

Avondale/Glen Elder Community Food Assessment

A project facilitated by the Sacramento Hunger Commission, Weed & Seed, and the residents of this neighborhood.

What is a Community Food Assessment?

It's a look at a community's access to food resources that are healthy, culturally appropriate, affordable, and sustainable. It's an inquiry of your neighborhood's food security.

Who's involved in this?

You! Food Security is important to everyone, so for this project we wish to involve schools, church groups, community organizations, food providers, city council members, and adults, children, and seniors of all ethnicities and economic levels.

Why?

It goes without saying that access to food is very important. This community food assessment is instrumental in sparking lasting change by defining community needs as well as assets in order to increase awareness, affect policy advocacy, foster economic development, improve public health, and provide for more strategic and effective action in the general development of your community.

What community?

We are looking at the area served by Weed & Seed: between 65th and Power Inn, Fruitridge and 53rd Avenue. But a community is made of friends, family, and neighbors, not borders. Your community is your home!

Sacramento Hunger Commission

The Sacramento Hunger Commission is a member voting body comprised of diverse representatives of the Sacramento community. The Hunger Commission believes that hunger can be prevented and is not acceptable in a just society that values the dignity and worth of every individual. Therefore, the goal of the Hunger Commission is to eliminate hunger and food insecurity by assuring that all people are able to provide themselves adequate food for an active and healthy life.

To accomplish this goal, the Commission addresses root causes of hunger and food insecurity and creatively pursues positive improvements by:

- Effectively advocating for people who are hungry or at risk of hunger
- Serving as Sacramento County's primary information source about hunger and community food security
- Coordinating community resources to increase opportunities and education for people to become self-sufficient

www.targethunger.com

Wouldn't you like your opinions to affect your community's development? **Be Heard!** Voice your opinions to us through our surveys, attend meetings, tell us what you feel and what you would like to see changed to increase your access to good food!

Sacramento Hunger Commission (916) 447-7063

Jake Salgado ext 248

Tanya Kenlow ext 221

Community Food Security: a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.

Community Food Assessment: a collaborative and participatory process that systematically examines a broad range of community food issues and assets, so as to make the community more food secure.