



Food Environment Action Menu

The current food environment, which includes the food that surrounds us in our neighborhoods, schools, and workplace make it easier for one to buy a bag of Cheetos than to buy an apple. Get Healthy will award funding to projects that focus on changing the food environment in neighborhoods, workplaces, community centers and/or organizations to increase access to healthy food and beverages. Get Healthy is very interested in funding innovative ideas, especially projects that leverage strategic collaborations with local organizations and agencies to increase access for healthy foods and achieve policy, environmental or organizational level change. Below are examples and resources of these types of projects.

- Conduct an assessment of a neighborhood's **food environment** and present results to local decision/policy-makers and take actions to support the implementation of solutions that increase healthy food options.

Local Example: Researchers from the Stanford Prevention Research Center at Stanford University developed an innovative technology-based Discovery Tool that was used by low-income adults to assess their food environments and capture key elements that hinder or facilitate healthy eating in the cities of Daly City, South San Francisco and San Bruno. See a video of the FEAST project at <http://tinyurl.com/HARTS-FEAST>

- Work with **mobile vendors** to increase the amount of healthy food sold near schools, parks, community centers or high-need areas.

Resources:

ChangeLab Solutions: <http://changelabsolutions.org/childhood-obesity/mobile-vending-produce-carts> for more information on what can be done to work collaboratively with mobile food vendors around schools.

NYC Green Cart Initiative: <http://www.nyc.gov/html/doh/html/living/greencarts.shtml>

- Implement an **organizational wellness policy** addressing the availability of healthy food and drink options in vending machines in your organization/facility, at public events, and during internal meetings.

Local Example: All unhealthy vending machines located in City Hall in Daly City were replaced with revenue generating healthy vending machine to help establish the City's new Wellness Committee and recently adopted Wellness Policy.

Resource: <http://www.gethealthysmc.org/WorkplaceWellness>. Get Healthy works with several organizations and cities on drafting and implementing wellness policies. Contact Get Healthy at 650-573-2462 to find out more.

- Increase **informational and financial access** to healthy food and local fresh produce.

Local example: The East Palo Alto YMCA, African American Community Health Advisory Committee and Job Train collaborated to engage recent graduates from Job Train’s Culinary Arts Program to offer cooking demos at the East Palo Alto Farmers Market using seasonal produce to increase attendance at the market and purchasing of seasonal produce that residents may not be familiar with.

Local Example: Collective Roots in partnership with the East Palo Alto YMCA offered a Fresh Checks program for low-income residents to double the value of purchases made at the East Palo Alto Community Farmers’ Market.

- Work with food retailers to accept **government assisted food programs**, also known as Electronic Benefits Transfer (EBT), increasing the number of venues where low-income people can use “food stamps”.

Local Example: Puente de la Costa Sur assisted local retail stores in the South Coast with the process for accepting food stamps and to increase outreach and enrollment in federal/state food stamps and WIC (Women, Infant and Children) programs.

Resources: USDA, <http://www.fns.usda.gov/snap/retailers-0>

- Initiate a **healthy corner store** project to increase the healthfulness of what is sold in a local corner store

Local Example: Youth Organizing San Mateo County (YO! Mateo) in collaboration with the Redwood City Prevention Partnership worked with neighborhood corner stores in the North Fair Oaks community to increase access and attractiveness of healthy food options and decrease unhealthy food messages within stores.

Resources:

The Food Trust, <http://thefoodtrust.org/what-we-do/corner-store>

Sustainable Cities Institute,

http://www.sustainablecitiesinstitute.org/Documents/SCI/Report_Guide/ResearchBrief_HealthyCornerStoresSCI_Final1.pdf

- Work with your city to change the zoning code to promote **urban agriculture**.

Resources:

San Francisco Urban Agriculture Alliance, <http://www.sfuaa.org/urban-ag-zoning-proposal.html>

ChangeLab Solutions,

http://changelabsolutions.org/sites/default/files/Urban_Ag_SeedingTheCity_FINAL_%28CLS_20120530%29_20111021_0.pdf for more information.

- Engage low-income youth and neighborhoods in dialogue around the impact of **sugar sweetened beverage consumption**, in making policy recommendations for change and work to advance the recommendations.

Local Example: The Youth Leadership Institute hosted community forums where people of color discussed sugary drink consumption and the potential impact of a sugar sweetened beverage tax on people of color. The information from these forums will be used to develop information tools and strategies for policy level change in communities of color.

Resources:

California Center for Public health Advocacy,
<http://www.publichealthadvocacy.org/healthhalo.html>

ChangeLab Solution,
[http://changelabsolutions.org/sites/default/files/SSB Brochure FINAL 20130919.pdf](http://changelabsolutions.org/sites/default/files/SSB_Brochure_FINAL_20130919.pdf)

- Engage your city or neighborhood in a **healthy corner store certification** program where stores that meet certain criteria receive a certificate/plaque to place in their store.

Resource: ChangeLab Solutions,
[http://changelabsolutions.org/sites/default/files/Health on the Shelf FINAL 20130322-web 0.pdf](http://changelabsolutions.org/sites/default/files/Health_on_the_Shelf_FINAL_20130322-web_0.pdf).