

Farmers' market-style food giveaway launched in San Pablo

May 19, 2017



A farmers' market-style food giveaway has launched twice monthly in San Pablo as part of a collaboration between a group of county physicians and The Food Bank of Contra Costa and Solano.

San Pablo's distributions occur at the West County Health Center, 13601 San Pablo Ave., on the second and fourth Saturdays of the month between 2 p.m. and 3 p.m.

Qualified households can pick up approximately 20 pounds of fresh fruits and vegetables. Recipients are encouraged to bring one or two bags with handles.

To make this happen, the Food Bank teamed with physicians in the Contra Costa County's medical system who have formed a group called Food is Medicine, which seeks to provide low-income patients they serve with greater access to nutritious foods. Proper nutrition can help the country's obesity and type 2 diabetes epidemic, the physicians say.

The farmers' market-style giveaway will also take place at the Pittsburg Health Center in Pittsburg on the first and third Thursdays of the month between 1:30 p.m. and 3 p.m.

For more information regarding food distribution qualifications, visit foodbankccs.org or call 1-855-309-FOOD.