OVERVIEW
Changing access and availability to favor healthy foods and beverages is crucial for promoting healthy eating. Access refers to making it easier to obtain healthy foods, while availability refers to increasing the number and type of healthy foods available. Although healthy diets are associated with reduced disease risk and lower health care costs, recommendations to follow a healthy diet can be constrained by the availability and accessibility to healthy food and beverage items. Guiding consumers towards healthy foods and beverages, while making it more difficult to obtain less healthy options, can increase opportunities for healthy eating.

Supported by:
- CDC’s *Community Strategies and Measurements to Prevent Obesity in the U.S.* (COCOMO)
- IOM’s *Early Childhood Obesity Prevention Policies*
- IOM’s *Local Government Actions to Prevent Childhood Obesity*
- Convergence Partnership’s *Promising Strategies for Creating Healthy Eating & Active Living*

Settings:
Childcare, Community (Grocery Stores, Restaurants), School, Worksite

EXAMPLES

- An employee advisory board was formed to advocate for increased availability of healthy food and beverage options in the *worksite*.

- A *community-based* initiative increased access to fruits and vegetables in grocery stores by modifying the location of the fruits and vegetables and increasing the amount of their display case.

- A *school-based* policy was instituted limiting access to school snack bars during school meal service.

- A government regulation was implemented in Finland requiring *restaurants* to include vegetables or a salad with all meals.

- A statewide, *school-based* policy was implemented placing restrictions on the sale or serving at school of soft drinks, candy bars, food or drinks containing 40% or more sugar or other sweeteners, juice or juice products containing less than 20% real juice, and foods with more than 8 g of fat per serving.
TRT REVIEWED INTERVENTIONS

- **ABC Grow Healthy (South Carolina)** for child care centers
- **Baltimore Healthy Stores** for underserved, low-income communities
- **Head Start Central Kitchen Initiative**
- **Health Bucks** for farmers’ markets and community-based organizations
- **Healthy Cornerstore Initiative Produce Distribution System**
- **Healthy Food Environments Pricing Incentives** for worksites
- **Healthy Food Procurement in the County of Los Angeles**
- **Healthy Vending Iowa** for worksites
- **Minneapolis Healthy Corner Store Program**
- **Nutrition and Physical Activity Self-Assessment for Child Care** (NAP SACC)
- **OSNAP Initiative: Strategies to Increase Drinking Water Access**
- **Pennsylvania Fresh Food Financing Initiative** for underserved communities
- **Policy Regulations for Day Care in New York** for child care settings
- **Railnet: Healthy, Active, Vibrant Communities**
- **Cleveland-Cuyahoga County Food Policy Coalition** for communities and schools
- **Riverside Unified School District (RUSD) Farmers’ Market Salad Bar Program** for elementary schools

TOOLS AND RESOURCES

COMMUNITY

  This resource is written to assist policy makers and community leaders in the development of programs and initiatives aimed at improving access to healthy foods. The document addresses the following topics: production and marketing, pricing, increased access to healthy foods for schools and other government institutions, and limiting access to unhealthy foods.

- **Equitable Development Toolkit: Healthy Food Retailing** (PolicyLink)
  This online toolkit focuses on increasing access to retail outlets that sell nutritious, affordable food in low-income communities of color. This tool discusses three of the most promising strategies: developing new grocery stores, improving the selection and quality of food in existing smaller stores, and starting and sustaining farmers' markets.

- **ENACT Strategy: Improve Transportation Options to Supermarkets and Other Large Food Outlets** (The Prevention Institute)
  This collection of resources is designed to help community leaders facilitate access to food outlets. It includes characteristics of transportation strategies, model programs, and evidence-based references.

- **General Plans and Zoning: A Toolkit on Land Use and Health** (Public Health Law and Policy)
This toolkit, designed for nutrition and other public health advocates, provides a fundamental, introductory understanding of how land use decisions are made and shows how advocates can participate effectively in the decision-making process.

- **Economic Development and Redevelopment: A Toolkit on Land Use and Health** (Public Health Law and Policy)
  This toolkit, designed for nutrition and other public health advocates, provides resources to improve the food access in low-income neighborhoods. The toolkit gives a fundamental, introductory understanding of the economic development and redevelopment tools available, their uses, and shows how to effectively participate in decisions about their uses.

**WORKSITE**

- **Healthy Food, Healthy Hospitals, Healthy Communities** (IATP: Institute for Agriculture and Trade Policy)
  This report showcases hospitals that are supporting sustainable agriculture and bringing healthier food into healthcare settings to address and reduce the burden of diet-related chronic diseases.

- **Ordering Farm Fresh Produce for Worksites** (California Department of Public Health)
  This easy-to-use guide offers step-by-step instructions on how to order boxes of fresh fruits and vegetables from local farmers and have those boxes delivered right to your worksite or to a nearby location, with a schedule that meets your needs. This toolkit promotes participation of worksites in a Community Supported Agriculture (CSA) Program, one way to increase the access and availability of fresh fruits and vegetables.

- **Worksite Program California Fit Business Kit** (California Department of Public Health)
  This is a tool to help employers modify their organizational culture and environment in a way that supports healthy eating. This kit contains ten individual components designed to be easily implemented at any worksite. Topics include healthy meeting policies, vending machine food and beverage standards, healthy dining menu guidelines, establishing a worksite farmers’ market, and more.

- **Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events** (University of Minnesota School of Public Health)
  These guidelines help make it easier for event organizers to select lower fat and lower calorie food and beverage options for meetings, seminars, and catered events.

**SCHOOL**

- **Fruits & Vegetables Galore** (USDA Food and Nutrition Services)
  This tool for school foodservice professionals provides tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables.

- **Small Farms/School Meals Initiative Toolkit** (USDA Food and Nutrition Services)
  This manual provides a step-by-step guide of activities for groups to plan, conduct, and publicize a professional town hall meeting that encourages small farmers and local school
food officials to begin a Farm-to-School project. Each section of the manual contains a narrative on an aspect of how to hold a town hall meeting.

- **Got Dirt? Garden Toolkit** (Wisconsin Department of Health Services)
  This toolkit trains teachers and childcare providers on how to start and maintain youth and school gardens. The class and other teaching aids give teachers and childcare providers the skills they need to establish and sustain successful school garden programs. School gardens create an active learning environment and increase children's knowledge and consumption of fresh fruits and vegetables.

**REFERENCES**


