

Food and Your Health

Why is food important for individual health?

We need food to survive but we also need it to thrive. Access to healthy, culturally appropriate, and affordable food is important for managing and preventing disease. Healthy food also gives us energy and focus for our daily activities.



Why is food important for community health?

The choices we make are an important part of our health but may be limited by other factors. For example, is there a grocery store in your neighborhood? What kinds of foods are served at school? What kinds of foods does the corner store sell? How much do fruits and vegetables cost? All these questions impact your choices. The store, market, or garden's environment (i.e. Do the customers dress like me? Speak my language? Are the staff welcoming?) can also affect your choices.

What is food justice?

Food justice is a movement to understand the effect that poverty, racism, and industry have had on our food system. Food justice brings people together to change how we grow, sell, and eat food so that everyone has an opportunity to eat healthy and thrive.

How can I get involved?

- 1) Read about and have conversations about food justice
- 2) Join the Charlottesville Food Justice Network
- 3) Follow City Schoolyard Garden on Facebook

For more information: Visit the Charlottesville Food Justice Network at www.cvillefoodjustice.org



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