

SANTA ROSA
1899 Mendocino Ave.
(707) 546-1806
8am - 8pm daily



FOOD FOR PEOPLE
COMMUNITY
MARKET
est. 1975



SEBASTOPOL
6762 Sebastopol Ave.
(707) 407-4020
8am - 9 pm daily



NOT FOR PROFIT

January Sales

Good Thru 12/29/2025 - 2/1/2026

House Foods
Miso Ramen Kit
6.7 OZ

\$6.99



Nancy's
Organic Whole Milk
Yogurt
Plain Probiotic
32 FL OZ

\$6.79



Nasoya Foods
Egg Roll Wraps
16 OZ

\$3.99



Malk
Vanilla Oat Milk
28 FL OZ

\$6.79



Waterloo
Black Cherry Sparkling
Water
8/12 FL OZ

\$8.99
+CA CRV



Lundberg Family Farms
Organic Rice Cake
Minis
Sea Salt
5 OZ

\$5.49



Aloha
Peanut Butter Cups
Protein Bar
1.98 OZ

\$3.49



Rw Knudsen Family
Mixed Berry Recharge
32 FL OZ

\$3.99
+CA CRV



Tiger Balm
Pain Relieving
Ointment
18 GRM

\$7.99
Extra Strength

\$8.99
Ultra Strength

MegaFood
One Daily
60 tablets

\$29.99



**ALL MEGAFOOD
MULTIVITAMINS
30% OFF**

Gear Hugger
Multi purpose
Lubricant
3 OZ

\$7.79



Himalaya
Anti-cavity Toothpaste
with Fluoride
4 oz

\$7.99





Since 1987, the Redwood Empire Food Bank has provided food and nourishment to those facing hunger—serving more than 142,000 children, families, and seniors in Sonoma, Lake, Mendocino, Humboldt, and Del Norte Counties. With over 300 direct service distributions and 130 partnerships with local human service organizations, all residents facing food insecurity have regular access to weekly and monthly food distribution sites across the five counties.

RWEFB provides monthly food distributions through three hunger-relief initiatives:

- Every Child, Every Day: Four robust programs ensure a healthy start in life for our littlest neighbors in need, providing food to 48,000 at-risk children.
- Senior Security: Our Senior Basket program provides food to 15,600 low-income seniors, giving them the nutritional stability and resources they need to lead healthy, independent lives.
- Neighborhood Hunger Network: We provide groceries to anyone in need through a variety of programs that improve the health and well-being of 142,000 individuals in our community.

This month, your spare change can help sustain a vital resource that help to feed our community.



SCAN TO DONATE



GROCERY & CHILL DEALS

Bizzy
Organic Cold Brew
Coffee
Espresso Blend
48 OZ

\$7.79



Elemental
Spirulina Cacao
Superfood Bar
1.8 oz

\$3.79



Kettle And Fire
Lemongrass & Ginger
Bone Broth
16.9 FL OZ

\$8.99



Jeesauce
Cilantro Lime Dip
9 FL OZ

\$7.99



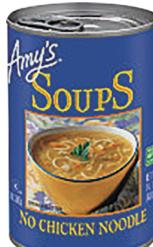
De La Calle
Hibiscus Tapache
12 oz

\$2.99
+CA CRV



Amy's
Low Fat No Chicken
Noodle Soup
14.1 OZ

\$6.49



Brad's Plant Based
Organic Crunchy
Kale
Original
2 OZ

\$7.49



Eden Foods
Organic Black Eyed
Peas
15 OZ

\$4.29



Lightlife Foods
Organic Tempeh Strips
Smoky Bacon
6 OZ

\$6.79



Just
Liquid Egg Replacer
16 oz

\$9.49



Le Grand
Garden Pesto
5.5 OZ

\$8.99



Pickled Planet
Raw Beet Kraut
16 OZ

\$8.99



Laird Superfood
Superfood Mocha
Creamer
8 OZ

\$10.49



Bob's Red Mill
Organic Rolled Oats
Old Fashioned
32 OZ

\$10.99



St Dalfour
Red Raspberry Spread
10 OZ

\$6.79



Lakanto
Monkfruit 1:1 Sugar
Substitute
16 OZ

\$12.99





LOCAL AGENCIES OFFERING HELP FINDING FOOD & HOT MEALS

2-1-1 Sonoma County

Referrals to food programs, plus help to apply for CalFresh.
Dial 2-1-1 or (800) 325-9604
211sonoma.org/food/

