



YOUR Community YOUR Food

Seven Ways to Get Healthy Food into Your Community

Your Community, Your Food

Everyone deserves a chance to make healthy food choices.

But in too many places, it's hard to get good food—especially in low-income areas, where food is often more expensive and lower quality. Reaching the nearest full-service grocery store may take several transit stops or a long drive.

People tend to eat the food that's easy to get. When that's mostly low-quality food, it's bad for their health. And that hurts families and communities through reduced quality of life, high health care costs, and lost work time. So, **it's better for all of us if everyone can get good food to eat.**

There are many things you can do, especially if you work with your neighbors or a local organization. Talk to people about your concerns and what you can do together. Look within your own community for skills and resources. Together, you can come up with creative solutions. Here are a few ideas to help get you started.



7 Ways to Get Healthy Food into Your Community

Small changes in the local food system can make a big difference in the health of our communities. And when we help our friends and neighbors stay healthy, it's good for everyone.

Learn more!

For more information and action ideas, visit whyhunger.org/fslc

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.

Grow some of your own food at home or in a community garden.

Share skills to help friends and neighbors learn to grow, cook, or preserve their own food (and have fun doing it!) You may want to partner with a community group to offer classes.

Ask your local stores to carry and promote healthier foods. Support those that do.

Ask your local schools, hospitals, and other institutions to offer healthier meals.

Help organize a buying club, coop, or farm stand to make healthy food more available and affordable.

Help local food assistance programs reach people in need and find ways to provide more healthy food options.

Ask your local government to increase access to healthy foods through improving transit routes, providing space for community gardens, or other methods. Join a local food policy council, or consider starting one.



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