

# Appendix III

## Local Community Resources

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Compiled in the Food Guide and its appendices are a number of resources available nationally to support your efforts to become healthier and more sustainable. Additionally, many local communities have resources uniquely available to them. In this section you will find such resources for some communities. If your community is not included, we invite contributors to create a new supplement; please email us at [foodguide@hazon.org](mailto:foodguide@hazon.org) if you are interested.

Communities:

- Bay Area, California
- Colorado

# Community Resources – Bay Area

## Healthy, Sustainable, Kosher: Food “Fit” to Eat

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### Local producers:

The Community Alliance with Family Farmers (CAFF) Buy Fresh Buy Local California search engine helps connect consumers with local products, growers, food artisans, farmers markets, retailers, restaurants, and institutions: <http://www.buylocalca.org/>

Wise Food Ways is a website run by local Bay Area chef Jessica Prentice. She maintains a section of her website, “Where the Wise Foods Are”, with recommended Bay Area purveyors of free-range and grass-fed meat and poultry, raw and cultured dairy products, fresh, organic, local fruits and vegetables, and naturally-leavened whole grain breads: <http://www.wisefoodways.com/bay/>

The Organic Consumers Association has compiled one of the largest national directories of green and organic businesses, ranging from food to clothing to pet care. Here you can also find links to other national directories, like Local Harvest and the Eat Well Guide: <http://organicconsumers.org/btc/BuyingGuide.cfm>

### Farmers markets:

A Certified Farmers Market is a location, regulated by the State of California, where a producer sells only their own local fruits and vegetables directly to consumers. Purchasing from certified farmers allows you to be sure that her/his products are grown, raised, or caught in California and sold directly by the producer. Locate a certified farmers market nearest you at the following websites:

- California Farmers Markets Association: <http://cafarmersmkt.com>
- Bay Area Farmers Markets Association: <http://www.bayareamarkets.com/>
- Pacific Coast Farmers Market Association: <http://www.pcfma.com/>

### Eat in season:

CUESA (Center for Urban Education about Sustainable Agriculture) works to cultivate a more sustainable food system through the operation of the Ferry Plaza Farmers Market and educational programming. Seasonal fruit and vegetable charts are available for download on their website: <http://cuesa.org/page/seasonality-chart-vegetables>

Local Foods Wheels are available for the San Francisco

Bay Area, New York Metro Area, and Upper Midwest and are designed to help you identify what foods are grown in those regions, and what is in season at various times of the year. Wheels are available for purchase for only \$12.95 on their website or at many local businesses: <http://www.localfoodswheel.com>

### Fair Trade:

Fair Trade Judaica is building a fair trade movement in the Jewish community, with a special focus on Fair Trade Judaica products. Every product featured on their website is either made by a recognized member of a fair trade membership organization or is a product certified Fair Trade by a recognized certifying agency: <http://fairtradejudaica.org/>

Fair Trade USA provides a list of their licensed fair trade partners located in California. Many partners are local to the Bay Area: <http://www.fairtradeusa.org/products-partners?state=CA#tabset-tab-2>

## Eating Together: Planning for Meals, Kiddush, Simchas, and Holidays

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See attached Sustainable Buying Guide for Hazon’s tips on how to make healthier, more sustainable choices at the grocery store.

## Food Waste

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Food Runners is volunteer organization working to help alleviate hunger in San Francisco, prevent waste, and create community by picking up excess perishable and prepared food from businesses such as restaurants, caterers, bakeries, hospitals, event planners, corporate cafeterias, and hotels and delivers it directly to shelters and neighborhood programs that feed the hungry. For information on donations and how to volunteer, visit: <http://www.foodrunners.org>

San Francisco’s Mandatory Recycling and Composting Ordinance requires residents to separate their recyclables, compostables, and landfill trash. SFEnvironment has tools and resources to help you and your household compost and recycle: <http://sfenvironment.org/zero-waste/recycling-and-composting>

