

# Contra Costa County Program Brings Fresh Produce to Urban Areas

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RICHMOND, Calif. (KCBS) -- Low-income families in West Contra Costa County now have access to fresh produce grown in East County thanks to a new program that will bring locally farmed foods into the urban area.

The program is called "Farm 2 Table." Residents pay \$50 per month and receive two boxes of fresh fruits and vegetables each month. Part of that money goes to subsidize boxes for lower-income families who pay between \$5 and \$15 per box.

"Our goal is to get at least 100 (families signed up to receive) boxes within the next two months," said Jim Becker, director for development at the Richmond Children's Foundation.

 [KCBS' Margie Shafer reports](#)

There are currently 40 subsidized families and 20 non-subsidized families signed up to receive the boxes and the program currently has the capacity to distribute as many as 300 boxes of produce twice a month within the first year.

A study conducted by Contra Costa Health Services found that blacks and Latinos living in Richmond are the county's most at-risk groups for obesity and diabetes. One out of every four children in the Richmond area is overweight, putting them at risk of diabetes and other chronic diseases.

Families in Richmond and surrounding neighborhoods can sign up for the program, called "Farm 2 Table" at the Richmond Children's Foundation Web site at [www.richmondchildren.org](http://www.richmondchildren.org) or at [www.localharvest.org](http://www.localharvest.org).

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