

MAKE HEALTHY FOOD THE EASY CHOICE IN OUR COMMUNITIES



What is a food environment?

It is the places and conditions that influence how and what people eat, including how they access, buy, prepare and eat food.

What is a healthy food environment?



It is an environment where healthy, safe, and affordable food and water are readily accessible and healthier choices easier to make.

What can we do as a community to make healthy food more accessible and affordable?



Start and support household and community food gardens



Support local farmers and food producers



Support informal traders who offer healthier food options



Use water wisely to grow healthy food and protect local water resources



Encourage healthy food choices in community spaces



Share knowledge and skills for growing, harvesting, and preparing local indigenous and traditional foods to support healthy eating and make the most of local food resources



Preserve and share food safely to reduce waste

Ask yourself:

What can we do as a community to make healthy food more accessible and affordable?

