

Food Stamps 101

In the autumn of 2004, Governor Arnold Schwarzenegger signed AB 1796 which repealed the previous lifetime ban on food stamps in California for persons with drug related felonies after August 22, 1996.

Under the new law, a person with a drug related felony can get food stamps if their felony is for *possession or use*. And they either show evidence that they are in, or have completed, or intend to enroll in a government-recognized drug treatment program.

or

Show “any other evidence” including a signed statement that use of substances has ceased. This can be the PA 853 affidavit form filled and signed at DPSS.

If the felony was for sales or manufacture

The person is still banned from receiving food stamps. There are other community efforts in play to rescind this rule.

Come and apply for food stamps!

Do you want to apply for food stamps without waiting all day? Come to the offices of the Los Angeles Community Action Network (LA CAN) every Tuesday between 9:30 a.m. and 11:30 a.m., to see if you are eligible to receive food stamps.

Stores That Accept Food Stamps

5th Street Market, 116 E. 5th Street
Alina's Place, 464 Main Street
Best Market, 453 S. San Pedro Street
Central Produce, 317 S. Broadway, #D-2 and E-2
Del Rey Spanish Food, 317 S. Broadway, #A7
Economy Meats, 317 S. Broadway, #F-9
Hollyfood Mart, 500-B, S. San Pedro Street
Hollyfood Mart, 241 E. 7th Street
King's Market, 500 S. Main Street
Rite Aid 5429, 501 S. Broadway
Sunny Market, 259 E. 5th Street
Third Street Grocery, 137 E. 3rd Street
Valeria's Grocery, 317 S. Broadway, #D6
Win's Produce, 317 S. Broadway

Come join LA CAN!

**Help us to work in upgrading
Food in 'Da Hood!**



For more information contact the
Los Angeles Community Action Network
213-228-0024
456 South Main Street
www.cangress.org



Los Angeles
Community Action
Network

Food In 'Da Hood Brochure



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Buying Healthy Foods at the Grocery Store

The local grocery store is a great place to find healthy, nutritious foods. Unfortunately, it is also a place to find less healthy foods and many junk foods. Learning how to follow a healthy lifestyle means learning how to shop for the healthiest foods, and learning how to avoid temptation.

There are some important guidelines to follow to make sure that every trip to the grocery store will be a healthy experience. Here are some tips:

Learning to read labels is an important skill for any healthy shopper.

One of the best pieces of advice, which we have heard a million times, never go grocery shopping when you are hungry! Even if it means stopping for a quick snack on your way.

Another good trick is to hit the produce section first. Fill up your food basket with healthy, nutritious fruit and vegetables.

It is also important to always make a detailed shopping list before hitting the grocery store. The list keeps you from overspending and also helps keep you from succumbing to the temptation of less healthy junk foods.

It is a good idea to take advantage of the many low fat foods; however, once again, read the labels as you watch sugar content.

Choose whole grain breads and cereals whenever possible.

Food In 'Da Hood

A Community-based Nutrition Education Series

Food Tasting 101 'Hood Style
March 29, 2006
San Julian Park
11:00 a.m.

Food Stamps 101
April 12, 2006
LA CAN Office, 456 S. Main Street
6:00 p.m.

Healthy Buying
July 13, 2006
Downtown Women's Center
1:30 p.m.

Healthy Eating
May 3, 2006
Ballington Plaza, 622 S. Wall Street
3:00 a.m.

How To Improve Our Food System
June 7, 2006
LA CAN Office, 456 S. Main Street
10:00 a.m.



Healthy Eating

The 5 A Day Campaigns: Color Your Way to 5 A Day

Reds: When you add red to your diet, you are adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruits, watermelon, papaya and guava.

Greens: Not only do green vegetables look great and taste wonderful, but they are rich in the phytochemicals that keeps you healthy. Spinach, collards, kale, and broccoli have antioxidants. They are used for their ability to protect your eyes by keeping your retina strong. Greens are also loaded with essential vitamins, minerals and fiber.

Orange/Yellow: Orange, the color of the blazing sun. It is a must have in your daily diet. Orange vegetables and fruit, like sweet potatoes, mangos, carrots, and apricots, contain beta-carotene. This carotenoid is a natural antioxidant that is being studied for its role in enhancing the immune system.

Yellow: such as pineapple, is rich in vitamin C, manganese, and the natural enzyme, bromelain. Corn and pears are high in fiber.

Blue/Purples: They add health-enhancing flavonoids and antioxidants. Blueberries are rich in Vitamin C and folic acid, and high in fiber and potassium.

Whites: Vegetables from the onion family, which include garlic, chives, scallions, leeks, and any variety of onion, contain the phytochemical allicin, which lowers cholesterol and blood pressure and increases the body's ability to fight infections.