

Making Your Community Healthier Starts Here

Small changes can lead to a healthier future! By working together with friends, neighbors, family, schools and local leaders, we can bring healthier options to our community.

Not sure where to start?

Here are some ideas for how you can talk to local leaders at schools, stores, parks and community centers to make healthier choices more accessible where you live:

Ask for More Healthy Food Options

- Local farmers' markets
- Healthier food options in stores
- Community gardens
- Fresh fruits and veggies in schools
- Mobile produce markets

Ask for More Healthy Beverage Options

- Accessible and well-maintained public water fountains
- Healthy beverages in vending machines
- Fewer sugary drinks in public spaces and schools
- More water and low-sugar beverages in schools

Ask for Safe Places for Physical Activity

- Safe, well-lit walking and bike paths
- More outdoor playtime
- Improved parks and playgrounds
- After-school sports and activity programs
- Better street lighting and crosswalks for safety

Ready to start the conversation?

Visit **UncoverHealthyHabits.com** for helpful tips, resources and additional ways to get involved.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.