

Access to Foods that Support Healthy Dietary Patterns

Increasing access to healthy, safe, and affordable food can improve nutrition and health across a person's lifespan.

Availability. The location, number, variety, and quality of grocery stores, food services, and farmers markets affects the availability of healthy foods in a community.

Cost. The cost of foods affects which items people can afford or choose to buy. The availability of produce and other healthier items can be limited and often more expensive at convenience stores and small food markets.



Transportation. Access to reliable transportation can make it easier to travel to food and gives people more choice in where they get food. Less access to reliable transportation can be a challenge for people living in rural or remote communities.

Community Programs. Local participation in community food support programs can help reduce prices and encourage healthier food choices, such as farmers markets that accept payment using Supplemental Nutrition Assistance Program (SNAP) benefits.