

MARIN COUNTY

FOOD

RESOURCE GUIDE

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Requests for accommodations may be made by calling (415) 473-7059 (Voice), (415)473-3232 (TTY) or by e-mail at hhsmediateam@marincounty.org. Copies of documents are available in alternative formats, upon request.

INTRODUCTION

Food choices directly influence one's health. For many, access to healthy and affordable food is a challenge. This guide provides an outline of services that Marin residents can utilize to supplement their diets with affordable, healthy food.

Additionally, this guide includes information about older adult programs, nutrition education, and gardening programs. It is the product of a collaborative effort between multiple community partners aimed at improving access to healthy foods.





PUBLIC PROGRAMS

Marin's public programs aim to increase access to healthy food.

PUBLIC PROGRAMS

CalFresh

CalFresh (also known as food stamps) is a program that gives people money for groceries. After applying, recipients get an EBT card (like a debit card) that they can use at qualified grocery stores and farmers markets.

Enrollment: Residents earning less than 200% of the Federal Poverty Level may be eligible to apply. Apply by mail, online, in person at the county offices, and with the SF Marin Food Bank. (see below for contact)

Languages: English, Spanish, and Vietnamese

Location(s): 120 N. Redwood Drive, San Rafael

Website: www.c4yourself.com, www.marinhhs.org/calfresh-snap, www.getcalfresh.org

Contact: 415-473-3400

Need help enrolling? Please contact SF-Marin Food Bank

Website: www.sfmfoodbank.org

Contact: 415-767-5220

Women, Infants, and Children (WIC)

The WIC program gives low-income pregnant women and mothers of children under the age of five a monthly stipend for food. Given in the form of vouchers, WIC benefits can be spent on certain foods at grocery stores. They also offer free lactation consultations, education, support groups, pumps/supplies, and an after-hours nurse advice line.

Enrollment: Please call or drop-in.

Languages: English and Spanish

Location(s): 3250 Kerner Boulevard, San Rafael

Website: www.marinhhs.org/women-infants-children-wic

Contact: 415-473-6889 (breastfeeding help: 415-473-3094)

PUBLIC PROGRAMS

Market Match, Agricultural Institute of Marin

Market Match is a program that doubles food dollars for CalFresh and WIC participants at farmers' markets.

AIM manages two certified farmers markets in Marin County. The markets accept EBT, Cal Fresh, WIC and offers the Market Match program as well as youth tours.

Enrollment: CalFresh and WIC participants eligible for market match.

Languages: English and Spanish

Location: To find where Market Match is offered throughout Marin, see ecology center's website:

www.ecologycenter.org/fmfinder/

Website: www.agriculturalinstitute.org

Contact: 800-897-FARM



FREE FOOD RESOURCES

A growing number of Marin residents face food insecurity. The following programs provide free groceries and hot meals to individuals and families on a weekly basis.

FREE FOOD RESOURCES

Food Pantries

The SF-Marín Food Bank provides food to many food pantries that operate within other non-profit organizations within the County.

Enrollment: Visit the website below for information about food pantries that are open to the public, operating hours, information on how to sign up, and site-specific contact information.

Languages: English, Spanish, Chinese, and Russian

Location: Please see website below

Website: www.sfmfoodbank.org/get-food

Contact: 415-282-1900

To learn about food pantries that are specifically for older adults, see page 12. For pantries designed for children and their families at school sites, see page 19.

Hot Meal Programs

There are nine congregate meal sites in Marin County, some of which are only for seniors.

Enrollment: Please refer to website below for meal sites open to the public.

Languages: English, Spanish, and Vietnamese

Location: Please see website below

Website: www.marinhhs.org/resources/Food/Congregate-Meals

Contact: 415-457-INFO (415-457-4636)

St. Vincent De Paul Society of Marin County

Dining room that provides breakfast, lunch and to-go dinner, 365 days per year.

Enrollment: *Open to everyone.*

Languages: English and Spanish

Location: 820 B Street, San Rafael

Website: www.vinnies.org

Contact: 415-454-3303

SparkPoint Marin

Offers a food pantry, CalFresh application assistance and an emergency food box program. Please call for more information.

