



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

November 2019 Programs Newsletter

NAVIGATING GROCERY STORE AISLES

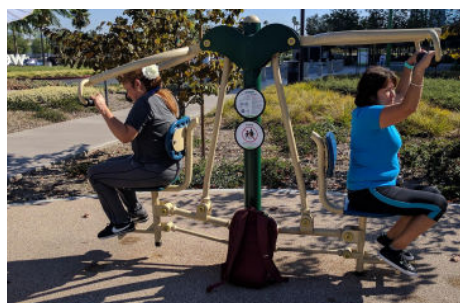
Did you know, the average grocery store contains over 40,000 different food products? With so many options, is it possible to shop for healthy food if you're on a limited budget or have a large family to feed? Ranier Castillo, Dietetic Intern at USC's School of Gerontology, investigated this question across three grocery stores in Inglewood and Baldwin Hills.

Ranier took notes on the prices, store layout, product placement, and customer experience of each store. He noticed that the entrances of all three stores displayed merchandise on sale, which were mostly processed junk foods. With so many long aisles, Ranier found himself pacing back and forth to fulfill his shopping list, and he noted how difficult it would be for caregivers to navigate around if they were shopping with young children. In one store, he found whole wheat options to be more expensive, and in another, he couldn't find any whole wheat options at all. Given the variation across the different stores, we created some simple tips to navigate grocery stores:

1. Know the store layout to save time and energy while shopping.
2. Don't shop while hungry, or else your stomach will do the shopping for you!
3. Create a list before shopping to help avoid temptation from sales.
4. Check the store circular and add necessary items to your list.
5. Shop the perimeter first to fill your basket with fresh, whole foods!



PROGRAM HIGHLIGHTS



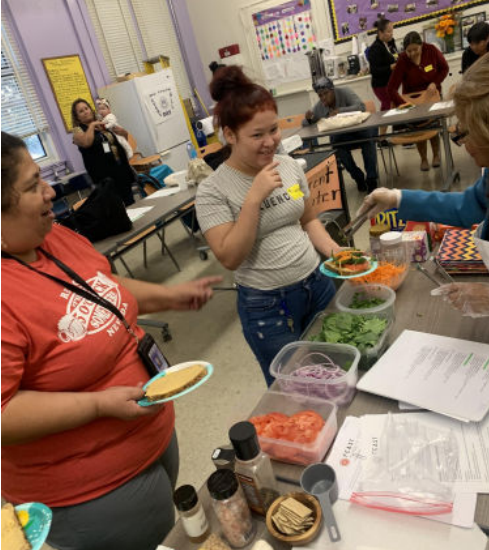
Left: Chef Gilberto demonstrates how to make Zucchini Spaghetti and Cauliflower and Artichoke Tacos.

Top Right: Group members from The Karsh Center tasting yummy Whole Wheat Pasta Salad with Garbanzo Beans and a Lemon-Cilantro dressing!

Bottom Right: Kaiser Permanente Baldwin Hills group members take advantage of exercising together after class using the center's outdoor park.



FEAST PROMOTORA INTERNS IN ACTION



Earlier this spring, FEAST partnered with Esperanza Community Housing to train 23 of their Promotoras to become leaders in the community health field. Maria Thalia, Carmona and Elena Torres, all Esperanza graduates and current FEAST interns, are now putting into practice the skills they've developed to lead FEAST Wellness Programs and classes for the community.

Together, Thalia and Elena led a 4-Week workshop series with 25 parents at Manual Arts High School. The topics focused on Processed vs. Whole Foods, Nutrition Label Reading, and Healthy Eating on a Budget. "FEAST has the power to promote a positive change for a healthier lifestyle. It made me see that our community is determined and eager to learn, and that change is possible; we all just need a helping hand," says Thalia. Wendy Ayuso, Parent Coordinator at Manual Arts, says that the Promotoras have excelled at relating with the parent community, and she cannot wait for more opportunities to continue FEAST at the school.



Additionally, Thalia co-leads the groups at Kaiser Permanente Baldwin Hills and Elena is the lead teacher for the community cooking class held at the FEAST Office every Wednesday at 4:30pm. See below for more details about the class.

A huge thank you to our program partner, **Sir Kensington's** who supported the training of FEAST community health leaders, including Thalia and Elena!



UPCOMING COMMUNITY EVENTS

Farmers' Market Tour at Baldwin Hills

Join us to learn tips on how to stretch your dollars when shopping at the Farmers' Market! We will talk about the Market Match program and Sweetgreen's Fresh Funds.

Saturday, November 16, 10:00am - 1:00pm
Crenshaw Farmers' Market
3650 W Martin Luther King Jr Blvd, 90008

Heart of Los Angeles Block Party

Celebrate the opening of HOLA's new recreation center with us! FEAST will be providing recipe samples.

[Event Details Here](#)

Saturday, December 7, 11-2pm
615 S Lafayette Park Pl, Los Angeles, CA 90057

Email amy@feastforall.org for more info

FREE COOKING CLASS



Learn a new recipe!
Take home fresh produce!

FEAST HQ
3655 S. Grand Ave #210
Los Angeles, CA 90007
4:00-5:30pm, every Wednesday
No class 11/20 or 11/27