

# Food resources

**Important: pay attention to any food allergies in your family**

**211:** [www.211sacramento.org/211/guided-search/](http://www.211sacramento.org/211/guided-search/)

## **Local farmers markets**

**California food banks:** [www.cafoodbanks.org/find-food/](http://www.cafoodbanks.org/find-food/)

Central Downtown Food Basket: 1701 L St, Sacramento, CA 95811  
Ph: (916) 761-5624

River City Food Bank 1800 28th St, Sacramento, CA 95816  
Ph:(916) 446-2627

Sacramento Food Bank & Family Services 3333 3rd Ave, Sacramento, CA 95817 Ph: (916) 456-1980

Women, Infants, and Children (WIC). Several location  
Ph: (916) 876-5000

## **Use a crockpot, air fryer or other easy ways to cook**

**Find recipes online: You can cook 30-minute recipes** like salmon and asparagus foil packs with lemon butter; chicken and green beans skillet or steak bites with lemon zucchini noodles. See examples)

## Examples of online recipes for families – pick your own



### Food Network

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/recipes-kids-can-make>



### Weelicious

<https://weelicious.com/20-easy-recipes-to-make-with-your-kids/>



### Delish

<https://www.delish.com/cooking/g499/kids-cooking-recipes/>

