

Sacramento Food Access Information

Below are some organizations that aim to serve food-insecure families in the local community. Please feel free to share this sheet with anyone who might find these resources useful.

Free Meals and Groceries for Families and Kids:

- Sacramento Food Bank & Family Services | (916) 456-1980
 - Food pantry and provider of services: <https://www.sacramentofoodbank.org/food>
- Central Downtown Food Basket: Foodbank at Saint John's Lutheran Church open to public
 - Food Distribution Locations: <https://www.cdfb.org/locations>
- River City Food Bank: Emergency food distribution and Cal fresh outreach
 - BackSnacks: Healthy foods delivered to schools and nutrition assistance for medically fragile individuals
 - <https://rivercityfoodbank.org/get-help/>
- California Emergency Foodlink
 - Map shows all food access programs supported by Foodlink throughout the state: <http://www.foodlink.org/network>
- Sierra Arden Neighborhood Food Closet:
 - Serves zip codes 95825, 95864, 95821, and 95815
 - Hours: 10:00 AM-11:45 AM on Tuesday-Friday AND 4:00 PM-5:30 PM on Thursday
 - Location: Sierra Vista Community Church: 890 Morse Ave, Sacramento, CA 95864
 - Information: <https://www.sierravistacc.org/food-closet>
- Manna Food Bank: Fridays from 09:30 AM - 12:00 PM
 - 4840 Marysville Blvd, Sacramento, CA 95838 | (916) 922-6442 | Requires ID
- Joey's Food Locker: Located at Natomas High School 3301 Fong Ranch Road, Sacramento, CA 95834
 - Free canned or dried foods
 - For more information: (916) 870-1659
 - Hours: 4:00 PM - 5:30 PM every Friday
- Emergency Food & Food Pantries | 211 Sacramento
 - Click on "Food Services": <https://www.211sacramento.org/211/guided-search/>
 - Find meals, groceries, food expense assistance, and other services

2020 COMMUNITY IMPACT

230,976 PEOPLE SERVED { **30% INCREASE** IN EMERGENCY FOOD DISTRIBUTION FROM 2019 } **4,500 PEOPLE** SERVED WEEKLY

2,748,031 TOTAL POUNDS OF FOOD DISTRIBUTED { **13% INCREASE** FROM 2019 } **50% FRESH PRODUCE** WE OFFER **2 MILLION MEALS** SERVED

18,615 VOLUNTEER HOURS DONATED (1,654 VOLUNTEERS)

OUR COMMUNITY GIVES BACK

CRISIS RESPONSE TO COVID-19 PANDEMIC

- INCREASED HEALTH AND SAFETY MEASURES
- OUTDOOR FOOD DISTRIBUTION AND CONTACTLESS INTAKE PROCESS
- PRE-PACKAGED GROCERIES
- OPEN-AIR CALFRESH APPOINTMENTS
- VIRTUAL FOOD DRIVE

OUR CORE VALUES
DIGNITY, COMPASSION, RESPECT, HEALTH AND NUTRITION

#FIGHTHUNGERTOGETHER RIVERCITYFOODBANK.ORG



Home Delivered Meals (For Seniors and/or Homebound) | 916-444-9533

- Meals on Wheels by ACC Administration: <https://www.mowsac.org/our-meals/home-delivery/>
 - Home-delivered meals to Sacramento County seniors aged 60 or better who are homebound due to illness or recovery, disability or other causes
 - Hot home-delivered meals every weekday or box of 5 frozen meals once a week to heat at their convenience
- Lasagna Love: Request A Meal | <https://www.lasagnalove.org/request-a-meal/>
 - Instructions: <https://www.lasagnalove.org/request/>



Ways to help increase food accessibility

For volunteers: Sacramento Food Bank: Each year thousands of big-hearted community members donate their time to offer Sacramentans in need a "hand up not a handout." Volunteer requirements and calendar: <https://www.sacramentofoodbank.org/become-a-volunteer>

For businesses and nonprofits: Apply for grants through the Sacramento Region Community Foundation: <https://www.sacregcf.org/nonprofits/foundation-directed-grantmaking/>



