



Good Food Day Activities

The Mayor's volunteer and service campaign, "We Serve LA," is partnering with the Los Angeles Food Policy Council to present the first ever citywide day of service: Good Food Day-LA. Good Food Day-LA will be dedicated to learning about, celebrating and volunteering to strengthen our local food system.

List of Activities:

For more details on Good Food Day, go to:

The Los Angeles Food Policy Council's website: Goodfoodla.org

The Mayor's website: mayor.lacity.org

SATURDAY MARCH 31st:

Citywide

- **The Jewish Federation** will be hosting a community-wide social action day the **Sunday before Good Food Day, on March 25**. They will partner with local service organizations to cook meals for families of seriously ill children, serve breakfast to the hungry on skid row, and maintain an urban gardening project with the elderly.
- **Netiya** invites their network of 25 religious institutions to purchase locally-sourced produce for services on the weekend March 31st.

Central LA

- **The Westlake / Pico Union Good Food Festival and Health Fair** will include workshops on planting, growing vegetables, nutrition, fitness, and healthy eating, as well as cooking demonstrations using fresh produce and basic ingredients. **Location:** Salvation Army: 1532 W. 11th St Los Angeles, CA 90015
CCNP: 503 S. Bixel St Los Angeles, CA 90015. 9am-1pm
- **Children's Hospital Los Angeles** will host an edible gardening demonstration where children who visit the hospital will be able to plant their own garden. **Location:** Children's Hospital Los Angeles, 4650 Sunset Blvd Los Angeles, CA 90027. 9am-2pm

East Area

- **Urban Semillas, LA Community Garden Council, UC Cooperative Extension, LA Trade Tech, and Hunger Action LA** will host a celebration and educational workshop on how to cultivate good food in containers. Community members will also receive training on how to cook traditional cultural dishes using healthy locally grown alternative crops. **Location: Glassell Park Community Garden**, 3304 Drew St Los Angeles, CA 90065.
- **Hunger Action Los Angeles (HALA)** will hold a **Farm Bill Information Workshop**, as well as workshops on Food Policy at the city, state and federal level. **Location: Glassell Park Community Garden**, 3304 Drew St Los Angeles, CA 90065.
- **The Frogtown Community Garden (FCG)** will host a workshop on mulching and removing weeds from the garden, as well as demonstrate the basics of composting. **Location: Frogtown Community Garden**, 1816 W. Blake Ave Los Angeles, CA.
- **Salesian Boys & Girls Club of Los Angeles** will host pot herb planting, flower planting, create edible herb gardens, and lead a Community Garden Bike Ride kick off. **Location: Salesian Family Youth Center**, 2228 E. 4th St Los Angeles, CA 90033.
- **Mothers of East Los Angeles (MELA)** will invite additional non-profit vendors to the **Boyle Heights Farmers Market, Friday March 30th** to host Good Food and health booths, including zumba classes, CalFresh enrollment, cooking demos, and Buy 1 Get 1 fruits and vegetables. **Location: Boyle Heights Farmers Market, Mariachi Plaza 1831 E. 1st St Los Angeles, CA (corner of 1st and Bailey). 3pm-8pm, Friday March 30th**
- **Girls Today Women Tomorrow** will lead general garden maintenance, re-seeding and re-planting summer crops, weather-proofing garden boxes, as well as pruning and weeding at their community garden. **Location: Girls Today Women Tomorrow Community Garden**, 1927 E. 2nd St Los Angeles, CA. 9am-12pm
- **The Los Angeles Leadership Academy** will host an on-campus **Urban Farm Project** to turn an otherwise uninhabitable four acre hillside into a sustainable food source for the school and community. They have partnered with the **Network for a Healthy California** to provide bi-lingual nutrition education and healthy food tastings, **UC-CE Master Gardeners** to teach workshops in seed starting, transplanting and container gardening, muralists from **Do-Art Lightning in A Paint Can Project**, and **L.A. Conservation Corps** youth volunteers to create a gathering focused on food and community. **Location: Los Angeles Leadership Academy**, 234 E. Ave 33 Los Angeles, CA 90031. 9am-12pm
- **Fresco Community Market** will host the "**Taste of Fresco**" event from 10am to 4pm. Customer's will be able to sample natural, organic, and gluten free products, including from local vendors. **Location: Fresco Community Market**, 5914 Monterey Road Los Angeles, CA 90042.
- **Hunger Action Los Angeles (HALA)** will host an information booth to publicize the veggie voucher program at the **East L.A. Farmers' Market**. **Department of Public Social Services** will also host an information booth. **Location: East L.A. Farmers' Market**, 4801 E. 3rd St East LA Civic Center. 9am-2pm
- Start the Good Food Day- LA by participating in a Native American Honoring Ceremony with the Tongva at 9AM in the Anabolic Monument in the Los Angeles State Historic Park. Following the ceremony join the Everything Is Medicine class in the Anabolic Monument at the Los Angeles State Historic Park to learn about the edible, medicinal, and cultural uses of Southern California native plants from 10AM-1PM. Also, learn how to plant beans and squash and care for the soil with the **Metabolic**

Studio staff and volunteers. Location: Los Angeles Historic State Park, 1245 N. Spring St Los Angeles, CA 90012. 9am-1pm.

