



Good Food
ACCESS CAMPAIGN



'MAKING HEALTHY FOOD AVAILABLE, AFFORDABLE AND ACCESSIBLE FOR ALL MINNESOTANS'

The Challenge:

Hundreds of thousands of Minnesotans currently live in areas where they have limited or no access to healthy foods such as fruits and vegetables, low fat dairy, whole grains, and lean meats and poultry. More than 340,000 Minnesotans face both distance and income as a barrier to obtaining healthy, affordable food.¹ Approximately 235,000 Minnesotans live more than 10 miles away from a large grocery store or supermarket.¹ An additional estimated 40,000 MN households do not have a vehicle and live more than one mile from a grocery outlet.¹ This means that people, particularly those who are lower-income and on fixed incomes, face much greater challenges finding affordable foods necessary to maintain a healthy diet.

For those living in these regions, limited access to healthy and affordable foods results in disproportionately higher rates of obesity, diabetes, and other diet-related health problems.^{2,3} Minnesota spends an estimated \$2.8 billion each year on obesity-related healthcare costs alone.^{4,5}

- From 2007 to 2012, 53 of Minnesota's 87 counties witnessed a reduction in the number of grocery stores per 1,000 residents.¹
- A lack of access to healthy, affordable foods exists in 63 of Minnesota's counties. Nearly 54 percent of these locations are in rural areas of Minnesota.¹
- Nearly half of Minnesotans – 49 percent – report that not having a store nearby that sells healthy food directly impacts what they eat.⁶

For more information about the Good Food Access Campaign contact:

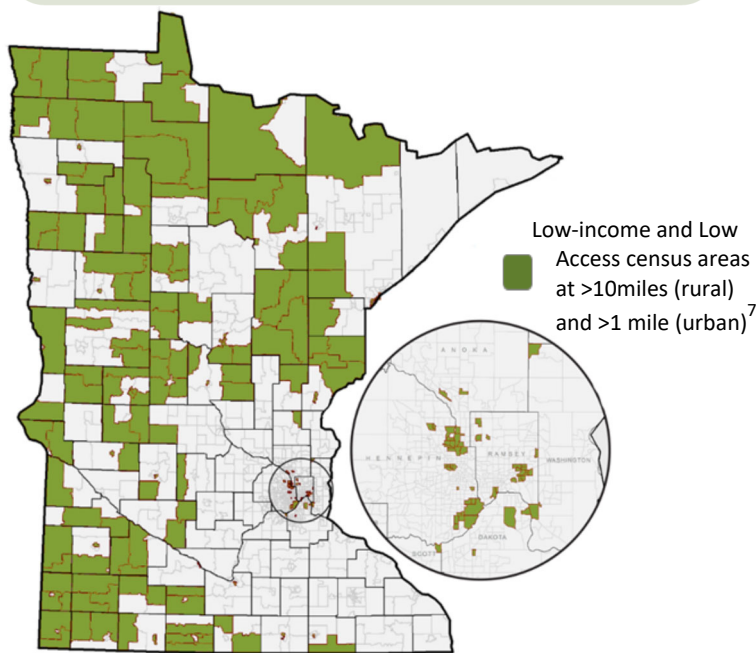
Leah Gardner, Good Food Access Campaign Manager
lgardner@hungersolutions.org 651-789-9850
www.mnhealthykids.org/good-food-access-campaign



Addressing the Challenge:

A bill was passed in 2016 establishing the Good Food Access Program within the Minnesota Department of Agriculture to support the retail sale of healthy, affordable food in areas of the state where better access to those foods is needed. The state is currently investing \$250,000 per year in seed money to begin providing resources such as grants, low-cost loans, and technical support for food-related enterprises. A range of community-driven solutions will be supported including new or enhanced grocery stores, mobile markets, farmers' markets, fresh food refrigeration, community supported agriculture and other innovative approaches.

The Good Food Access Campaign is seeking an annual appropriation in the future to address the need for healthy food access solutions all around the state.



¹ Mattessich, P. & Rausch, E. (2016). Healthy food access: A view of the landscape in Minnesota and lessons learned from healthy food financing initiatives. *Federal Reserve Bank of Minneapolis and Wilder Research*. <http://www.wilder.org/Wilder-Research/Publications/Studies/Healthy%20Food%20Access/Healthy%20Food%20Access%20-%20Landscape%20in%20Minnesota%20and%20Lessons%20Learned%20From%20Healthy%20Food%20Financing%20Initiatives.%20Full%20Report.pdf>

² Manon, M. & Kim, E. (2012). Food for every child: The need for more supermarkets in Minnesota. *The Food Trust*. www.healthyfoodaccess.org/resources/library/food-for-every-child-the-need-for-more-supermarkets-in-minnesota

³ Treuhaft, S. & Karpyn, A. (2010). The Grocery Gap: Who has access to healthy food and why it matters. Oakland, CA. *PolicyLink and The Food Trust*. www.thefoodtrust.org/uploads/media_items/grocerygap.original.pdf

⁴ Minnesota Department of Health (2015). Overweight and Obesity Prevention. [Online] updated 9/24/15. www.health.state.mn.us/obesity

⁵ Trogon, J.G., Finkelstein, E.A., Feagan, C.W. & Cohen, J.W. (2011). State and payer-specific estimates of annual medical expenditures attributable to obesity. *Obesity*. doi:10.1038/oby.2011.169

⁶ Center for Prevention at Blue Cross and Blue Shield of Minnesota. (May 2015). The grocery gap. Eagan, MN www.centerforpreventionmn.com/-/media/sites/cfp/files/pullingtogether/fact-sheet-grocery-gap.ashx

⁷ USDA Data. www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas.aspx