Why healthy food choice matters: MG has identified statistically significant relationships between improved access to mainstream food options and better diet-related public health outcomes. In short, where there is a greater access to mainstream grocery stores, premature death and suffering from diet-related diseases decreases. These effects are independent from other contributing factors such as income, race, and education.

What communities can do: Inventory the types of food stores you have in your community. Do they provide healthy food options? If they are approved to participate in the USDA Food Stamp program, do they follow those rules? How can your community partner with local stores to improve their offerings? And what can we all do to choose healthy foods more often once they become available?