the quality of life for residents in the area.
- Quesada Garden's website offers a history of the many projects and initiatives with which the organization has collaborated, including many city departments, project homeless connect, and volunteer groups from local universities.
- Current projects include the QGI Bridgeview garden project, which will transform an abandoned lot into a small food producing garden for the community, and the Nisha's footprint plan, which will increase security, public art and after school youth activities at 3rd and Quesada, in memory of Antwanisha Morgan.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



SF Environment

San Francisco Department of the Environment

11 Grove Street

San Francisco, CA 94102

Phone: (415) 355-3700

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 operates the Bayview Hunters Point Farmers’ Market, an annual market that is open from spring through fall. Call (415) 355-3723 for additional details.
- SF Environment’s *Food to Flowers!* lunchroom composting program teaches K-12 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

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 to ensure equal high quality standards for all students and promote healthy choices through programs such as the pilot salad bar project.
 - Outreach campaign promoting Food Stamp/WIC acceptance and utilization 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)

SFUSD Facilities

135 Van Ness Rm. 407

San Francisco, CA 94102

www.sfgreenschools.org

Email: abuckli@muse.sfusd.edu

Description

- The San Francisco Green Schoolyard Alliance (SFGSA) promotes inclusive, community-driven processes that create and sustain integrated outdoor learning environments in San Francisco's public schools. SFGSA envisions a future in which each schoolyard operates in concert with its neighborhood and local ecology to foster academic achievement, environmental stewardship, creativity, and community building.

In order to realize this vision for schoolyards, SFGSA:

- Partners with community members, educators, students, public officials, and other stakeholders;
- Supports the integration of green schoolyards with student learning;
- Makes the case for green schoolyards based on research and best practice;
- Advocates for responsible public policy;
- Secures financial and volunteer resources; and
- Ensures the efficacy and sustainability of each green schoolyard.
- The SFGSA has quarterly planning, networking, and information sharing meetings and organizes a bi-annual Green School Grounds Conference for teachers and community members. Our 2008 conference will combine hands-on workshops on changing schoolyards into living outdoor classrooms, and how to connect these activities to California's K-12 curricula.

FOOD SYSTEMS, ADVOCACY, AND AGRICULTURE EDUCATION AND ADVOCACY



Sustainable Agriculture Education (SAGE)

1625 Shattuck, Suite 214

Berkeley, CA 94709

Phone: (510) 526-1793

www.sagecenter.org

Description

- SAGE's mission 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.
- SAGE's main goals 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

Half Moon Bay Office

80 Stone Pine Road, #100

Half Moon Bay, CA 94019

Phone: (650) 726-9059

San Bruno Office

300 Piedmont Avenue, Bldg B, Room 227

San Bruno, CA 94066

Phone: (650) 871-7559

Richard J. Elkus Ranch

1500 Purisima Creek Road (Physical Address)

Half Moon Bay, CA 94109

Phone: (650) 712-3151

<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. Age range is 5-19 years old, with projects led by volunteer adults. Goals are development of life, citizenship, and leadership skills.

- [Richard J. Elkus Ranch](#)

The Richard J. Elkus Ranch is a working ranch located on the central California coast just south of Half Moon Bay, San Mateo County. Its emphasis is youth outdoor environmental and agricultural literacy education, with a large garden, greenhouse, variety of large and small animals, and horticulture therapy program. A beautiful large Ranch Conference center is available for rent.

Continued on next page

University of California Cooperative Extension (UCCE), cont.

- [Agriculture](#)
Educational and research programs that assist the agricultural community (growers, industry, agencies and the public) in local crop production, pest management, post harvest handling, water quality, watershed protection, and environmental protection.
- **Master Gardener Program**
Volunteers are selected to participate in an 80 hour training program that teaches them about all aspects of home gardening. Graduates then return 80 hours of volunteer service on various community projects, community educational endeavors, or staffing the Help line on Mondays and Thursdays from 9 to 4 p.m. These master volunteers provide research and educational support to amateur gardeners, are a resource for school and community gardens, and they participate in community events that support home gardening. Phone: (650)726-9059 Ext. 107 or walk in.
- [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.
- **Nutrition Education Programs (San Bruno Office)**

The nutrition, family, and consumer sciences education programs help limited resource families and individuals achieve optimal health through better nutrition and healthier lifestyles, manage their food budgets better, handle food safely, and improve their children's health and well-being. Programs include small group classes, learn-by-mail program, professional development training and curriculum for teachers and youth leaders, classroom support, and special events. Youth curriculum for teachers/youth leaders may focus on literacy, gardening, or farm to fork as well as nutrition.

Eligibility Criteria

- None, except age parameters for youth programs, and some limited income eligibility requirements for individuals, families, and schools interested in nutrition programming.

Continued on next page

University of California Cooperative Extension (UCCE), cont.

Languages Available

English, some Spanish

Additional languages in nutrition programs - Spanish, Vietnamese, Chinese

Fees

- None for information, although minimum fees apply for 4-H Program membership, Elkus Ranch programs, and some specific subject-matter educational workshops.
- Donations are always welcome.

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

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

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: 866-627-2465
Phone: 530-759-8221
organic@eatwell.com
www.eatwell.com

Good Humus Produce (Capay)
Phone: 530-787-3187
www.goodhumus.com

Herbert Family Organic Farm (Hollister)
Phone: 831-637-9571
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
www.livepower.org

Mariquita Farm (Watsonville)
CSA Phone line: 831-786-0625
Maraquita Phone line: 831-761-8380
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

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