

# Need to Order Food for Program Events?

Meetings • Workshops • Trainings • Conferences

**Want to provide fresh, healthy foods that support local family farms and are free of pesticides and other harmful substances?**



## **Rainbow Grocery is the answer!**

**CHPP has a Blanket Purchase Order with this City-approved vendor.**

**Interested? Follow these simple steps:**

1. Check to see if your program has encumbered funds to the Purchase Order.
2. Contact Tomas or Maria. They have Rainbow cards and are authorized to buy the food with you.
3. Walk to Rainbow and choose your foods.

**Want ideas on delicious and healthy foods to offer at events?**

See: <http://sfdph.org/PHP/MCH/Hlthymtgfood.shtml>

**Buying local! Pesticide free!  
Supporting farmworkers! Organic!**

**Still need reasons to order sustainable foods? See back...**



# Why Order Sustainable Foods

## *Did you know?*

- ◆ Food plays a fundamental role in our local economy, environment, food security, community vitality and health and enjoyment.
- ◆ By providing sustainable foods we are modeling a healthy food environment.
- ◆ By providing fresh, locally grown foods we support local food systems that avoid the long-distance travel and disconnection between rural and urban centers that typifies our current fossil-fuel intensive food production and distribution.
- ◆ By providing sustainable foods we are supporting the local economy.

## **An Unsustainable Food System is Unhealthy**

*From "Health Care Without Harm" [www.gghc.org](http://www.gghc.org):*

- ◆ The typical food item travels from 1,500 to 2,400 miles from farm to plate, creates a greater dependence on petroleum products and disconnects growers from consumers.
- ◆ High-sugar or high-fat foods including soft drinks, salty snacks, sweets and desserts comprise almost 30% of all calories consumed by people in the U.S. In fact, the current food system favors animal products and highly-refined, calorie-dense foods, over fresh, minimally processed foods.
- ◆ Each year 20-30 million pounds of antibiotics are used in agriculture – by volume, about 7-10 times the total antibiotics used in human medicine.
- ◆ Pesticide drift, field dust, waste burning, toxic gases from degrading manure and diesel exhaust from transporting food long distances are all factors of industrial scale food production that contribute to air pollution and health problems like asthma.
- ◆ Workers are affected: industrialized meat packaging is recognized as one of the most dangerous occupations.

*From "Ripe for Change" [www.idec.org.uk](http://www.idec.org.uk):*

- ◆ Small and medium farms are decreasing in California. For example, 1% of farms now control 46% of the state's farmland. Agribusiness focuses on monoculture farming practices that rely heavily on subsidies and pesticides while smaller farmers rely on diversifying crops.