## Food Education

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The City of San Francisco hosts a website with information specific to San Francisco's food system. You'll find information on buying healthy food for your workplace or family, applying for Food Stamps, finding a farmers market, and discovering what San Francisco policy-makers and researchers have said about our food: <http://www.sfgov3.org/index.aspx?page=753>

### **Advocacy:**

Community Food and Justice Coalition (CFJC) is a state-wide membership coalition that promotes the basic human right to healthy, affordable food while advancing social, agricultural, environmental and economic justice, through education, advocacy and by collaborating with community-based efforts in California and throughout the country. Learn about their grassroots efforts to take back our food system and events you can participate in: <http://cafoodjustice.org>

The Institute for Food and Development Policy, also called Food First is a "people's think-and-do tank" working to eliminate the injustices that cause hunger. They carry out research, analysis, advocacy and education with communities and social movements for informed citizen engagement with the institutions and policies that control production, distribution and access to food: <http://www.foodfirst.org>

Roots of Change (ROC) works to develop and support a collaborative network of leaders and institutions in California with interest in establishing a sustainable food system by the year 2030. This network involves food producers, businesses, nonprofits, communities, government agencies, and foundations that share a commitment to changing our food thinking, food markets, and food policies. For opportunities in citizen advocacy and to join campaigns to change food and farming, visit: [www.http://rootsofchange.org](http://www.rootsofchange.org)

The Oakland Food Policy Council is a 21-seat council that studies the Oakland food system and makes recommendations to the City of Oakland on ways to make the system more equitable and sustainable. Meetings are open to the public and citizens are encouraged to attend: <http://www.oaklandfood.org>

### **Food Banks and Food Providers:**

The California Association of Food Banks provides support to a membership of 43 food banks by increasing the visibility of hunger and its solutions, sharing food resources and influencing public policy: <http://www.cafoodbanks.org/>

The San Francisco and Marin Food Bank is working to end hunger in San Francisco and Marin by collecting and distributing millions of pounds of food through farmer's market-style food pantries. Their website is equipped with resources to support your Food or Fund Drive. Learn more about their wide-ranging programs and opportunities to volunteer: <http://www.sffoodbank.org>

The Alameda County Food Bank is the hub of a vast collection and distribution network that provides food for 275 nonprofit agencies in Alameda County, such as food pantries, soup kitchens, child-care centers, senior centers, after-school programs and other community-based organizations. The Food Bank distributes enough food for 380,000 meals weekly: <http://www.accfb.org>

### **Urban Agriculture and Food Justice Education:**

City Slicker Farms organizes low-income children, youth and adults in West Oakland to grow, distribute and eat more organic produce through investing in individuals through education and training, and provide them with the essential tools, resources, and ongoing support to become food self-sufficient. For information on their programs and ways to get involved, visit: <http://www.cityslickerfarms.org>

Hayes Valley Farm is an urban center and permaculture demonstration site offering curriculum of workshops, classes, courses and tours guided by Urban Permaculture. Their focus is on gardening and farming in the urban setting, using minimal inputs, upcycling local waste, replenishing the landscape, and maximizing community involvement and available resources: <http://www.hayesvalleyfarm.com>

Oakland Based Urban Gardens (OBUGS) offers nutrition education programs to students in West and North Oakland to learn about gardening, nutrition, exercise, healthy eating, and science. Volunteer to help with everything from teaching garden programs to maintaining the gardens to working in the office: <http://obugs.org/>

People's Grocery is working to improve the health and economy of West Oakland through the local food system. They pursue positive community change and address social determinants of health through a food lens. People's Grocery's urban agriculture, nutrition, and enterprise programs provide healthy food access and have set the stage for a systemic conversation about healthy food in West Oakland. For a full overview of their programs and resources, visit: <http://www.peoplesgrocery.org>

