

Building Healthy Communities Food Justice Momentum Team

Outcome 7:

Neighborhood and School Environments Support Improved Health and Healthy Behaviors

In order to achieve Outcome 7, City Heights needs:

- residents to have increased **access** to affordable, healthy, culturally appropriate food.
- community-wide **awareness** of what food justice is and how it can be achieved.



- to have an increase in the number of community gardens/farms throughout City Heights.
- public institutions [schools in particular] and local businesses that provide healthy, culturally appropriate food.
- public policies that reduce restrictions on and increase capacity for local food production.

- training and empowerment of all residents to be aware of, develop, and participate in:
 - health and nutrition education
 - healthy, culturally-appropriate food options
 - local land-use policy
- agencies, organizations and local businesses to have the capacity to work effectively with residents in multiple languages, cultural situations, and levels of literacy.

Our ideas for things we can do to achieve these goals include:

- through **popular education**, empowering residents to engage in multiple areas of planning and implementation of food security and justice projects. Some areas are:
 - food production: farming, gardening, beekeeping
 - food preparation: community kitchens
 - food distribution: resident-, cooperatively-owned businesses, community-organized farmers' markets
 - policy-making
 - food recycling: composting



- developing and implementing resident-directed agreements with local institutions (schools in particular) and businesses on providing access to healthy, culturally appropriate food.
- Strengthening current and developing health, food cultivation, and nutrition education programs with resident input and/or facilitation
- Identifying, cataloging, and establishing public and private spaces for growing and recycling food
- creating capacity to support working with multiple languages and varied levels of literacy that is available and affordable for community use