



Healthy Food, Healthy Communities: Making It Happen in California



How Healthy is Your Neighborhood's Food Environment?

An Educational Tool for Community Residents

A healthy food environment is a neighborhood where families have easy access to foods that promote good health, foods like high quality, affordable fresh fruits and vegetables, low fat dairy products and whole grains. Is your neighborhood a healthy food environment?

By answering the following questions, you can learn about your neighborhood food environment and get an idea of how healthy it is. The more "yeses" you have, the healthier the food environment in your neighborhood is likely to be. "No" answers may help you identify changes that would make your neighborhood healthier.

- Is there a supermarket (a big store that sells many kinds of food) in the neighborhood? Yes__ No __
- Can residents walk safely to the supermarket? Yes__ No __
- Does the supermarket accept the Electronic Benefits Transfer card (EBT)? Yes__ No __
- Is there bus service to the supermarket? Yes__ No __
- Do most residents own cars? Yes__ No __
- Is there a grocery store in the neighborhood that sells a wide variety of high quality, affordable fresh fruits and vegetables? Yes__ No __
- Does the grocery store accept EBT? Yes__ No __
- Can residents walk safely to the grocery store? Yes__ No __
- Is there bus service to the grocery store? Yes__ No __
- Is there a farmers market in the neighborhood? Yes__ No
- Does the farmers market accept EBT? Yes__ No __
- Can residents walk safely to the farmers market? Yes__ No __
- Is there bus service to the farmers market? Yes__ No __
- Are there less than two fast food restaurants in the neighborhood? Yes__ No __

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California Center for Public Health Advocacy, P.O. Box 2309 Davis, CA 95617, 530 297-6000, www.publichealthadvocacy.org.