

# HEAL Cities and Towns Campaign

## Examples of HEAL 'Healthy Food Access' Policies

### HEALTHY FOOD ACCESS

Access is an essential first step in empowering consumers to purchase and consume healthy foods. Healthy foods must be affordable, plentiful, and easily obtained to be considered accessible. Cities and towns have powerful planning, economic development, and public relations tools that can be used to attract healthy food to underserved neighborhoods. Municipalities are putting these tools to use to attract healthy food grocers and farmers markets and to support and protect community gardens, urban farms, and food production on open space.



#### Community & Backyard Gardens

Backyard, communal, or collective gardens are essential to the local food system; they help to promote access to healthy foods for families and neighborhoods while educating youth and supporting local ecosystems.

#### Food Production on Public Lands

Public land generally preserved for recreation and municipal purposes can be used for farming and ranching, thereby benefiting the land and the community through food production and community education.

#### Farmers' Markets & Produce Stands

Farmers' markets and produce stands are the backbones of a thriving local food system, helping to support local producers while increasing access to fresh, healthy food for nearby residents.

#### Community Food Processing

Facilities such as commercial kitchens, food hubs, and canning facilities provide producers with the opportunity to profit from value-added products and can create revenue generation and jobs for communities.

#### Healthy Food Grocers

Grocery store policies, locations, and promotions can have a significant impact on the health of a community and supporting grocers in a number of creative ways can help to address food deserts and healthy food access.

#### Food & Nutrition Education

Nutrition education, provided by a variety of programs throughout the state for families, adults, and children, helps promote lifelong healthy eating habits and has the potential to reduce the impact of obesity and chronic diseases