



# Healthy Food, Healthy Communities: Making It Happen in California



## Making Healthy Food Choices In My Neighborhood

### A Fact Sheet for Community Residents

#### I Can Buy Healthy Food for my Family:

- If there is a supermarket in my neighborhood.
- If there is a supermarket in my neighborhood **and** I can get to it easily by car, bus or by walking.
- If there is a corner grocery store in my neighborhood that sells a wide variety of high quality, affordable fruits and vegetables, whole grains and low fat dairy products.
- If there is a corner grocery store in my neighborhood that sells a wide variety of high quality, affordable fruits and vegetables, whole grains and low fat dairy products **and** I can get to it easily by car, bus or by walking.
- If there is a farmers market in my neighborhood.
- If there is a farmers market in my neighborhood **and** I can get to it easily by car, bus or by walking.
- If I have resources for food: cash, food stamp EBT and/or WIC.

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