

FOR IMMEDIATE RELEASE

For more information, contact Valori Stone
Family & Community Wellness Agent, Wildcat Extension District
valori@ksu.edu, 620-378-2167

Making Healthy Food Accessible

The conversation around food justice, accessibility, and equity is growing. There's a push for ensuring healthy, affordable food is accessible to all, addressing food deserts, and promoting local food systems.

Food Deserts are urban or rural areas where residents have limited access to affordable and nutritious food, particularly fresh fruits and vegetables. These areas often lack supermarkets and grocery stores, and residents may rely on convenience stores or fast food, which tend to offer fewer healthy options.

Community Gardens, Urban Farms, and Food Co-ops are being promoted in many underserved areas to provide fresh, locally grown produce. These community-led initiatives increase access to healthy food and empower residents by educating them on nutrition, cooking, and gardening.

Farmers' Markets and Mobile Markets are also growing in popularity as ways to bring fresh food directly to underserved neighborhoods. They are a vital part of local food systems that promote food accessibility, community engagement, and sustainable agriculture. They serve as direct-to-consumer venues where farmers, producers, and artisans sell their products directly to the public. Farmers' markets play an essential role in food accessibility and equity by bringing fresh, local, and often more affordable produce to communities.

In summary, access to healthy foods is vital for several reasons; impacting individual well-being, community health, and broader societal outcomes. Access to healthy foods is fundamental to promoting overall health, reducing healthcare costs, advancing social equity, and ensuring everyone has the opportunity to lead a healthy and fulfilling life.

For more information, please contact Valori Stone, Family & Community Wellness Agent, by email at valori@ksu.edu or by calling (620) 378-2167.

###

Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils,
Extension District