

PENINSULA & SOUTH BAY

Full Circle Farm in Sunnyvale is a project of Sustainable Community Gardens, a non-profit organization dedicated to the renewal of local, sustainable food systems throughout Silicon Valley. Volunteers are needed to work the farm stand, in the Education Garden, on the Product Farm, and with community outreach and events.

website: www.fullcirclesunnyvale.org
email: info@fullcirclesunnyvale.org
phone: (408) 735-8154

Gan Tzedek or "Justice Garden" is a program of the Peninsula Jewish Community Center to grow organic produce to be donated to families at the InnVision Shelter Network, helping homeless families return to permanent housing and self-sufficiency. Volunteer at monthly Garden Service Days for a family-friendly (ages 4+) introduction to Jewish values while getting your hands dirty.

website: www.pjcc.org
email: mlybrand@pjcc.org
phone: (650) 378-2754

Loaves & Fishes Family Kitchen provides no-cost, hot, nutritiously balanced meals and groceries to families in need in three locations around San Jose. Produce served in each meal is grown in the Goodwill Garden. Volunteers prepare, serve, and clean up after meals; sort, pack, and distribute groceries; as well as plant, weed, water, and harvest from the garden. Pre-sign up to volunteer is required on the website.

website: www.loavesfishes.org
email: volunteer@loavesfishes.org
phone: (408) 439-0915

Second Harvest Food Bank of San Mateo and Santa Clara Counties connects people to the nutritious food they need, where nearly half of all food distributed is fresh produce. Individuals and groups of volunteers are needed to sort and pack, distribute food, and educate community members about nutrition.

website: www.shfb.org
email: volschedscc@shfb.org (Santa Clara)
email: volschedsmc@shfb.org (San Mateo)
phone: (408) 266-8866 x 247 (Santa Clara)
phone: (650) 610-0800 x 415 (San Mateo)

Hazon has been at the forefront of founding and catalyzing the new Jewish Food Movement – a growing range of programs and experiences that are helping to create a healthier and more sustainable Jewish community, and a healthier and more sustainable world for all, while renewing Jewish life in the process.

Judaism and a commitment to food justice originates in the Torah, where laws about taking care of those in need are written into the agricultural system. Some of these laws, including tithing, *peah* (leaving the corners of your fields) and gleaning (allowing others to take the "second harvest" after the primary crop has been removed), are the inspiration for our food justice work, such as:

- Hazon CSA program: www.hazon.org/csa
- Food justice programs at our Hazon Food Festivals and Hazon Food Conference
- Food Justice Passover Seder
- Interfaith Food Justice Convening

We encourage you to participate in the food justice movement with our partners outlined in this guide. Not only during the Jewish holidays do we think about and act on hunger, we must pursue justice all year long.

Hazon in California

121 Steuart St. | San Francisco, CA 94105
415.397.7020 | www.hazon.org | www.jcarrot.org



serve up food justice all year long

Food insecurity is a harsh reality
365 days a year for **one in five**
Bay Area residents.



No matter where you live in the Bay Area, here are meaningful ways to get involved in community-driven solutions to hunger.

SAN FRANCISCO

Alemany Farm is owned by the city of San Francisco's Recreation and Park Department, yet most of the Bay Area has not yet witnessed its acres of food-producing beauty. A great opportunity to work at a completely volunteer-run farm, once you're done getting your hands dirty, produce is donated to families in need, while what remains is divided among volunteers.

website: www.alemanyfarm.org
email: community.gardeners@gmail.com
phone: (415) 624-9934

GLIDE volunteers are offered a glimpse of what it's like to walk in the shoes of the 2,500 people that sit down for a meal at GLIDE everyday. After preparing and serving a nutritious meal, volunteers eat alongside community members in the dining room.

website: www.glide.org
email: kkaiser@glide.org
phone: (415) 674-6019

The Free Farm Stand is a high quality, completely free farmers market. The man in charge, who goes solely by the name Tree, believes in equal access for all to nutritious food and in empowering the public to become self-reliant in their own food production.

website: www.thefreefarm.blogspot.com
email: iamtree99@gmail.com
phone: (415) 684-8493

Project Open Hand provides meals and groceries for people with symptomatic HIV/AIDS, breast cancer, and people who are homebound and critically ill.

Founder, Ruth Brinker, once said, "There's no greater feeling in the world than to bring food to someone who really needs it." Simple acts like peeling potatoes, and bagging groceries, all play a vital part in bringing food to those in need.

website: www.openhand.org
email: volunteer@openhand.org
phone: (415) 447-2404

EAST BAY

Community Food and Justice Coalition offers volunteers the opportunity to work on the policy and community organizing side of food justice activism. Assist their work in advocacy, lobbying, communications, and general organizational support.

website: www.comfoodjustice.org
email: emiddleton@cafoodjustice.org
phone: (510) 547-1547

Oakland Based Urban Gardens (OBUGS) believes all children should have access to health and nutrition education, safe venues for physical activity, and affordable fresh produce. Volunteers help with everything from teaching in the garden programs to maintaining the gardens to working in the office. Stop by on a designated volunteer drop-in day listed on the website.

website: www.obugs.org
email: volunteermanager@obugs.org
phone: (510) 465-4660

People's Grocery supports Oakland residents with designing and implementing community-driven solutions to food insecurity. Income-generating projects to build the local food system ranging from catering companies to cooking classes are developed by the people of Oakland for the people of Oakland. Volunteers help with everything from garden support at the California Hotel Garden and Greenhouse Program, to office support, and special events.

website: <http://www.peoplesgrocery.org>
email: info@peoplesgrocery.org
phone: (510) 652-7607

Urban Adamah is an educational farm and community center in West Berkeley that produces diverse organic crops donated entirely to the community. Jewish holiday celebrations, unique Shabbat services, and workshops are a taste of community events offered to the public. If you like working outdoors, meeting new people, contributing to the greater good, and getting your hands dirty with satisfying farm work, you'll love volunteering with Urban Adamah.

website: www.urbanadamah.org/
email: casey@urbanadamah.org
phone: (510) 649-1595

NORTH BAY

LIFT-Levántate is working to combat the health disparities that affect children from low-income communities. Through fitness activities, nutrition education, and life skills programs, LIFT is engaging the entire family in healthy habit development to prevent obesity and diet-related chronic disease. Volunteers support a variety of programs that help educate teens on healthy lifestyles.

website: www.liftforteens.org
phone: (415) 507-1564

Petaluma Bounty is working to create a sustainable Petaluma food system with healthy fresh food for everyone. Bounty Community Farm is a hub of community activity. You can volunteer on the farm or with the Bounty Hunters - teams of gleaners that gather leftover produce from local farms and backyard gardens.

website: www.petalumabounty.org
email: bountyhunters@petalumabounty.org
phone: (707) 775-3663 ext. 5

San Francisco and Marin Food Bank is a great volunteer opportunity for groups of all sizes. In a single shift, your team will sort and pack the food donations that come through the doors. From bins of oranges straight from the grove to 2,000-pound totes of rice, volunteers ensure that there are always hands at the ready to pack the food for distribution. In 2012, volunteers provided 145,000 hours of support — the equivalent of 70 full time staff.

website: www.sffoodbank.org
email: volunteer@sffb.org
phone: (415) 282-1900 ext. 244

Slow Harvest is a network of community volunteers, farmers, and gardeners working together to extend the bounty of good food grown in Sonoma County. Help glean food from local farms, gardens, farmers' markets, bakeries, and food producers, then transport it to the food bank. Other opportunities include cooking community meals, canning, pickling, and preserving.

website: www.slowharvest.org
email: slowharvest@gmail.com