



Why Do a Community Food Assessment?

A Community Food Assessment (CFA) is a powerful way to tell the story of what's happening with food in a community. A CFA is a participatory and collaborative process that examines a broad range of food-related issues and assets in order to improve the community's food system. Through such assessments, a diverse group of stakeholders work together to research their local food system, to strategically communicate their findings, and to implement changes based on their findings.

Potential Benefits of Community Food Assessments:

Involve and Empower the Community

- 🍷 Engage residents in collaborative learning about food-related needs and resources
- 🍷 Support community members in becoming leaders, planners, researchers and advocates
- 🍷 Engage the community in developing a broad vision for their food system
- 🍷 Build capacity for effective, collaborative action to improve the community

Improve Existing Programs and Create New Ones

- 🍷 Identify gaps and potential for improvement
- 🍷 Foster greater coordination between existing programs
- 🍷 Increase community awareness and utilization of existing resources
- 🍷 Develop new programs and resources

Develop Advocacy Skills and Change Public Policy

- 🍷 Build residents' skills to organize and advocate for policy change
- 🍷 Develop community capacity to frame local issues and generate media coverage
- 🍷 Build relationships with residents, journalists, and policymakers
- 🍷 Educate media and policymakers with compelling, research-based results
- 🍷 Develop and advocate for specific policy recommendations

Improve Access to Healthy Foods

- 🍷 Establish new farmers markets, community and school gardens, and other food resources
- 🍷 Increase availability of local, fresh produce in stores, schools and other institutions
- 🍷 Improve the selection of products available in neighborhood stores
- 🍷 Increase access to and use of food stamps and other government nutrition programs
- 🍷 Establish food policy councils to help address food system issues

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