

Healthy Food SOUTH L.A. RIDE + WALK

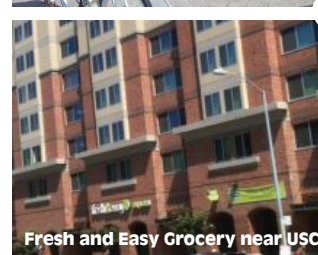
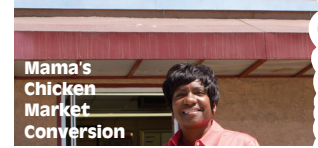


This map of Healthy Food options in South L.A. was created and tested by more than 40 pedestrians and cyclists representing

the local community, including Normandie Elementary. Exploring the neighborhood's urban gardens, markets and grocery stores, they scouted safe pedestrian and bike routes to get there. Community members are invited to contribute their healthy food and safe routes finds during October's CicLAvia and November 4th's ride + walk, which will be added to the final version of the map.

OAK'S JR MARKET
2500 W Jefferson Blvd

Tips for BIKING & WALKING on back!



Where to find healthy food in South LA

Legend

- Grocery Stores & Healthy Markets
- Community Gardens
- Parks/Public Space
- Schools
- Community Organizations
- Metro Expo Line
- Bike Lanes
- Best Walking & Biking Routes



Healthy Food SOUTH L.A. RIDE + WALK

NEXT EVENT NOVEMBER 4, 2012
RIDESOUTHLA.COM for more info

The best routes to healthy food

How did we pick the best routes for walking and biking to these healthy food destinations?

GOOD ROUTES: Shade, landscaping, safe crossings, street lighting, bike lanes, residential streets

UNPLEASANT/UNSAFE ROUTES: unmaintained sidewalks, long stretches of paved areas without landscaping, litter, unsafe crossings

★ SOME STREETS COULD USE IMPROVEMENT...

To request street improvements (lighting, sidewalk repair, tree trimming, etc) in your neighborhood, contact the Bureau of Street Services bss.lacity.org/request.htm

OR get involved with pedestrian and bike improvements in your council district losangeleswalks@gmail.com or tafarai@trustsouthla.org

Community Market Conversions

Market conversions expand access to nutritious food in underserved neighborhoods by converting convenience stores into healthy food markets.

\$1 WAREHOUSE

6001 S Vermont

MAMA'S CHICKEN

2510 W Slauson Avenue

OAK'S JR MARKET

2500 W Jefferson Blvd

EL AZTECA

4031 Main



COMMUNITY SERVICES UNLIMITED (CSU) MINI URBAN FARM

3980 S. Bill Robertson Lane

Come visit the Urban Farm, the site of Community Services Unlimited (CSU)'s educational programs, including Garden Gateway which supports the creation of edible home gardens. The food that is grown at this (and other CSU urban farms) is made available in the community through CSU's Produce Stands, Produce Bag Program and store front at the Mercado la Paloma.

VOLUNTEER DAYS: Tue. 9am-12pm

For other volunteer times or to sign up for the Produce Bag Program: csuinc.org

NATURAL HISTORY MUSEUM GARDENING CLASSES

213-763-ED4U / educate@nhm.org
nhm.org/site/activities-programs/gardening

USC URBAN GARDEN

3015 Shrine Place

MERCADO LA PALOMA

3655 S. Grand mercadolapaloma.com
Converted from a garment factory to a vibrant community market by Esperanza Community Housing. The Mercado hosts small businesses that create and sell hand made artisan foods and other products.

TRUST SOUTH LA

4331 S Main trustsouthla.org

Works with South Los Angeles residents to secure new development that meets the needs of working class families, including affordable housing, new local parks and improving pedestrians and bicycle users' safety.

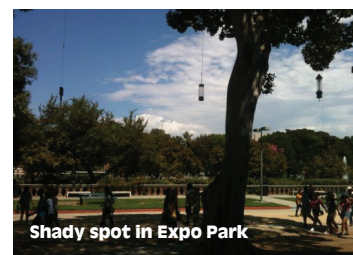
Safe routes



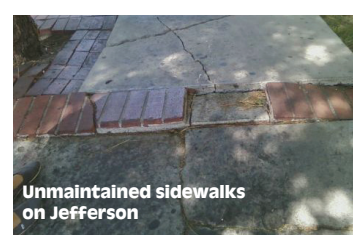
Gates crossing Expo Line at Jefferson and Figueroa



Bike Sharrows on Truesdale Parkway on USC campus



Shady spot in Expo Park



Unmaintained sidewalks on Jefferson