Enrollment: *Open to everyone.*

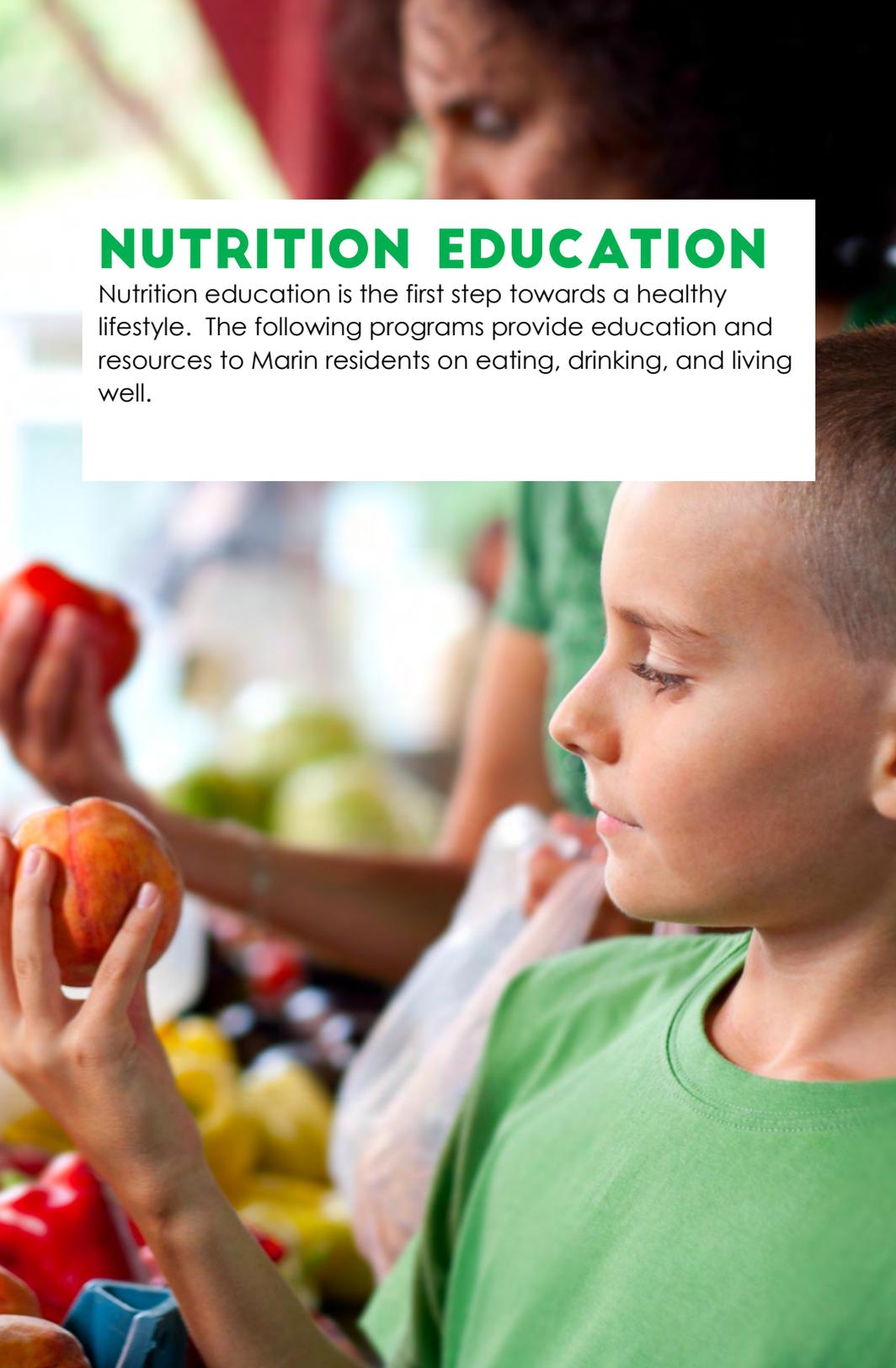
Languages: English and Spanish

Location: 409 4th Street, San Rafael

Website: <https://www.camarin.org/economic-development/sparkpoint-marin-center.html>

Contact: 415-526-7530



A young boy in a green t-shirt is shown in profile, looking intently at a peach he is holding in his hands. The background is a blurred farmers market scene with other people and various fruits like red bell peppers and yellow produce. The overall atmosphere is bright and focused on healthy food choices.

NUTRITION EDUCATION

Nutrition education is the first step towards a healthy lifestyle. The following programs provide education and resources to Marin residents on eating, drinking, and living well.

NUTRITION EDUCATION

Nutrition Wellness Program

Provides nutrition education and obesity prevention services for low income communities, schools, and organizations.

Enrollment: Please call for further details.

Languages: English and Spanish

Locations: County-wide, emphasis on low-income communities

Website: www.marinhhs.org/nutrition-wellness-program

Contacts: 415-457-INFO

SF-Marin Food Bank

Provides single session and multisession nutrition education classes for low income communities, schools and organizations.

Enrollment: Please call for further details.