Catholic Charities

Referrals to rural food sites, food pantries, plus help to apply for CalFresh.
(707) 528-8712
srcharities.org

Council on Aging

Meal programs for seniors 60+ and their caregivers.
(707) 525-0383
councilonaging.com

Petaluma Bounty

Food resource guide to Petaluma-area programs in English and Spanish.
(707) 775-3663
[Petaluma Bounty.org](http://PetalumaBounty.org)

Petaluma People Services Center

Meal programs that assist seniors 60+ and their caregivers.
(707) 765-8488
petalumapeople.org

Redwood Empire Food Bank

Find food distributions sites near you, Food Connections Market, emergency food boxes, senior baskets, diapers, and help to apply for CalFresh.
Open Monday-Friday.
(707) 523-7903
refb.org

St. Vincent de Paul

Referrals to church-based food programs, including the free lunch site in Santa Rosa.
(707) 584-1579
svdp-sonoma.org

Sonoma County WIC

Women, Infant Children Program, Department of Health Services
A program for pregnant women and children to age five who are low-income, plus help to apply for CalFresh.
(707) 565-6590

HEALTHY DISCOUNTS IN WELLNESS

Dr. Shen's
Coldstop - Yin Chi
15 TAB

\$8.99



Light Mountain
Organic Hair Color &
Conditioner
Red
4 OZ

\$7.99



MegaFood
Sea Moss Complex
120 ct

\$22.99



Natural Stacks
Magtech
90 ct

\$33.99



Chandrika
Bar Soap
Sandal
75 GM

\$1.99



Barlean's
Flax Oil Vegan
Softgels
100 ct

\$17.99



Ancient Nutrition
Creatine + Collagen
5.8 oz

\$25.49



Ketone-Iq
Classic Shot
2 oz

\$5.99



Beekeeper's Naturals
Nasal Spray Plus
Propoli
1 oz

\$12.99



Himalaya
Whitening Hydroxyapatite
Toothpaste
Mint
4 oz

\$10.49



All Terrain
Ditch The Itch
Soap & Cream
4 oz & 2 oz

\$11.49

cream
\$8.79



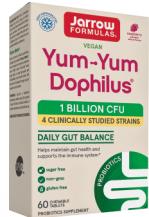
Rael Inc
HEATING PATCH
3 CT

\$8.49



Jarrow Formulas
Yum-Yum Dophilus
60 chew tabs

\$12.99



The Humble Co.
Floss Picks
Charcoal Infused
50 CT

\$3.99



Great Lakes Wellness
Collagen
Bovine & Marine
8 oz

\$26.49

marine

\$29.49
bovine



The Humble Co.
Kids Floss Picks
Mint
50 CT

\$3.99





SEBASTOPOL CENTER FOR THE ARTS

JANUARY 2026 EVENTS

learn more & register for classes at
sebarts.org/monthly-calendar



Floor Loom Weaving:
Exploring Pattern with TWILLS!
Thursday, January 8
9:30 AM - 12:30 PM



Colored Pencil with Nina Antze
Tuesday, January 13
10:00 AM - 1:00 PM



Poetic Medicine
Tuesday, January 13
4:00 PM - 5:30 PM



Songs for Creative Revolution
Sunday, January 18
3:00 PM - 5:00 PM



Garden Poles
Thursday, January 22
2:00 PM - 5:00 PM



SRS Youth Symphony Concerto
Friday, January 23
6:00 PM - 8:00 PM



Wayne Thiebaud: The Whole Story
Thursday, January 29
5:00 PM - 6:15 PM



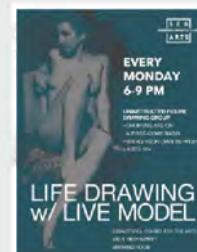
Film Screening:
I Know Catherine, The Log Lady
Friday, January 30
5:30 PM - 8:00 PM



Printmaking: Copper Plate Drypoint &
Monotype Techniques
Saturday, January 31 &
Sunday February 1
10:00 AM - 2:30 PM



