



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



## Promotional Messages about Nutrition Systems and Environmental Change

Regional Nutrition *Network* Collaborative members and partners, Local Incentive Awardees (LIAs), and other *Network* funded projects may want to incorporate some of the promotional messages and concepts listed below into nutrition education materials, classes and/or presentations. The USDA Administrative Notice 05-28 permits the inclusions of such messages and concepts in nutrition education materials, classes and presentations. These messages and concepts can help promote nutrition systems and environmental change.

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### Consumer Rights

- ◆ All Californians have a right to healthy food.
- ◆ All Californians have a right to live in a neighborhood with a supermarket and or grocery store that sells high quality, affordable healthy food, including fresh fruits and vegetables.
- ◆ All parents have a right to buy high quality, affordable fresh fruits and vegetables for their children.
- ◆ All Californians including food stamp participants have the right to shop at a neighborhood store that sells healthy food including high quality, affordable fruits and vegetables.
- ◆ California food stamp participants have the same right to healthy food as other Californians.
- ◆ All Californians have a right to demand action from community leaders to ensure access to high quality, affordable fruits and vegetables in supermarkets and grocery stores in all neighborhoods.

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### Farmers Markets

- ◆ Farmers markets are good sources of healthy food.
- ◆ Farmers markets contribute to good health.
- ◆ Cities can promote good health by establishing farmers markets.
- ◆ Neighborhoods with farmers markets are investing in the health of their community members.
- ◆ Farmers markets that accept the Food Stamp Electronic Benefits Transfer (EBT) card are good places to shop for fresh fruits and vegetables.

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This fact sheet which is included in the publication, *Healthy Food, Healthy Communities: Making it Happen in California*, was developed with support provided by a grant from the *California Nutrition Network for Healthy, Active Families*. August 2006.



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### Elected and Appointed Officials

- ◆ City Council members create policies that help determine the availability of healthy food in a neighborhood. Limited access to healthy food jeopardizes the health of all community residents.
- ◆ County Boards of Supervisors create policies that help determine the availability of healthy food is available in a neighborhood.
- ◆ City and county-elected officials can promote and protect the health of the children and their parents by ensuring that all families have access to healthy food.
- ◆ Zoning ordinances are a significant factor in the availability of healthy food in a neighborhood.
- ◆ Zoning ordinances can determine the location of farmers markets and community gardens.
- ◆ Zoning ordinances can determine the location of supermarkets and or grocery stores.

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### Farmers

- ◆ Local farmers who grow fruits and vegetables help support good health in our community.
- ◆ Buying fruits and vegetables from local farmers and growers supports the local economy and supports good health.

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### Supermarkets and Grocery Stores

- ◆ Supermarkets and grocery stores can help parents combat overweight among children by selling healthy food including high quality, affordable fresh fruits and vegetables.
- ◆ Supermarkets and grocery stores can help promote and protect the well-being of community residents by selling healthy food including high quality, affordable fruits and vegetables.

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