

# Food Bank of Contra Costa and Solano County



*Champion for Change  
Concord and Fairfield, CA*

***“The futures of our children depend on proper nutrition to excel in school and reduce childhood obesity.”***

The Food Bank of Contra Costa and Solano County has been serving the community for almost 40 years. The Food Bank serves approximately 188,000 people each month and distributed over 20 million pounds of food last year or about 16 million meals, with more than half being fresh produce. As a Champion for Change, the Food Bank works to reduce food waste, feed hungry people, and raise public awareness of issues related to food and hunger.

The Food Bank offers a variety of services including Farm 2 Kids, Food for Children, and the Community Produce Program. All of their programs include a nutrition education element and health and nutrition tip sheets.

Their Farm 2 Kids program provides fresh fruits and vegetables to low income children and families. Over 9,000 children in 84 schools benefit from this program each week. The Community Produce Program, a beverage styled truck, distributes free produce in the community twice a month and the Food for Children program gives non-perishable items supplemented with fresh fruits and vegetables and bread to children 4-5 years of age every month.

As a Champion for Change, the Food Bank is always striving to improve the health of the community as well as finding ways to establish new partnerships to increase their distribution of fresh produce each year.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).