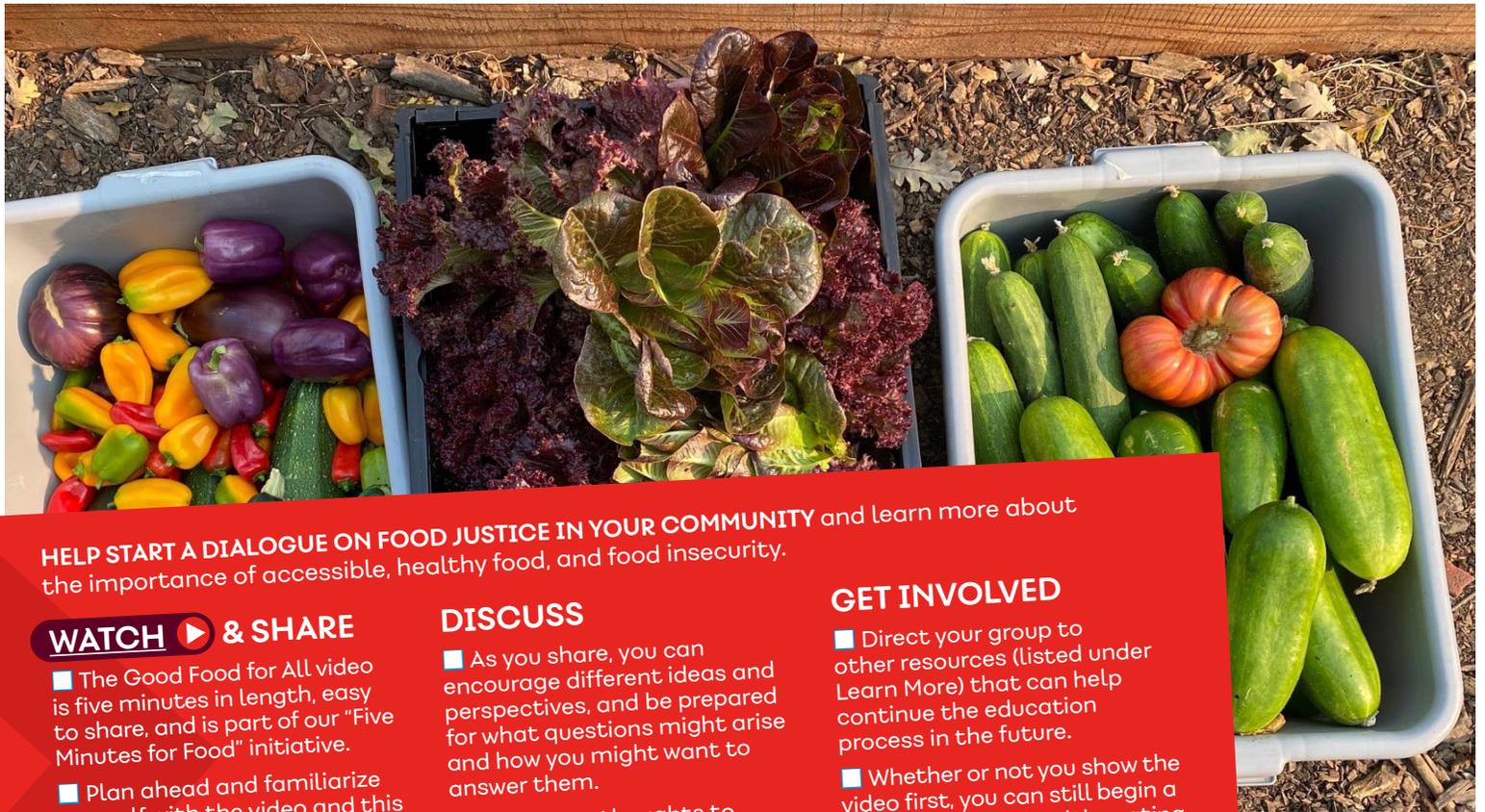




GOOD FOOD FOR ALL

VIDEO + COMMUNITY DISCUSSION GUIDE

COMM
UNITY
ACTION
MARIN



HELP START A DIALOGUE ON FOOD JUSTICE IN YOUR COMMUNITY and learn more about the importance of accessible, healthy food, and food insecurity.

WATCH & SHARE

- The Good Food for All video is five minutes in length, easy to share, and is part of our "Five Minutes for Food" initiative.
- Plan ahead and familiarize yourself with the video and this guide and determine how it relates to those conversations already taking place or those you'd like to initiate.

DISCUSS

- As you share, you can encourage different ideas and perspectives, and be prepared for what questions might arise and how you might want to answer them.
- Share your thoughts to encourage others to contribute.
- Consider bringing food into the conversation around family holidays or when you sit down to share a meal together.

GET INVOLVED

- Direct your group to other resources (listed under Learn More) that can help continue the education process in the future.
- Whether or not you show the video first, you can still begin a dialogue around healthy eating or food insecurity to increase awareness of these topics.

FOOD JUSTICE.