East Valley

- **Sunland Tujunga Rotary, Sunland Tujunga Chamber, Sunland Tujunga Neighborhood Council & Foothill Trails Neighborhood Councils** will host two Ranger led hikes, beginning at the intersection of Oro Vista Street and Big Tujunga Canyon Rd in Sunland, concluding at the picnic site for lunch. **Location: Oro Vista Park- Tujunga Wash**, 11101 Oro Vista Ave (at Grove St). 9am-3pm
- **Sylmar High School, LA Education Partnership, and Sylmar Neighborhood Partnership** will host **The Good Food Fair: A Taste of the San Fernando Valley**—a youth-led event designed to draw Sylmar and its neighboring communities in the East San Fernando Valley together to increase awareness and access to resources that can make our community a healthy, sustainable, and accessible one for all. **Location: Sylmar High School**, 13050 Borden Ave Sylmar, CA 91342. 9:30am-2pm
- **ABC LEARN, INC.** will host an **Urban Garden Planter project**. These planters will be used for **San Fernando Valley YouthBuild Students** to grow food to supplement Sylmar High School's Charter School Food Program. **Location: Sylmar High School**, 13050 Borden Ave Sylmar, CA 91342.
- **Studio City Neighborhood Council, North Hollywood Northeast Neighborhood Council, Van Nuys Neighborhood Council, and The Village Gardeners** will host educational presentations and two activities: sprucing up the Richard Lillard Outdoor Classroom area and packaging up donated food to go to a local shelter/pantry. **Location: The Richard Lillard Outdoor Classroom** (Village Gardeners), 13200 W. Valleyheart Dr & corner of Londridge Ave on the south side of the LA River.
- Interfaith gardening project with **Netiya**, a church and two synagogues on **Sunday, March 25** (the weekend before Good Food Day LA). **Location: 12355 Moorpark St., Studio City, 91604.**
- **Valor Academy** will host **the Valor Academy Garden Project**, creating an opportunity for students to learn how to garden and lead healthy lifestyles. **Location: Valor Academy**, 8755 Woodman Ave Arleta, CA 91331.

Harbor Area

- **Sharefest Community Development Inc.** will be working on the **San Pedro High School Victory Garden**, adding planters, pathways and seeding. **Location: San Pedro High School Garden**, 1001 W. 15th St Los Angeles, CA 90731.
- **Harbor City and Harbor Gateway Chamber of Commerce** will host a fruit picking project and fresh fruit give-away at Harbor City Recreation Center, as well as classes in nutrition. **Location: Harbor City Recreation Center**, 24901 Frampton Avenue, Harbor City.
- **LA Harbor College Culinary Arts Program** will design and deliver a lunch menu will be fresh and healthy and cost \$2.75 per person (to prepare) to show participants that eating healthy can be inexpensive. **Location: Los Angeles Harbor College**, 1111 Figueroa Pl Wilmington, CA 90744.
- **Boys and Girls Club of LA Harbor** will host a **Healthy Habits Best Recipe Contest** where 10 families will compete to create a healthy recipe. Participants will learn the importance of eating more fresh vegetables and fruits, and how they are being used to combat cancer, diabetes, and heart disease. **Location: Port of LA Boys and Girls Club**, 100 W. 5th St San Pedro, CA.