Languages: English, Spanish, and Chinese

Location: SF-Marin Food Bank partner agencies

Website: <http://www.sfmfoodbank.org/>

Contact: 415-282-1900

Interfaith Sustainable Food Collaborative

Connects congregations to organic and affordable food resources.

Enrollment: Open to faith based organizations

Languages: English and Spanish

Locations: Marin and Sonoma County

Website: www.interfaithfood.org

Contact: 707-634-4672



NUTRITION PROGRAMS FOR OLDER ADULTS

Older adults face unique challenges in accessing food, including lack of transportation, difficulty in preparing meals at home, specific nutritional needs, and limited budget. These programs promote access to healthy food for Marin County's older adults.

NUTRITION PROGRAMS

Congregate Meals (Social Dining)

The County of Marin's Aging and Adult services offers lunches served at congregate dining sites.

Enrollment: Adults 60+, no income limits, suggested donation of \$3.00

Languages: English, Spanish, and Vietnamese

Location: Please see website below for a full list of sites and their operating hours.

Website: www.marinhhs.org/nutrition-services-older-adults

Contact: 415-457-INFO

Marin County Meals on Wheels (Home Delivered Meals)

Provides nutritious meals and compassionate outreach to older adults who are homebound (do not drive), isolated, and are considered frail. Participants are provided one meal per day.

Enrollment: Adults 60+, suggested donation of \$3.50/meal

Languages: English, Spanish, and Vietnamese

Location: All of Marin

Website: www.marinhhs.org/nutrition-services-older-adults

Contact: 415-457-INFO

Brown Bag Food Pantries

Food pantries designed specifically for older adults in community centers and senior residential buildings.

Enrollment: Open to residents of the building; however, some are open to the public. Contact staff at the site or please visit the website below for information about public pantries.

Languages: English, Spanish, and Vietnamese

Location: All of Marin

Website: <http://www.sfmfoodbank.org/get-food>

Contact: 415-282-1900

Supplemental Food Program (SFP Box)

The SF-Marín Food Bank provides a monthly distribution of non-perishable, USDA staple foods to low-income older adults.

Enrollment: This is a USDA program; participants must apply by providing their proof of income, identity, and residency.

Languages: English

Location: All of Marin

Website: <http://www.sfmfoodbank.org/get-food>

Contact: 415-282-1900

Ceres Community Project

Prepares delicious, nourishing, free meals to families who are struggling with serious illness such as cancer.

Enrollment: This is a USDA program; participants must apply by providing their proof of income, identity, and residency.

Languages: English

Location: All of Marin

Website: <http://www.ceresproject.org/index.html>

Contact: 707-829-5833 ext. 201



FOOD RECOVERY GARDENS AND GLEANNING

Food recovery and gleaning are helpful ways to lesson food waste and hunger by recovering perishable and non-perishable food that might otherwise go to waste and donating it to people in need.

Gardening is a great way to supplement your diet with delicious home grown vegetables, and Marin has a good climate for growing food year-round in containers, in a small plot, or in a community garden plot. The following programs offer information on food gardening and recovery in Marin.

GARDENS AND GLEANING

ExtraFood.org

Picks up excess food donations from organizations such as grocery stores, restaurants, and farmers' markets and immediately delivers them to nonprofits serving our community's most vulnerable people.

Enrollment: Free of charge, contact to apply.

Languages: English

Location: All of Marin

Website: www.ExtraFood.org

Contact: 415-997-9830

University of California Cooperative Extension (UCCE) Marin Master Gardeners

Offers food gardening advice, resources, and locations of community gardens.

Enrollment: Open to everyone.

Languages: English and Spanish

Location: All of Marin

Website: www.marinmg.ucanr.edu

Contact: 415-473-4204

Crop Mobster

Community exchange of agricultural resources: seeds, dairy, eggs, meat and packaged goods.

Enrollment: Open to everyone.

Languages: English

Location: San Francisco Bay Area

Website: <http://cropmobster.com/>

Contact: submit questions via website



FARMERS' MARKETS

Shopping at your local farmers market can save you money by buying fresh fruits and vegetables at the peak of their season.