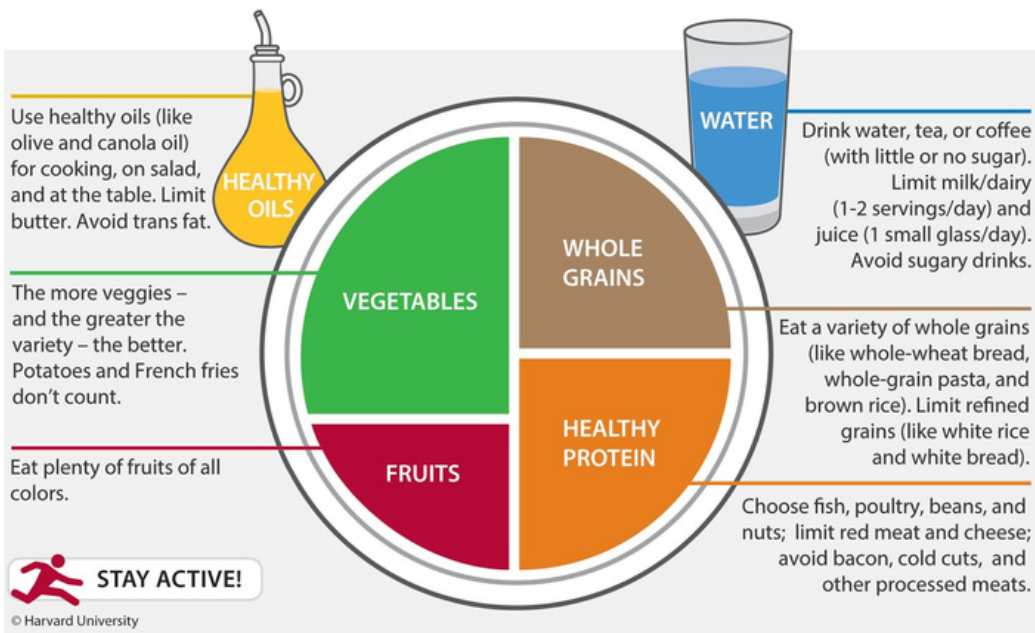
**SACRAMENTO REGION
COMMUNITY
FOUNDATION**

Educate and Empower: Learning about food insecurity in your area and spreading the word is important to raise awareness! Learn more here: [Environmental Justice Factbook: Access to Healthy Food -- Sacramento](#)

How to eat healthy at no extra cost

Visit www.hsph.harvard.edu/nutritionsource/healthy-eating-plate for up-to-date information on nutrition.

HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The [American Heart Association](#) recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.

Americans eat on average about 3,400 mg of sodium/day. However, the [Dietary Guidelines for Americans](#) recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!

To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods. ✓

For local resources on how to practice plant-forward eating: www.rootedsantabarbara.org

For tips & tricks on how to navigate healthy and affordable food at the grocery store: www.kidsinnutrition.org/tips-tricks

For healthy child-friendly recipes: <https://www.kidsinnutrition.org/recipes>



Información de Acceso a Alimentos de Sacramento

Abajo hay algunas organizaciones que se orientan a servir familias con inseguridades de alimentación en la comunidad local. Por favor sentite libre en compartir esta hoja con cualquiera que encuentre esos recursos útiles.

Comidas y comestibles gratis para familias y niños:

- Banco de alimentos y servicios familiares de Sacramento | (916) 456-1980
 - Despensa de alimentos y proveedor de servicios: <https://www.sacramentofoodbank.org/food>
- Canasta de alimentos del centro de la ciudad: Banco de alimentos en la Iglesia Luterana de San Juan abierto al público
 - Ubicaciones de distribución de alimentos: <https://www.cdfb.org/locations>
- River City Food Bank: distribución de alimentos de emergencia y divulgación de Cal Fresh
 - BackSnacks: Alimentos saludables entregados a las escuelas y asistencia nutricional para personas médicamente frágiles.
 - <https://rivercityfoodbank.org/get-help/>
- California Emergency Foodlink
 - El mapa muestra todos los programas de acceso a alimentos apoyados por Foodlink: <http://www.foodlink.org/network>
- Armario de comida del vecindario de Sierra Arden:
 - Sirve códigos postales: 95825, 95864, 95821, y 95815
 - Horas: 10:00 AM-11:45 AM el martes-viernes Y 4:00 PM-5:30 PM el jueves
 - Ubicación: Sierra Vista Community Church: 890 Morse Ave, Sacramento, CA 95864
 - Información: <https://www.sierravistacc.org/food-closet>
- Banco de alimentos de Manna: Viernes de 9:30 AM - 12:00 PM
 - 4840 Marysville Blvd, Sacramento, CA 95838 | (916) 922-6442 | Requiere identificación
- Joey's Food Locker: Situado en Natomas High School 3301 Fong Ranch Road, Sacramento, CA 95834
 - Alimentos enlatados o secos gratis
 - Para más información: (916) 870-1659
 - Horas: 4:00 PM - 5:30 PM cada viernes
- Alimentos de emergencia y despensas de alimentos | 211 Sacramento
 - Haga clic en "Food Services": <https://www.211sacramento.org/211/guided-search/>
 - Encuentre comidas, comestibles, asistencia para gastos de alimentos y otros servicios

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230,976 PEOPLE SERVED { **30% INCREASE** IN EMERGENCY FOOD DISTRIBUTION FROM 2019

4,500 PEOPLE SERVED WEEKLY
No identification, proof of income or zip codes required

2,748,031 TOTAL POUNDS OF FOOD DISTRIBUTED { **13% INCREASE** from 2019

WE OFFER **FRESH 50% PRODUCE**

MORE THAN 2 MILLION MEALS SERVED

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Comidas a domicilio (para personas mayores y/o confinados en el hogar) | 916-444-9533