WEEKLY EVENTS & CLASSES



Jan Session:
Life Drawing Meet-Up
Monday, January 5 - 26
Starts: Monday 11/3
6:00 PM - 9:00 PM



Intro to Wheel Throwing:
Fridays, January 9 - Feb 13
Starts: Friday 01/09
5:00 PM - 7:30 PM



Hand-building Wednesdays
January 14 - 28
Starts: Wednesday 01/14
1:30 PM - 4:00 PM



Intro to Peaceful Pottery
January 21 - Feb 25
Starts: Wednesday 01/21
6:00 PM - 8:30 PM

THE GARDEN EVENTS

TAPROOM & ESPRESSO BAR

JANUARY 2026



SUNDAYS
5 PM

CANCELED
OPEN MIC NIGHT



TUEDAYS
5:30 PM

STITCH & B*TCH



WEDNESDAYS
& SUNDAYS
ALL DAY

SENIOR DISCOUNT



FRIDAYS
6 PM

CANCELED
KARAOKE NIGHT



FOOD FOR PEOPLE
**COMMUNITY
MARKET**
est. 1975
NOT FOR PROFIT



GROCERY & CHILL DEALS

Evolution Fresh

Fruit Juice
Watermelon, Limon
15.2 FL OZ

\$5.99

+CA CRV



Miso Master

Organic Miso
Sweet White
16 OZ

\$15.49



Rebbl

Organic Plant Protein
Elixir
Dark Chocolate
12 FL OZ

\$4.99

+CA CRV



Tofurky

Plant-Based Deli Slices
Peppered
5.5 OZ

\$6.49



Treeline

Cashew Sour Cream
7.5 OZ

\$4.99



Tim Tam Tummy

Kids Mango Kombucha
4/222 ML

\$7.99



Vive Organic

Organic Immunity
Boost Shot
Original Ginger & Turmeric
2 FL OZ

\$3.49

+CA CRV



Lifeway

Probugs Kids Kefir
Pouch
3.5 FL OZ

\$1.99



Once Upon A Farm

Organic Fruit & Veggie
Blend
Green Kale & Apples
3.2 OZ

\$3.79



Bambo Nature

Baby Wipes
64 CT

\$3.29



Seventh Generation

Bath Tissue
4/240 CT

\$6.79



Coco Clean

Laundry Max Powder
11.6 OZ

\$10.49



If You Care

Paper Bags
Snack & Sandwich
48 CT

\$7.49



Winter's Bounty

The Power of Eating with the Seasons

Winter may seem like a time of scarcity, but in truth, it offers an abundance of vibrant, nutrient-rich produce that nourishes both body and spirit. Eating seasonally—choosing foods naturally harvested at their peak—connects us more deeply to the rhythms of nature, supports local farmers, and enhances the flavor and nutritional value of what we eat. Winter's harvest brings a vibrant mix of greens, citrus, and colorful fruits that nourish body and soul while supporting our local farmers and sustainable food systems.



Leafy Greens such as kale, collards, Swiss chard, and spinach thrive in cool temperatures, developing a sweetness that milder seasons can't match. These greens are loaded with vitamins A, C, and K, iron, and calcium—powerful allies for immunity and bone health. Their versatility in soups, sautés, and salads makes them a cornerstone of winter wellness.

Brassicas, a family that includes broccoli, cauliflower, Brussels sprouts, and cabbage, are the true workhorses of winter. Cold weather brings out their natural sugars, creating depth of flavor when roasted or sautéed. Rich in fiber, antioxidants, and compounds that support detoxification, brassicas are celebrated for their role in reducing inflammation and supporting long-term health.

Citrus fruits like oranges, grapefruits, mandarins, lemons, and limes—bring a burst of sunshine to the darker months. In winter, they're at their juiciest and most flavorful. Their high vitamin C content boosts immune function, while their bright acidity elevates both sweet and savory dishes. Local or regional varieties can offer surprising diversity and freshness.

Pomegranates, with their jewel-like seeds, symbolize vitality in the heart of winter. Packed with antioxidants, fiber, and vitamin C, they help fight oxidative stress and promote heart health. Their tart-sweet flavor adds color and texture to salads, yogurt bowls, and grain dishes, making every bite a celebration of the season.