Marin County Farmers Market Guide

Saturday

Marin Country Mart Farmers Market

Marin Country Mart, 2257 Larkspur Landing Circle, Larkspur, 94939 (at Sir Francis Drake Blvd)

Year Round, 9am-2pm

Marinwood Community Farmers Market

Marinwood Plaza, 101 Marinwood Avenue, San Rafael, 94930

Year Round, 9am-1pm

Point Reyes Farmers Market

11250 Hwy. 1, Point Reyes Station

June – November, 9am-1pm

Sunday

Fairfax Farmers Market

Fairfax Public Library, 2097 Sir Francis Drake Blvd., Fairfax,

Year Round, 10:00am - 2:00pm

San Rafael Civic Center Farmers Market

Marin Civic Center, 10 Avenue of the Flags, San Rafael,

Year Round , 8am-1pm

Tuesday

Novato Farmers Market

1298 Grant Avenue (between Machin & Reichert), Novato,

May - September, 4pm-8pm

Tam Valley Farmers Market

Tamalpais Community Center at 203 Marin Ave off Hwy 101

June - November, 3pm-7pm

Wednesday

Corte Madera Farmers Market

Tamalpais Drive at Hwy 101 - Town Center Courtyard
Year Round, 12pm-5pm

Fairfax Farmers Market

Bolinas Park, Fairfax, CA
May-September, 4pm-8pm

Thursday

Downtown San Rafael Farmers Market

Fourth Street between B and Cijos, San Rafael
April-September, 6pm-9pm

San Rafael Civic Center Farmers Market

Marin Civic Center
Year Round, 8am-1pm

Friday

Mill Valley Farmers Market

759 E. Blithedale, CVS parking lot, next to the post office
Year Round, 9:30am-2:30pm

San Anselmo Certified Farmers Market

220 Greenfield Ave, Elan Fitness Center Parking Lot
June - October , 4pm-8pm

**For the most current list of farmers markets
in Marin County, please visit:**

www.marincounty.org/depts/ag/farmers-markets

NUTRITION PROGRAMS FOR CHILDREN AND YOUTH

Good nutrition is essential for the developing brain of a young child and maintaining healthy weight early in life minimizes the risk of adult obesity. The following programs offer healthy meals for children and youth. Please contact your child's school for information about how to enroll.

- Free and Reduced Price School Breakfast and Lunch
- After– school and summer meals
- Healthy Children Pantries





BREASTFEEDING

Breastfeeding lays the foundation for lifelong health and well-being. Research has shown that there is no better food than breast milk for a baby's first year of life. Breastfeeding provides health, nutritional, economical, and emotional benefits to mother and baby.

BREASTFEEDING RESOURCES

Marin General Hospital Lactation Center

Offers lactation consultations, education, support groups, office visits, and phone support.

Enrollment: Most insurance accepted.

Languages: English and Spanish

Location: 250 Bon Air Road, Greenbrae

Website: www.maringeneral.org/programs-services/birth-center-marin/lactation-center

Contact: 415-925-7522

Marin Community Clinics

Offers free lactation consultations, support groups, pumps/supplies, office visits, and a nurse advice line. Also offers nutrition education classes for patients and families.

Enrollment: Most insurance accepted.

Languages: English and Spanish

Location: 3260 Kerner Boulevard, San Rafael

Website: www.marinclinic.org/patient1.html

Contact: 415-448-1500

La Leche League of Marin

Offers mother-to-mother support group, home visits, phone support, and education classes.

Enrollment: Membership requested, although not required to attend monthly group meetings.

Languages: English

Location: See website below for current meeting locations

Website: www.llnocal.org/groups/MarinCA.html

Contact/help line: 415-789-MILK

Women, Infants, & Children (WIC)

Please see page 4 for more information regarding WIC'S offerings.

For Breastfeeding help: 415-473-3094

www.marinhhs.org/breastfeeding-support

7 TIPS FOR HEALTHY EATING ON A BUDGET

1. Plan. Before you head to the grocery store, plan your meals for the week.
2. Get the best price. Use coupons, sales, and specials. Ask about loyalty card to get extra savings where you shop.
3. Buy in bulk. It is almost always cheaper to buy in bulk. Smart choices include chicken, steak, or fish, potatoes, and vegetables.
4. Buy in season. Buying fruits and vegetables in season can lower the cost and add to freshness!
5. Convenience costs. Convenient foods like frozen dinners, pre-cut vegetables, or instant rice, cost more than if you make them from scratch.
6. Easy on your wallet. Certain foods are typically low cost options all year round. Try beans for a less expensive protein food, and apples or bananas for fruit.
7. Eating out. Restaurants can be expensive. Save money by getting the early bird special or other deals, and ordering water instead of another beverage.

For more information about this publication

Contact foodguide@marincounty.org

For help finding community resources visit:

www.marinhhs.org/community-resource-guide

Or call 415-457-INFO (4636)

Marin Food Policy Council

www.ucanr.edu/sites/MarinFoodPolicyCouncil



MarinHHS.org

This information is current as of 3/17, and subject to change

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