

FOOD/NUTRITION RESOURCE GUIDE

Ahwatukee Farmers Market

Winter Hours: Oct-May: 9am-1pm. Summer Hours: June-Sept: 8am-11am. Immediate openings for existing vendors.

► [View website](#)



Cal Fresh Healthy Living (eatFresh)

A place to get healthy step-by-step recipes/meal plans for parents, along with free nutrition courses delivered entirely online.

► [View website](#)




eatFresh.org
MINI COURSE

Learn how to:

- Eat for health
- Save money on groceries
- Cook easy, tasty meals

FOOD/NUTRITION RESOURCE GUIDE

California Department of Health Services and United States Department of Agriculture Recipes Using Common Commodity Foods

The California Department of Health Services and the United States Department of Agriculture sponsored development and production of this project. A publication of Northcoast Project LEAN, a program of the Humboldt County Department of Health and Human Services, Eureka, California, 2004. Recipes will provide the ability to choose and prepare foods that are available from food assistance programs in combination with the constraints of a limited food budget.



► [View website](#)

Careers through Culinary Arts Program

Provide culinary-and-wellness curriculum, and in high schools also provide an integrated approach to employment in the food sector via internships/apprenticeships, job shadows, mentorship, and work opportunities, college and career advising, and higher-education scholarships, along with product and food donations.

► [View website](#)



NUTRITIONAL RESOURCE GUIDE

Downtown PHX Farmers Market

Help Us Thrive. Money that comes from our own community empowers us to build more & lasting infrastructure around our bold plans every year. Just like you, we believe all people deserve good food, regardless of their wallet, neighborhood or experience in the kitchen, we value all types of financial contributions.

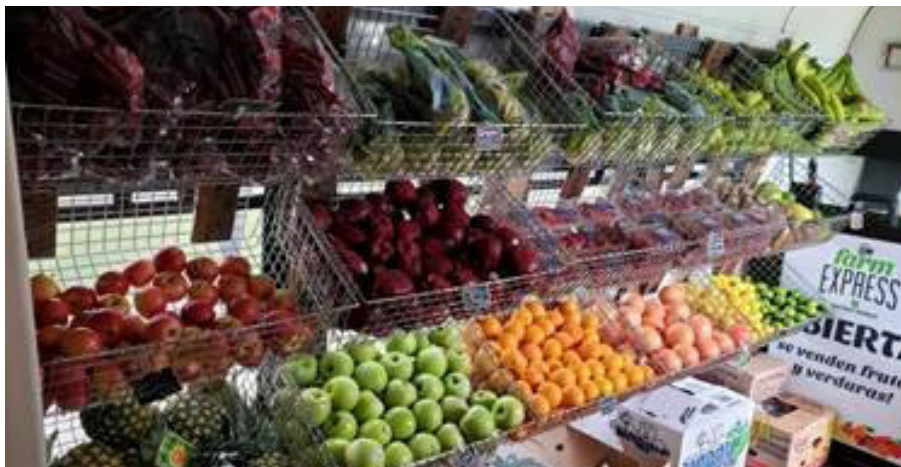
► [View website](#)



Farm Express Mobile Market

Farm Express a non-profit, mobile market bringing fresh affordable fruits and vegetables and providing community health resources to Phoenix Valley.

► [View website](#)



FOOD/NUTRITION RESOURCE GUIDE

Nutrition Pantry Program

Leah's Pantry the leading voice for Trauma-Informed Nutrition Education. We envision nourished communities and a healthy equitable food system. Mission is to improve the health, wellness, and resilience of communities through trauma-informed nutrition security.

► [View website](#)



Project Roots

Project Roots, Inc. is a 501(c)3 based out of Phoenix, AZ with two community gardens located in South Phoenix and Maricopa.

► [View website](#)



FOOD/NUTRITION RESOURCE GUIDE

St. Mary's Food Bank Alliance

▶ AZFoodHelp

Has a link for an interactive recipe maker based off the food they received in their food boxes

Has a link for an interactive map to find SMFB partner food distributions in their local areas

▶ First Foodbank

Has a home delivery sign up link where if someone is homebound, SMFB will deliver straight to their door



Slow Food Phoenix Blue Watermelon Project

Inspired and led by the efforts of Chef Charleen Badman of FnB Restaurant. Blue Watermelon project is a grassroots group of chefs, restaurateurs, farmers, and community food advocates that believe in good food, equal and fair access to it, and that a systemic food systems change starts from the ground up.

▶ View website



FOOD/NUTRITION RESOURCE GUIDE

Sun Produce Co-Op

A blog about celebrating the delicious local produce we're lucky enough to enjoy all year round in Arizona. You'll find simple, nourishing recipes featuring locally produced fruits and vegetables grown by the amazing Sun Produce Cooperative farmers. We hope these recipes can provide you with inspiration in preparing the items found in your weekly CSA box and in season at farmers markets.

► [View website](#)



RECIPES FROM OUR FARMS TO YOUR TABLE

TigerMountain Foundation

Challenged Communities need help, especially with areas where there is increased incarceration and poor health choices. The TigerMountain Foundation reverses that problem through our community gardens and agri-landscaping initiatives. These initiatives teach practical life skills to youth, adults and seniors, keeping them out of jail, and improving their lives and community.



► [View website](#)

NUTRITIONAL RESOURCE GUIDE

The University of Arizona College of Agriculture & Life Sciences Cooperative Extension Maricopa County - AZ HealthZone

AZ HealthZone - MCCE is part of the University of Arizona Cooperative Extension in Maricopa County. We provide education and resources, consistent with the current Dietary Guidelines for Americans and MyPlate, to persons eligible for the Supplemental Nutrition Assistance Program (SNAP) and other programs. Our Mission is to positively influence lifestyle behaviors of Maricopa County youth, families, and adults through curriculum based education on nutrition, physical activity and gardening.

► [View website](#)

Unlimited Potential

Unlimited Potential is a proud founding member of Spaces of Opportunity. A garden for the community started by you the public. Each Saturday this garden hosts events and opens its arms to everyone who is in need of fresh fruits and vegetables. Volunteers are always wanted.

► [View website](#)



NUTRITIONAL RESOURCE GUIDE

Uptown Farmers Market

Uptown farmers market is a food-based farmers market and gathering place dedicated to inspiring and educating home cooks through arizona local produce, handmade foods and handcrafted goods.

▶ [View website](#)

UPTOWN FARMERS MARKET

— *A Gather Arizona™ Event* —