



# FOOD ACCESS

***Almost 90% of the food people eat in the United States is grown domestically. However, less than 2% of that food is obtained locally.***

Local food is defined as food grown within 100 miles of where a person lives. People can get local food by growing or catching it themselves, shopping at farmers' markets, or buying from nearby farmers. Local food is usually fresher, but it doesn't stay fresh as long.

But what about people who live in food deserts, where access to healthy food is limited? This may be due to low income or living far from places that sell affordable, nutritious food. People in food deserts often rely on small corner stores, which usually sell more microwavable meals and less nutritious food than fresh produce, because large supermarkets are too far away or too expensive.

Students who eat a healthy, nutritious breakfast and lunch tend to do better in school. They have more energy to focus, learn, and stay active than students who are hungry or eat unhealthy food.



## Sustainable Development Goal 2

**End hunger, achieve food security and improved nutrition, and promote sustainable agriculture.**



**BIG CITIES CANNOT RELY ONLY ON LOCAL FOOD SOURCES BECAUSE NEARBY FARMERS DON'T HAVE ENOUGH FARMLAND TO SUPPORT THE ENTIRE POPULATION.**

**IN 2017, THE AVERAGE FARM SIZE WAS 441 ACRES. BY 2022, IT HAD INCREASED TO 463 ACRES.**

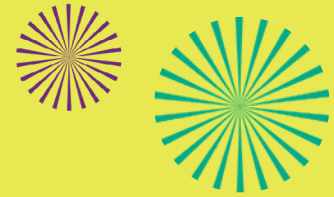
**ALTHOUGH THE SIZE OF FARMS HAS INCREASED, THE TOTAL NUMBER OF FARMS HAS DECREASED.**





# DISCUSSION QUESTIONS

1. What are some ways to provide food to people in food deserts?
2. Where do you see hunger or food insecurity affecting people in your community?
3. What are the factors that create food deserts? How can we help to fix this problem?



## GO DEEPER

Check out more info in the **Fighting Hunger** campaign at [educationplus.org/initiatives](https://educationplus.org/initiatives)

## TAKE ACTION

Want to help your community eat local? Find out about farmers markets near you and create advertisements for them.