South LA

- **All Peoples Community Center, Central High School, and American Friends Service Committee** will expand Central High School's school garden. **Location: All Peoples Community Center, 822 E. 20th St Los Angeles, CA 90011. 9:30am-2pm**
- **John C. Fremont High School** will perform healthy food exhibitions from a healthy foods cookbook that is being created by the after-school cooking class at Fremont. **The Los Angeles Neighborhood Land Trust** will provide information regarding the importance of growing your own food. **UMMA Community Clinic** will also be providing nutrition education workshops. **Location: John C. Fremont High School, 7676 S. San Pedro St Los Angeles, CA 90003. 9am-12pm**
- **Enrich LA** will host a **Good Food Fair** including an on-site cooking competition between local chefs, cooking and food preparation workshops, tasting tables where visitors can try healthy dishes made with fruits and vegetables sourced directly from the garden, and introductory yoga classes. **Location: Markham Middle School, 1650 E. 104th St Los Angeles, CA 90002. 9am-2pm**
- **LA Green Grounds** identified a family in need and arranged for a garden to be built at their residence. A residence in South Los Angeles has been chosen for this project. 10am-3pm
- **Los Angeles Community Garden Council** will expand **The Vermont Square community garden** by installing new garden beds and doing general garden maintenance. **Location: Vermont Square Community Garden, 4712 S. Vermont Ave Los Angeles, CA 90037. 9am-1pm**
- **Raymond Ave Neighborhood Garden** will dismantle old raised vegetables beds, repair broken beds, weed, spread soil, lay weed cloth, spread mulch, and plant fruit trees. **Location: 2632 S. Raymond Ave Los Angeles, CA 90007.**
- **Sustainable Economic Enterprises of Los Angeles (SEE-LA), LA County Health Department, Kaiser Permanente, and Hunger Action L.A. (HALA)** will launch a countywide **"Farmers' Markets for All"** campaign at the **Watts Healthy Farmers' Market** on Saturday March 31, 2012, from 10:00 a.m. – 2:00 p.m. Activities will include: Veggie Voucher distribution, a free Zumba class, a cooking demonstration using farmers' market produce, **Champions for Change - Network for a Healthy California** will provide recipes, cookbooks, and a cooking demonstration, and **SEE-LA** will conduct an information booth on installing EBT machines for market managers. **Tree People** will come to the market and prep fruit trees with local students. **Location: Watts Healthy Farmers' Market, 103rd and Central (Ted Watkins Memorial Park). 10am-2pm**
- **LA Regional Food Bank** is hosting a sorting project: volunteers will sort food from various food drives, assemble food packages for the **Commodity Supplemental Food Program** and assemble backpacks full of food for children. **Location: LA Regional Food Bank, 1734 E. 41st St Los Angeles, CA 90058. 9am-12pm**
- **SEE-LA's Crenshaw Farmers' Market** will celebrate the Mayor's Good Food Day with a free cooking demonstration by Chef Gill Boyd. The market will also host a **"Re-Think Your Drink"** booth. **Location: Crenshaw Farmers' Market, 3650 Martin Luther King Jr. Blvd (at Stocker St), Baldwin Hills. 10am to 3pm**
- **FAME Corporations and Let's Move LA** will host "Healthy Heritage: a Healthy Take on Cultural Cuisine" with celebrity and local chefs demonstrating how to prepare traditional and ethnic food favorites in a healthier way. **Location: FAME Renaissance, 1968 W. Adams Blvd., LA 90018.**
- **Community Services Unlimited Inc.** will host a door knocking training at Normandie Avenue, in partnership with **Community Coalition**. Volunteers will also participate in fruit tree care. **Location: various locations in South Los Angeles.**

- Gardening with **Florence Firestone Community Gardens** (through the **LA Community Garden Council**) **Sunday, March 25** (the weekend before Good Food Day LA). **Location:** 98th Street and Pace, Los Angeles, 90002.

West LA

- **The Learning Garden**, together with **Transition Mar Vista/Venice**, and the **Culinary Arts and Sustainable Agriculture Academy of Venice High School** plan to host “**The 100 Mile Meal**” pot luck at the beautiful school garden on the campus of Venice High School. **Location:** **The Learning Garden at Venice High School**, 13000 Venice Blvd Los Angeles, CA 90066. 12pm-3pm
- **Friends of Mark Twain Middle School** will host planting and cleaning up of the school garden, a workshop on "How to make Organic Soil," and a healthy food tasting. **Location:** **Mark Twain Middle School**, 2224 Walgrove Ave Los Angeles, CA 90066. 10am-2pm
- **Emerson Ave Community Garden** will host "A Day in the Garden" Workday, including distribution of small seed packets and instructions for growing food at home. **Location:** **Orville Wright Middle School**, 6550 W. 80th St Los Angeles, CA 90045. 8:30am-12:30pm
- **Palisades Cares** will host an edible gardening workshop. **Location:** **Paul Revere Middle School**, 1450 Allenford Los Angeles, CA 90049.

West Valley

- West Valley schools will host a healthy canned food drive; participating schools include Campbell Hall in North Hollywood, Buckley in Sherman Oaks, Los Encinos in Encino, Manoogian Demirjian in Canoga Park, Pilavjian Cabayan in North Hills, Ferrahian Holy Martyrs in Encino, and Sierra Canyon.
- **Food Forward** will bring volunteers to glean at Orcutt Ranch. All the collected fruit will be donated to MEND. **Location:** **Orcutt Ranch Rec & Parks Facility**, 23600 Roscoe Blvd West Hills, CA 91304. 9:30am-12pm
- **Netiya** will host the "**Just Gardens**" community garden installation, which will also involve interfaith programming and collaboration with the **Jewish Farm School** students. **Location:** **Common Ground Universalist Unitarian Church**, 12355 Moorpark St Studio City. 12pm-3pm
- **SEE-LA's Canoga Park Farmers' Market** will celebrate the Mayor's Good Food Day with a free Zumba class; healthy recipe sample give-a-ways from the “Ask the Dietitian” program, **the Latino Campaign for Network for a Healthy California**; Cal State Northridge dietetic teachers and students from the **Marylin Majoram Center for Food Sciences, Nutrition and Education**; and a cooking demo from **SEE-LA's Good Cooking/Buena Cocina Instructor**. **Location:** **Canoga Park Farmers' Market**, Owensmouth St between Sherman Way and Wyandotte St, Canoga Park. 9am-1pm