Phat Beets is a food justice collective that operates two certified, clinic based farmers' markets, one youth

led school farm stand and community nutrition hub, and a youth market garden in partnership with a local hospital obesity prevention program in North Oakland. As a collective, they strive to support social businesses, small farmers, and farmers of color. For a full overview of their programs and resources, visit: <http://www.phatbeetsproduce.org>

Planting Justice is a non-profit organization based in Oakland, CA dedicated to food justice, economic justice, and sustainable local food systems. They are working to empower economically disadvantaged communities to transform empty lots, paved backyards, and grass lawns into productive organic gardens that serve as living classrooms for community members to practice Urban Permaculture and bio-intensive gardening techniques: <http://plantingjustice.org>

The San Francisco Urban Agriculture Alliance (SFUAA) is an alliance of organizations and individuals committed to expanding and improving urban agriculture. They promote the growing of food within San Francisco through advocacy, education, and grassroots action. For resources on how to start your own urban growing project, visit: <http://www.sfuua.org>

Slide Ranch is a non-profit teaching farm that uses food as the organizing theme to teach about our connection to the sun, soil, water, air and people who work to feed

us. Family Programs, Group Programs and Summer Day Camp are offered to bring learning to life with hands-on education activities on a working farm. Slide Ranch uses its organic gardens and animals to teach an appreciation of where fresh healthy food comes from, and to inspire a lifestyle that includes growing and preparing nutritious foods, getting plenty of exercise, and sustainable use of natural resources: <http://www.slideranch.org>

Spiral Gardens is working to create healthy sustainable communities by promoting a strong local food system and encouraging productive use of urban soil. Based in Berkeley, CA, they operate a community farm, nursery, produce stand, community harvest project and community education on food production: <http://www.spiralgardens.org/>

Urban Adamah is a community organic farm and Jewish environmental education center located in Berkeley, CA. They offer a three-month residential leadership program that integrates organic farming, direct social justice work, and progressive Jewish living and learning. The Urban Adamah farm is an educational center for Bay Area students and community members. Visitors are invited to participate in specific educational programs, volunteer work-days, and special holiday programs: <http://urbanadamah.org>

# Community Resources – Colorado

## Healthy, Sustainable, Kosher: Food “Fit” to Eat

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### Buy Colorado:

Look for the “Colorado Proud” logo when grocery shopping



### Local producers:

The Organic Consumers Association provides a list of different farms and companies across the state that produce all varieties of organic food from vegetables to hummus to pasta. [www.organicconsumers.org/state/greenbiz.cfm?state=CO&type=food](http://www.organicconsumers.org/state/greenbiz.cfm?state=CO&type=food)

The Rocky Mountain Growers Directory is an extensive directory of local businesses producing all varieties of food, flowers etc., all produced in Colorado. <http://localsustainability.net/>

### Farmers markets:

The Colorado Farmers Market Association provides a complete list of farmers markets across Colorado. [www.coloradofarmers.org/marketfind.htm](http://www.coloradofarmers.org/marketfind.htm).

### Eat in season:

The Colorado Department of Agriculture provides a calendar of Colorado produce and each of their peak seasons. <http://bit.ly/coproduct>

**Fair Trade:** Fair Trade USA provides a list of their licensed fair trade partners located in Colorado. [www.fairtradeusa.org/products-partners?state=CO#tabset-tab-2](http://www.fairtradeusa.org/products-partners?state=CO#tabset-tab-2)

### Sustainable, local, kosher meat and fish:

There are many resources for sustainable, ethical, kosher meat for Coloradans. Please refer to Chapter 1 of this guide, “Sustainable Kosher Meat Providers: In Their Own Words,” and the Producers Guide in appendix I.

Monterey Bay Aquarium offers a downloadable pocket guide to buying fish in Colorado, print it out and keep it in your wallet. [www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_MidwestGuide.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_MidwestGuide.pdf)

Fishchoice.com “connects buyers and sellers of sustainable seafood.” The search engine generates a list of the best choices to buy as close to Colorado as possible.

