

Alchemist CDC

Connecting families to farmers

by Jennifer von Geldern

Alchemist Community Development Corp. is a true, home-grown charity founded in 2004 by U.C. Davis graduate students, with services firmly rooted in providing access to healthy, local food.

Alchemist CDC provides CalFresh (Food Stamps) processing at six farmers' markets in Sacramento County. "Without us, families that receive CalFresh couldn't use their benefits for locally grown, fresh produce at most Sacramento farmers' markets," explains Executive Director Davida Douglas. "We make farmers' markets accessible to a broader diversity of people, support farmers by growing their customer base and boost the local economy, as research shows that each CalFresh dollar spent generates almost two dollars in economic activity."

Alchemist CDC facilitates Market Match, an incentive program that encourages low-income families to shop at farmers' markets and form healthy food-shopping habits. If CalFresh recipients spend \$10 at any of 13 participating farmers' markets in Sacramento and Yolo Counties, they receive \$5 in Market Match vouchers to spend on fruit, nuts and vegetables. Alchemist CDC supplies that matched money through fundraising efforts and grants.

In low-income neighborhoods where fresh food is scarce, Alchemist CDC also works with convenience stores to help them stock local produce and educate customers about healthy food choices.

"We support programs that promote public health, physical activity and local food production," says Elk Grove Mayor Gary Davis. "Alchemist CDC is helping our residents to make healthy choices with nutritious, locally grown produce from the region's farms."

Please volunteer with Alchemist CDC, make a donation or become a business sponsor to make a real difference for low-income households and to support access to healthy food for everyone.



60% of CalFresh recipients are children.
One in seven Sacramento County residents receive CalFresh (food stamps).



The City of Elk Grove would like to thank the 2013-14 grant recipients, including:

- Alchemist CDC
- Courageous Connection
- Elk Grove Adult Community Training
- Elk Grove Community Garden
- Elk Grove Food Bank
- Elk Grove PAL
- Elk Grove United Methodist Church
- Human Rights/Fair Housing Commission
- Meals on Wheels
- Project RIDE
- Sacramento Self-Help Housing
- Senior Center
- South County Services
- Teen Center USA



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