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2022 COMMUNITY FOOD GUIDE HITS LOCAL NEWSSTANDS

For Immediate Release

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EUREKA, CA (April 29, 2022) – Cooperation Humboldt’s *Community Food Guide* is available now at newsstands throughout Humboldt and Del Norte Counties, as well as at the North Coast Co-op and the North Coast Growers Association booth at local farmers markets. Content can also be accessed online at cooperationhumboldt.org.

The Food Guide is an annual magazine that supports access, equity, education, and empowerment in our local food system. This year’s edition is packed with useful information about why local food is important, how to find it, and how you can grow your own garden here on the North Coast. It includes directories of local food producers as well as editorial content highlighting issues surrounding food sovereignty and social justice plus lots of hands-on information about gardening in our bioregion. All of the articles are available in Spanish online.

“Food influences every one of our lives, and has the potential to bring us together and care for one another in community,” explains Tamara McFarland, editor of the Guide, “In this publication, we have aimed to prioritize the food needs of our most vulnerable neighbors, highlight Indigenous voices and explore connections between race, class, gender identity and food. We believe that access to nutritious and culturally appropriate food is a fundamental human right, and that communities should have the right to determine how their food is produced and distributed. This Guide is an important tool for sharing that vision and bringing it to fruition.”

Cooperation Humboldt’s food team also provides Little Free Pantries to facilitate neighborhood sharing, empowers new and aspiring low-income gardeners to grow food through their free mini gardens, plants community fruit trees, and offers a variety of educational opportunities relating to food production. Learn more at cooperationhumboldt.org.

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