For local and sustainable fish from right here in Colorado, go to “sustainable” near the bottom of the page at this link for a list: [www.seattlefish.com/products](http://www.seattlefish.com/products)

## Eating Together: Planning for Meals, Kiddush, Simchas, and Holidays

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### Wine:

Check out the local section and organic section of your local liquor store; if they don’t have one, ask them to show you their local and organic choices.

There are many Colorado wineries, enabling you to buy your wine as close to the vines as possible! [www.coloradowine.com/index.cfm](http://www.coloradowine.com/index.cfm)

### Rosh Hashanah:

Choose your county in Colorado and this website will generate a list of farms where you can “pick your own” apples and other fruits! [www.pickyourown.org/CO.htm](http://www.pickyourown.org/CO.htm)

Dip your apples in delicious, raw honey produced by a small-scale apiary. There are many local honey providers listed in Boulder County’s Eat Local Guide: [eatlocalguide.com/bouldercounty/directory/?cat\\_id=4](http://eatlocalguide.com/bouldercounty/directory/?cat_id=4).

Find many other local honey resources across the state at: [www.honeylocator.com/locator/find/state/CO/](http://www.honeylocator.com/locator/find/state/CO/).

### Chanukah:

Get local beeswax candles from Bee Squared, who has hives in Weld, Larimer, and Boulder County. [www.bethsbees.com/candles.htm](http://www.bethsbees.com/candles.htm).

### Serving and Cooking the Food:

Sustainable dishware: Ecoproducts sells just about any type of recyclable and compostable disposable product, from hot cups to straws. See their products and vendors: [http://ecoproducts.ziplocator.com/results\\_list.php?showonly=US&tab=US&state=CO&city=&name=](http://ecoproducts.ziplocator.com/results_list.php?showonly=US&tab=US&state=CO&city=&name=)



## **Food Waste: Making Less of It, Doing More with It**

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### **Food Rescue:**

We Don't Waste is a Denver organization that will pick up excess prepared and perishable food after your large-scale event for free. [www.wedontwaste.org/](http://www.wedontwaste.org/).

Boulder Food Rescue picks up food that would otherwise be considered waste, and delivers it to homeless shelters, school programs, and others serving food insecure populations. If your institution has significant, perishable leftovers on a regular basis, contact them to become a donor. [www.boulderfoodrescue.org/](http://www.boulderfoodrescue.org/)

Donate surplus produce from your garden or fruit trees. Use the search feature at [www.AmpleHarvest.org](http://www.AmpleHarvest.org) to find a local pantry that will accept donations like this from individuals.

Cleaning out your pantry for Passover? Donate your non-perishables to a local food bank or food pantry. Find listings here: <http://feedingamerica.org/foodbank-results.aspx?state=CO>  
[www.foodpantries.org/st/colorado](http://www.foodpantries.org/st/colorado)

### **Composting:**

Denver Urban Gardens has 100+ gardens. Their website and organization provides information about everything related to gardening, from how to start a community garden, where to find an existing garden, to composting techniques, tips, and training opportunities. It is an excellent resource! <http://dug.org/compost>.

Consider becoming one of Eco-cycle's Zero Waste Community Partners. Available in Boulder, Eco-cycle will pick up all of your waste, from your compost to your recycle from your curbside! [www.ecocycle.org/files/pdfs/Eco-CycleZWSbrochure.pdf](http://www.ecocycle.org/files/pdfs/Eco-CycleZWSbrochure.pdf). They also offer education for your organization's staff about sustainable practices: <http://www.ecocycle.org/businesses/education>.

