



Community Organizations and Resources:

Across Our Kitchen Tables: Serves as a cultural culinary arts hub geared toward Women of Color (WOC) that creates safe spaces for community building and exchange of ideas, while helping generate relevant and sustainable business models based on social and cultural responsibility. acrossourkitchentables.org

Claudia Serrato: College professor/chef and community workshop facilitator for topics such as decolonization, feminist methodologies, Mesoamerican/Indigenous foodways, food politics, womb ecology, and taste memory. Catering info available at facebook.com/CocinaManakurhini.

Cocina House: A plant based private chef and catering service provided by Valerie Dueñas. cocinahouse.bigcartel.com

Compra Foods: Offers small markets a wide selection of high quality produce and healthy snacks. comprafoods.org

Crafted Kitchen: Gives small food businesses access to shared kitchen space, resources, and business skills they need in order to make their culinary dreams a reality. craftedkitchenla.com

Farmers Market Guide: Current list and map of L.A. farmers markets. laweekly.com/restaurants/the-ultimate-la-farmers-market-guide-google-map-2895133

Food Forward: Rescues fresh local produce that would otherwise go to waste, connecting this abundance with people in need, and inspiring others to do the same. foodforward.org

From Lot To Spot: Works with neighborhoods that are in need of social and recreational spaces, and transforms vacant lots into a community 'spot.' fromlottospot.org

Hunger Action LA: Works to end hunger and promote healthy eating through advocacy, direct service, and organizing. hungeractionla.org

Imperfect Produce: Fighting food waste by delivering healthy, delicious "ugly" fruits and veggies for 30-50% less than grocery stores, to your door. imperfectproduce.com

LA Food Policy Council: Bring together diverse stakeholders to study a local food system and offer recommendations for policy change. goodfoodla.org

LA Compost: Manages 8 community compost hubs throughout L.A. County. lacompost.org

LA Kitchen: Believes that neither food nor people should ever go to waste. By reclaiming healthy, local food that would otherwise be discarded, training men and women who are unemployed for jobs, and providing healthy meals to fellow citizens, L.A. Kitchen empowers, nourishes, and engages the community. lakitchen.org

LURN: Develops solutions to fight poverty, build sustainable economies and resilient communities. They promote and build places that meet the diverse needs of residents, are sensitive to the environment, and contribute to healthy living and opportunity. lurnetwork.org

Todo Verde: Offers plant-based community food demonstrations, dialogue on issues within our food system and decolonizing foodways. todoverde.org

Reading Resources:

America's First Cuisines: Anthropological and *her*storical account of Mesoamerican foodways prior to colonization. utpress.utexas.edu/books/coeame

Decolonize Your Diet: Reclaiming culture by sharing ancestral recipes, cooking techniques, and discussions of ingredients. decolonizeyourdiet.org

Omnivore's Dilemma: Follows each of the food chains that sustain us—industrial food, organic or alternative food, and food we forage ourselves—from the source to a final meal, and in the process develops a definitive account of the American way of eating. michaelpollan.com/books/the-omnivores-dilemma

Recovering Our Ancestors' Gardens: Focus is on Indigenous health and nutrition along with recipes and guide towards Indigenizing one's fitness. publishersweekly.com/978-0-8032-3253-2

Documentaries:

Cowspiracy: Addresses the effects of animal agriculture on the environment. cowspiracy.com

Food, Inc.: Examines how corporations have taken over all aspects of the food chain in the United States, from the farms where our food is grown to the chain restaurants and supermarkets where it's sold. pbs.org/pov/foodinc

Forks Over Knives: Researchers explore the possibility that people changing their diets from animal-based to plant-based can help eliminate or control diseases like cancer and diabetes. forksoverknives.com

Seed: The Untold Story: Advocacy for seed saving, sharing and growing in addressing food sovereignty and sustainability. seedthemovie.com

Notes: