

READY TO EAT HEALTHY?

Recipes--Cooking Demos--Grocery Tours

The Alameda County Nutrition Services Healthy Retail Program partners with local grocery store owners to promote healthy food access.

Healthy Retail Stores

1. Captains - 2531 Martin Luther King Jr. Way, Oakland
2. Dallaq - 6901 Lion Way, Oakland
3. Food Town Supermarket - 6421 International Blvd., Oakland
4. Gazzali's Better Trade - 7838 International Blvd., Oakland
5. Gazzali's - 7000 Bancroft Ave., Oakland
6. General - 4301 Market St., Oakland
7. Holly - 7900 Holly St., Oakland
8. *Jaliscos - 9710 Edes Ave., Oakland
9. *Jalos - 2267 38th Ave., Oakland
10. Lucky - 247 E. 18th St., Oakland
11. *One Stop Liquor - 8400 International Blvd., Oakland
12. *Q&S Market - 1524 100th Ave., Oakland
13. Rancho Market and Produce - 1950 Fruitvale Ave., Oakland
14. Royal - 7615 MacArthur Blvd., Oakland
15. Supermercado La Raza - 16411 E. 14th St., Ashland
16. Supermercado Mi Tierra - 9520 International Blvd., Oakland
17. Super Mercado Mi Tierra - 4340 E. 14th St., San Leandro
18. *Three Amigos Market and Deli - 1554 13th Ave., Oakland
19. Zavala - 98th and Bancroft, Oakland

*Subcontractor HOPE Collaborative stores

In-Person Grocery Store Tours

- A registered dietitian guides participants through the produce, dairy, meat, cereal, canned and frozen sections of the grocery store to teach about label reading, how to select healthier food options and answer nutrition questions.
- Tours are conducted in both English and Spanish. Call to schedule a tour (510) 268 - 4226

Recipes

Check out easy, healthy recipes at: www.healthylivingforlife.org

Nori Grossmann, MPH, RD

Alameda County Public Health Department
Nutrition Services Program
3600 Telegraph Ave. Oakland, CA 94609
(510)268-4226
Nori.grossmann@acgov.org
www.healthylivingforlife.org



Partner Rancho Market and Produce with owner Abdu Almahen, sons, and staff

Produce Promotion Strategies

- Subcontract with HOPE Collaborative which engages five corner stores
- Provide new energy efficient refrigerators for selling CA grown produce
- Pilot Produce Coupon project
- Promote Rethink Your Drink and Healthy Snack Day Campaigns
- Engage community through social media
- Highlight recipes using seasonal produce



Healthy Living
...for life!

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