- Comidas sobre ruedas por ACC Administration: <https://www.mowsac.org/our-meals/home-delivery/>
 - Comidas a domicilio para personas mayores del condado de Sacramento de 60 años o más que están confinados en su hogar debido a una enfermedad o recuperación, discapacidad u otras causas.
 - Comidas calientes a domicilio todos los días de la semana o caja de 5 comidas congeladas una vez por semana para calentar a su conveniencia.
- Lasagna Love: | <https://www.lasagnalove.org/request-a-meal/>
 - Instrucciones: <https://www.lasagnalove.org/request/>



Maneras para Aumentar Accesibilidad a Comida

Para voluntarios: Banco de alimentos de Sacramento: cada año, miles de miembros de la comunidad de gran corazón donan su tiempo para ofrecer a los habitantes de Sacramento que lo necesitan "una mano, no una limosna". Requisitos de voluntariado y calendario: <https://www.sacramentofoodbank.org/become-a-volunteer>

Para empresas y organizaciones sin fines de lucro: Solicite subvenciones a través de la Fundación Comunitaria de la Región de Sacramento: <https://www.sacregcf.org/nonprofits/foundation-directed-grantmaking/>



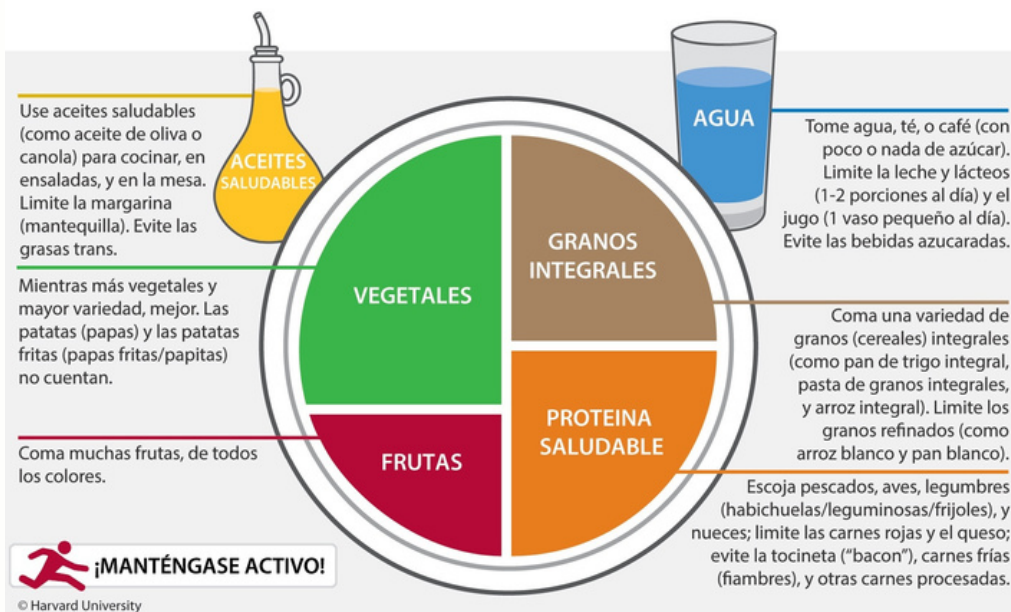
**SACRAMENTO REGION
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Educar y empoderar: ¡Aprender sobre la inseguridad alimentaria en su área y correr la voz es importante para crear conciencia! Aprende más aquí: [Environmental Justice Factbook: Access to Healthy Food -- Sacramento](#)

Maneras para comer saludable sin costo adicional

Visita www.hsph.harvard.edu/nutritionsource/healthy-eating-plate para mas informacion actualizada sobre nutricion

EL PLATO PARA COMER SALUDABLE



?Sabias que puedes obtener mucha proteína de las plantas? Y normalmente es mas rentable que comprar productos de animales. Aquí hay unas buenas fuentes de proteína vegetal para probar y hacer en casa: tofu, nueces, lentejas, garbanzos (todos tipos de frijoles!), brocoli, semillas, edamame, quinoa, y verduras de hojas verdes oscuras.



Trata de consumir azúcares añadidos con moderación. La [American Heart Association](#) recomienda limitar las azúcares agregadas a no más del 6% de las calorías al día (alrededor de 6-9 cucharaditas para mujer/hombre). Para niños recomiendan limitar la cantidad de azúcar que consumen a lo máximo 5 cucharaditas al día.

Los Americanos promedio comen sobre 3.400 miligramos de sodio por día. Sin embargo los [Dietary Guidelines for Americans](#) recomiendan que adultos limiten la cantidad por lo menos a 2.300 miligramos por día (igual a una cucharilla de sal). ¡Para niños, es mucho menos!

Para administrar el consumo de sal y azúcar, una buena regla de oro es limitar el consumo de las comidas fritas y procesadas.

Para fuentes locales en como practicar alimentación con plantas mas adelante: www.rootedsantabarbara.org

Para mas consejos y trucos en como navegar comida saludable y accesible en las tiendas de compra: www.kidsinnutrition.org/tips-tricks

Para mas recetas saludables para niños: <https://www.kidsinnutrition.org/recipes>

