

Creating healthy neighborhoods through action and policy change

New York City residents are taking a stand against systems that create limited access to healthy food. Because people of color and low-income residents are disproportionately affected, creating healthy neighborhoods is a considerable interest for South Bronx residents. In October 2010, more than 150 people from all five city boroughs participated in a day-long community conversation to decide which actions could make their neighborhoods healthier.



Neighborhood residents, community leaders, social justice organizations, and faith institutions are working to change laws that limit the flow of healthy food into poor neighborhoods like the South Bronx. And because of their collective approach to addressing food and health disparities, real change is starting to happen.



Learn more by visiting
<http://bit.ly/nyc-food>

Four action teams are connecting residents with elected officials and local businesses, educating the public around the Farm Bill, and developing incentives for people to make healthy food choices.

The teams are also urging citizens to vote for public officials who care about creating a food policy that includes everyone. They have already influenced the Mayor's office to incorporate food policy into PlaNYC, a long term sustainability plan that affects the entire city. Ibrahim Abdul-Matin, a policy advisor in the Mayor's office, commented that "there's no doubt that people across the city who are really concerned about these issues that came and represented their neighborhoods and their local issues were definitely heard and those ideas are definitely represented in PlaNYC."

We can't build marketplaces of affordable, fresh food overnight, but these New Yorkers know that they can create the kind of change they want to see in their community. They're leading a movement to create food security for all residents.

View and download the discussion guide, "Food for Health," at <http://bit.ly/foodforhealth-guide>.

About Everyday Democracy

A national leader in the field of civic participation and community change, Everyday Democracy helps people of different backgrounds and views talk and work together to create communities that work for everyone.

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