



# Community Food Security

Growing Healthy Farms, People, and Communities



# Community Food Security

## What is community food security about?

- **Good food**—food that's fresh, delicious, and healthy!
- Everyone **having access** to good food—no matter where we live or how much money we have.
- Supporting **local** and **independent** farms and businesses that support our communities.
- Producing and distributing food in ways that **protect our planet** and our climate.
- Taking charge of our communities by working together to **create positive change**.

## What does it look like in action?

- Stores in every community sell healthy, **high quality foods** at affordable prices.
- Local, environmentally friendly **family farms** are thriving, and their food is widely available through nearby stores and farmers' markets.
- Schools and other institutions serve **healthy** and **delicious meals** that include food from local farms.
- Neighbors grow some of their own food in **community** and **home gardens**, and share food and their cultures with each other.
- Government policies support a healthy food system, and **people have a voice** in decisions that affect them.



## What Can I Do?

You can create more change together than alone. You can:

- **Connect with a local group** to find out more about what you can do (see contact on back cover).
- **Talk to friends** and **neighbors** about the changes you want to see and what you can do together.
- **Learn more** about food issues. Read publications or watch videos with friends and discuss what you are learning.
- **Share skills** to help people learn to grow, preserve, or cook their own food.
- **Ask local stores**, schools, and institutions to provide healthy food from local and environmentally friendly farmers.
- **Talk to local government** officials about what they can do to help make good food available to everyone.

On your own, you and your family can:

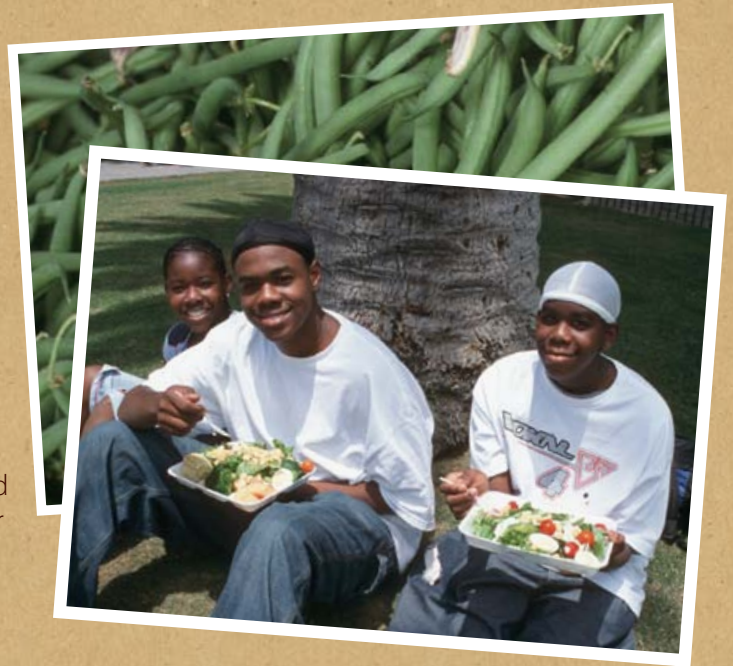
- **Eat good food.** Your body will thank you, and you'll feel better.
- **Grow some of your own food** in a home or community garden.
- **Vote with your dollar.** Support the types of farmers, stores, and organizations you believe in through your daily purchases.



## Why does it matter?

Everyone needs food every day, and everyone deserves **a chance to make healthy choices**. But in too many communities, it's hard to get good food, which makes it hard to have a healthy life.

And it's not just **what** we eat that has a big impact on our health. **How** we grow, process, and distribute our food has huge impacts on our **health**, our **communities**, our **economy**, and our **planet**. The bad news is that most of our food now comes to us from a global food system that has many negative impacts and is not sustainable. The good news is that there are other options, and our **food choices can be a powerful tool** for creating stronger communities and a better world for everyone—especially if we work together.



## Learn More! Get Involved!

For more information and action ideas, visit [whyhunger.org/fslc](http://whyhunger.org/fslc)

And explore [localharvest.org](http://localharvest.org), [foodroutes.org](http://foodroutes.org), [foodsecurity.org](http://foodsecurity.org).



Produced by the Community Food Security Coalition and World Hunger Year. To request hard-copy versions of this handout, email [contact@foodsecurity.org](mailto:contact@foodsecurity.org).

Design by [theCoup.org](http://theCoup.org)



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## Get connected!

To find out what's happening locally, contact the group listed below. Or to find a group in your area, call 1-866-3-HUNGRY or visit [whyhunger.org](http://whyhunger.org).