Celebrate the Season with Us

Eating with the seasons isn't just delicious — it's smart. Seasonal produce is fresher, more affordable, and better for the planet. Stop by Community Market this winter and explore nature's best cold-weather bounty. Your body (and your taste buds) will thank you!



Pumpkin Carrot Soup

from Califia Farms by Lindsey Baruch, @lindseyeatsla



SERVINGS: 4

INGREDIENTS

- 1 teaspoon coconut oil
- 2 cups butternut squash
- 1/2 cup **Califia Farms Unsweetened Almondmilk**
- 1/2 white onion, chopped
- 2 garlic cloves, minced
- 3 carrots, roughly chopped
- 1/2 cup canned pumpkin
- 1/2 teaspoon curry powder
- 4 cups vegetable stock
- 1 thumb ginger
- 1 cup full fat canned coconut milk
- 1/8th teaspoon chili powder
- 1 stick lemongrass
- Salt and pepper to taste

DIRECTIONS

1. In a dutch oven or deep pot, add your coconut oil on low. Then, add your onions, garlic, ginger, and lemongrass, allowing it to sweat for 1-2 minutes on medium-high.
2. Add in your butternut squash, carrots, curry powder, and chili powder. Mix well.
3. Add your pumpkin puree, your stock, and seasoning and mix well.
4. Let the soup simmer until all the vegetables are fork tender. Then, blend with an immersion blender or in a blender with the fill cap removed to let steam out while blending.
5. Once fully blended and smooth, add our **Unsweetend Almondmilk** and your can of coconut milk.
6. Adjust salt to taste and serve!

SACRED MUSHROOMS CACAO

LOVINGLY MADE IN HUMBOLDT CA



Feel supported in a deep way.

Take a Breath &

receive this grounding sacred earth medicine.



Blended with 5 of the most well known & studied ancient medicinal mushrooms - steam processed mycelia & fruiting bodies, organic Fair Trade regeneratively grown cacao & the highest quality spices - creating a sacred cup to nourish & ground you.



Lion's Mane



Cordyceps



Turkey Tail



Reishi



Mesima



Sacred Mushrooms Cacao is available at both our locations!

PRESENTED BY THE SEBASTOPOL COMMUNITY CULTURAL CENTER'S YOUTH PROGRAMS



THE FAMILY RAVE

SUNDAY, JANUARY 4

2 PM - 4 PM

LIVE DJS
KIDS FREE
ADULTS \$5

- JOIN US FOR ANOTHER HIGH-ENERGY AFTERNOON AT THE FAMILY RAVE—A VIBRANT, ALL-AGES DANCE PARTY WHERE PARENTS CAN RELIVE THEIR RAVE DAYS AND KIDS CAN JOIN IN ON THE FUN!
- COME DRESSED TO SHINE—NEON, SPARKLES, AND GLOW STICKS ENCOURAGED!
- A VIBRANT, ALL-AGES DANCE PARTY WHERE PARENTS CAN RELIVE THEIR RAVE DAYS AND KIDS CAN JOIN IN ON THE FUN!

390 MORRIS ST. (SEBASTOPOL COMMUNITY CULTURAL CENTER'S MAIN HALL)

SEASTOPOL COMMUNITY MARKET'S
TAPROOM & ESPRESSO BAR

THE GARDEN



OPEN 8 AM - 9 PM DAILY
LAST CALL 8:30PM!

HAPPY HOUR 4 - 6 PM
\$1 OFF PINTS &
GLASSES OF WINE



20 ROTATING TAPS

It's Alive Kombucha

Local Brewery

Boochcraft

Russian River

Cider

Henhouse

Moonlight

Cooperage

Sours

Stouts



OPEN MIC NIGHT

AT THE GARDEN
CANCELED

Live music, spoken word,
unexpected brilliance

EVERY SUNDAY
5:30-9:00



Sign-ups start at 5:00

SEASTOPOL COMMUNITY MARKET



BLACK
OAK

COFFEE ROASTERS



CAFÉ
Mam



COOKING UP THE BEST FOR YOU 7 DAYS A WEEK FROM 8 AM TO 6 PM

The Deli offers custom & signature sandwiches, wraps, salads, daily specials, a delicious rotating hot-bar, quick grab & go options, meat & cheese by the pound.



6762 SEASTOPOL AVENUE (707) 407-4020