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## URBAN AGRICULTURE: THE VALUE of EATING LOCAL

Improving access to healthy, locally-grown food creates opportunities for individuals to make healthy food choices while stimulating the local economy. How do we provide access to high quality, affordable, and nutritious food to low and moderate income communities? What business opportunities are associated with urban agriculture, community-supported agriculture, and farmers' markets?

### PANELISTS & MODERATOR:

- Randy Jewart: Founder & Director, Austin Green Art (Moderator)
- Mason Arnold: Founder, Greenling.com
- Scott Dubois: Founder, Bluegreen Project
- Suzanne Santos: Director, Austin Farmer's Market

### BENEFITS OF EATING LOCAL:

- Food from small farms is fresher, nutritionally dense, and tastes great!
- Decreasing the distance your food travels from farm to kitchen also decreases the vehicle emissions that come with that transportation.
- Supporting local farmers supports the whole community and local economy.
- Small, local farms are more likely to be organic or use environmentally conscious methods.
- Eating local encourages government to improve food labeling standards.

### RESOURCES:

Green Corn Project: [www.greencornproject.org](http://www.greencornproject.org)

Sustainable Food Center: [www.sustainablefoodcenter.org](http://www.sustainablefoodcenter.org)

Urban Roots (YouthLaunch Program): [www.youthlaunch.org/programs/seeds.php](http://www.youthlaunch.org/programs/seeds.php)



Visit [www.peoplefund.org](http://www.peoplefund.org) for additional resources.

### ISSUES in FOOD EQUITY:

- Low-income communities, particularly communities of color, have suffered from a lack of grocery stores.
- Limited access to healthy food contributes to obesity and to chronic, preventable diet-related diseases.
- Millions of Americans in low-income communities and communities of color walk out their front doors and see nothing but fast food and convenience stores selling high-fat, high-sugar processed foods.
- Residents of rural areas face a different but related challenge—a complete lack of any nearby food options at all. Americans in too many urban and rural communities must travel long distances just to access the fresh food they need to live healthy lives.
- The results of this lack of healthy food options are grim—these communities have significantly higher rates of obesity, diabetes, and other related health issues. Childhood obesity, in particular, is a major crisis in many of these communities.
- The problem goes beyond just health, too. **Low-income communities are cut off from all the economic development benefits that come along with a local grocery store: the creation of steady jobs at decent wages and the sparking of complementary retail stores and services nearby.**

From: A National Fresh Food Financing Initiative: An Innovative Approach to Improve Health and Spark Economic Development ([www.policylink.org](http://www.policylink.org))