Did you know that **MARIN COUNTY RANKS FIRST IN RACE-BASED ECONOMIC DISPARITY** among California's 58 counties?

These inequities have caused long-standing food insecurity among families of low income and communities of color, which has been exacerbated by COVID-19. Even before the pandemic, hunger and malnourishment were realities for families of low income due to the high cost of living in Marin. **IN FACT, 1 IN 5 FAMILIES (AND 1 IN 3 SENIORS) IN MARIN STRUGGLE TO PUT FOOD ON THE TABLE.**

Some families actually face a difficult daily choice of paying rent, eating a healthy meal, or filling their car's gas tank.

Nutrition is critical for children's early development, yet access to healthy foods can be limited. Did you know that in communities of low income across Marin, **FEW HAVE MET "NEIGHBORHOOD FOOD STORE QUALITY" STANDARDS?**¹

Many seniors, youth, and residents of low income also lack adequate transportation to access healthy and affordable food. The ability to physically access healthy food close to home at supermarkets, grocery stores, and other food outlets is critical to food security and well-being.

1. Source: Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention (CX3)

VIDEO & DISCUSSION LEARNING OBJECTIVES

1. Start a dialogue and raise awareness of food insecurity in Marin.
2. Understand what makes a good, healthy meal.
3. Expand people's curiosity and knowledge about Food Justice in Marin County and what can be done about it.
4. Demonstrate how people can help one another to meet their needs and thrive.

START A CONVERSATION

1. What are your initial reactions to the video? How did it make you feel?
2. What did you learn that you didn't know before about food or where you live?
3. What meaning does food play in your gatherings with family & friends?
4. What contributes to a healthy, culturally-appropriate diet?
5. What are ways you can help others get access to good, healthy food?
6. What does food justice mean to you?

GET INVOLVED

- > Get involved in your school's food program and advocate for healthy school meals by staying informed about [national](#) and [local](#) legislation that affects funding for school meals and reach out to your local officials.
- > Become informed about your school's wellness policy and join the wellness committee.
- > Take part in UCCE's [Grow an Extra Row](#) campaign and work with their master gardeners and your school's garden committee to grow produce, in the garden at school.
- > Reach out to [Pick Marin](#) for a family friendly way to get involved with harvesting local fruit and vegetables that then get delivered to county-wide food banks.
- > Support [CalFresh](#) outreach in your community. CalFresh provides financial assistance for purchasing food to low-income California residents.
- > [Shop local producers](#) or attend [Marin Farmers Markets](#) to get your fruits, vegetables, and more. Did you know that [AIM's Farmers Markets](#), Rollin' Root Mobile Market, and Bounty Box accept CalFresh/EBT and offer up to \$15 in Market Match for free fruits and vegetables per day?
- > Donate food or start a neighborhood food drive. Our friends at [SF-Marín Food Bank](#) have lots of ideas on how to get started.

- > Make yourself a healthy snack; or how about a tasty recipe for Paleo Pumpkin Cookies from our [October Nutrition Newsletter, Sprig & Sprout!](#)

LEARN MORE

- > See how food can transform lives by watching some videos from the [SF-Marín Food Bank](#) about neighbors who have had theirs changed for the better because they can rely on fresh, healthy food and nutrition resources.
- > Keep up on conversations about Food Justice through [MALT's "Our Common Ground" November panel](#) which will address creative, collective solutions to the challenge of food insecurity and includes Community Action Marin CEO, Chandra Alexandre.
- > See firsthand the dedicated individuals and communities who are planting the seeds for sustainable change and alternative food systems and arrange to attend a [Food Justice Tour via Food First](#).
- > Discover a new initiative from the [Agricultural Institute of Marin; a campaign to build The Center for Food and Agriculture](#) –a place for the Marin Farmers Market to become zero-waste, as well as an educational space dedicated to healthier food culture.
- > Email us at info@camarin.org or post on social media and tell us about your favorite community resources.

What can you do to improve access to good, healthy food in Marin?

- > **SHARE** the Good Food for All video [on our website](#) with 5 friends (or more!)
- > **DONATE** to Community Action Marin and help grow our Food Justice program

ABOUT COMMUNITY ACTION MARIN

Community Action Marin is dedicated to addressing and eliminating food insecurity in Marin by providing access to good, healthy food for all. Before the pandemic, Community Action Marin made an investment in developing an organic Production Farm. Since July 2020 the farm produced 1306 pounds of food, including Apples: 147 pounds; Cabbage: 56 pounds; Peppers: 25 pounds; Tomatoes: 178 pounds; Cucumbers: 375 pounds; and Zucchini: 218 pounds. **At Community Action Marin's Central Kitchen, DAILY BREAKFAST, LUNCH, AND SNACK ARE PREPARED FOR THE OVER 550 CHILDREN participating in all of the agency's free and affordable child development programs.** Community Action Marin ensures that the fresh ingredients grown in the Production Farm and school gardens are put back into the food cycle. They also provide opportunities for children to eat healthy and be active. But this is only a part of Community Action Marin's mission to address community needs and improve outcomes for all in Marin.

Learn more at camarin.org/food-justice

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