Western Disposal also offers curbside composting for residential and commercial purposes. They serve Boulder, Longmont, Louisville, Broomfield, and Lafayette! <http://www.westerndisposal.com/>

The "Denver, Mile High City" website provides a list of places that sell composting bins in the Colorado area. <http://www.denvergov.org/trashrecycling/TrashandRecycling/Composting/BinsforHomeComposting/tabid/438327/Default.aspx>

### **Recycling:**

Sorted by city, the Colorado Recycles website offers a comprehensive list of links to companies that will recycle all recyclable items. <http://www.recycling-guide.com/searchfolder/search.html>

### **Signage:**

Download free, sector-specific business recycling, compost, and trash posters and bin labels from the City of Boulder. If you're located within the City, you can also order laminated posters and even submit photos and they will create custom signs reflecting the actual materials used in your organization. [bouldercolorado.gov/pages/zero-waste-signs-for-businesses](http://bouldercolorado.gov/pages/zero-waste-signs-for-businesses)

## **Food Education**

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### **Hazon's Jewish Food Education Network (JFEN):**

JFEN is a way for educators all over North America to connect with, share, and learn from each other with the help of Hazon's innovative food education resources and support. There are several educators in Colorado who are members of the network. Check it out and consider becoming a member at [www.hazon.org/resources/jfen/](http://www.hazon.org/resources/jfen/).

### **Local One-Day Food Festival:**

Hazon hosts a one-day food festival on the Front Range every year. It's a day of learning, celebration, eating, community-building and hands-on doing at the intersection of food, sustainability and Jewish life. Visit [www.hazon.org/colorado](http://www.hazon.org/colorado) for details on the next event.

### **Hazon Educators:**

Hazon's Colorado staff is available for teaching and providing programming ideas and resources. Contact [Colorado@Hazon.org](mailto:Colorado@Hazon.org) for details.

### **Local classes:**

The GrowHaus offers public classes in the Denver area on anything from food justice to worm composting. Take a look at their schedule at [www.thegrowhaus.com/classes/](http://www.thegrowhaus.com/classes/).

Feed Denver offers workshops on a vast range of topics concerning sustainable gardening and more! Check out their upcoming events at [www.feeddenver.com/classes--events.html](http://www.feeddenver.com/classes--events.html).

Produce Denver offers a variety of educational classes related to gardening in Denver. They will teach you how to do everything that has to do with your garden, from starting a garden from scratch to preparing and cooking the fruits of your labor <http://producedenver.com/>.

## Community Agriculture and Gardens

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### **Community Supported Agriculture (CSA):**

There are several Jewish CSAs in Colorado, join one today! Check out the Jewish CSA directory on the Hazon website: [www.hazon.org/programs/csa/communities/](http://www.hazon.org/programs/csa/communities/).

If you'd like to start a new CSA, take a look at the CSA Bible on the Hazon website and contact our local staff for assistance, [Colorado@Hazon.org](mailto:Colorado@Hazon.org).

### **Ekar:**

Take a field trip to Ekar, a Jewish urban farm in Denver. [ekarfarm.org](http://ekarfarm.org)

## Food Justice

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### **Local organizations that address hunger and food insecurity:**

Jewish Family Services Weinberg Food Pantry in Denver helps families struggling with food insecurity. Donation

and volunteer opportunities are available on their website. <http://jewishfamilyservice.org/services/food-pantry>

Ekar Farm donates 90% of the community-grown, organic, whole food grown on their 2 acres to those in need. Learn more at <http://www.ekarfarm.org>

GrowHaus provides food to people in need. Located in the largest food desert in Denver, GrowHaus has a small farm, space to hold educational classes, and a market place coming soon. [www.thegrowhaus.com](http://www.thegrowhaus.com)

GreenLeaf Denver works with youth to create food sustainability and increase access to healthy fruits and vegetables in and around Denver. [www.greenleafdenver.org/?page\\_id=20](http://www.greenleafdenver.org/?page_id=20).

The Growing Project in Ft. Collins is a food justice organization educating people about sustainable farming, and providing food to people facing food insecurity in Larimer County. Youth and adults can get involved.

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