

MARK YOUR CALENDARS

# The Community Beautiful

## *Little Seeds for Big Change Campaign*

PRESENTS

### • SEPTEMBER •

## NATIONAL FOOD DESERT AWARENESS MONTH

**F**ood Deserts are large geographic areas with no or distant grocery stores. Often, they also have an imbalance of food choices, meaning more nearby fringe food such as fast food, convenience stores, and liquor stores. While these communities are without enough mainstream grocers, many do have community assets, disposable income, talented community leaders working to improve healthy food options, and appropriate sites for sustainable grocery stores, community gardens, and much more.

*Why It Matters:* Studies reveal that residents of Food Deserts suffer worse diet-related health outcomes, including diabetes, cancer, obesity, heart disease and premature death.

*Healthy food options and choices are important for everyone.*

Let September be the month to showcase what you, your community, your school, your church or your business are doing to promote solutions that improve food access, wellness, and quality of life.

**SEPTEMBER – National Food Desert Awareness Month –  
is a time to showcase**

*Community Assets • Informed Action • Education • Solutions  
Celebration*

Sponsored by the **National Center for Public Research**

We are a national organization dedicated to providing meaningful and unbiased local data and information to improve quality of life, quality of health, and financial well-being for all people and communities.

To participate in National Food Desert Awareness Month, email **Mari Gallagher** at [NationalCenterforPublicResearch.org](http://NationalCenterforPublicResearch.org) or [info@NCforPR.org](mailto:info@NCforPR.org)