

GOAL EJ-3. HEALTHY FOOD ACCESS

Equitable and convenient access to affordable, healthy, and culturally appropriate food options.

Food plays a critical role in the health of a community, and it is essential that all residents have access to food that is both healthy and affordable. Environmental Justice Communities may face challenges related to accessing nutritious food, and this lack of access can directly impact personal health and well-being.

Healthy food access encompasses the following three interrelated topics:

- 1) nutritionally adequate, culturally appropriate, and affordable food;
- 2) income sufficient to purchase healthy food; and
- 3) proximity and ability to travel to a food source that offers affordable, nutritionally adequate, and culturally appropriate food.

Healthy food access is closely linked to individual food security, defined as one's ability to obtain enough food to lead an active, healthy life. It is also linked to community food security, which is when all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that encourages community self-reliance and social justice. Promoting healthy food access directly supports community food security.

Key Takeaways From Existing Conditions Report

No comprehensive source of data regarding existing conditions on food insecurity and costs currently exists at the city level. As the best possible alternative, Feeding America, the nation's largest domestic hunger-relief organization, produces the *Map the Meal Gap* report which offers insights on food insecurity and food costs at the county and congressional district level. Glendale is in Los Angeles County and within the 30th Congressional District. The 30th District has a slightly higher food insecurity rate than the County, and the average meal cost in Los Angeles County is higher than in the rest of the state and the nation. Slightly more than half of residents in the 30th District are eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

There are at least 17 supermarkets within Glendale, and thirteen of these are distributed throughout Environmental Justice Communities. **Supermarkets** are defined as larger food retailers that carry a wide selection of items and serve the community and surrounding area. Healthy food priority areas were identified using the USDA Food Access Research Atlas. They are defined as low-income census tracts with at least 500 people or 33% of the tract's population living more than 1/2 mile from the nearest supermarket. There are four healthy food priority areas in Glendale, all within Environmental Justice Communities.

Most supermarkets are concentrated downtown. Areas where there is a deficit of supermarkets generally overlap with healthy food priority areas. There is a deficit of supermarkets in the healthy food priority area southwest of San Fernando Road; in the healthy food priority area bound by Grandview Avenue, Glenwood Road, and Pacific Avenue, and Glenoaks Boulevard; and in the healthy food priority area bound by Glendale Avenue, CA-134, and CA-2. There is also a deficit of supermarkets south of CA-134, west of Brand Boulevard and as well as generally in the southern portion of the City, south of Colorado Street (where there is also a healthy food priority area).

Key Takeaways From Community Input

Residents expressed overall satisfaction with the availability, variety, and quality of healthy food options in their community. However, many expressed concerns about the affordability of healthy food options.

EJ-3 Policies

- EJ-3.1 **Food Insecurity and Meal Cost.** Support measures to reduce the food insecurity rate and average meal cost in Environmental Justice Communities as feasible.
- EJ-3.2 **Access to Healthy Food.** Promote equitable distribution of grocery stores throughout Glendale and strive to locate healthy food establishments so that all households are within walking distance (quarter- to a half-mile) of a store with healthy options, where feasible and appropriate.
- EJ-3.3 **Food Access in Residential Areas.** Consider allowing certain retail and restaurant uses in key areas in residential neighborhoods that could provide additional access to healthy food options.
- EJ-3.4 **Healthy Food Priority Areas.** Promote affordable access to healthy food within the healthy food priority areas in Glendale, as identified in the Existing Conditions Report (Appendix A).
- EJ-3.5 **Healthy Food Supply.** Encourage retailers to improve the quality and selection of healthy foods, provide nutritional information, and to stock fresh and healthy food at affordable prices.
- EJ-3.6 **Options for Healthy Food.** Prioritize healthy food supplies in economic development efforts and encourage the establishment and operation of farmers' markets, farm stands, ethnic markets, mobile health supermarkets, and convenience/corner stores that sell healthy foods, including fresh produce.
- EJ-3.7 **Community Gardens.** Support opportunities for neighborhood-run community gardens in Environmental Justice Communities including coordination with local school districts and non-profits.
- EJ-3.8 **Organic Waste Diversion.** Support policies and programs to divert organic waste from landfills into recycling activities and food recovery organizations that help provide healthy food to the local community.
- EJ-3.9 **Nutrition and Healthy Cooking.** Support local schools, non-profits, and community-based organizations that provide nutrition and healthy cooking instruction in Environmental Justice Communities.

EJ-3 Actions

- EJ-3a **Food Insecurity.** Continue to advance sustainable food practices and address food insecurity through the City of Glendale's Integrated Waste Management (IWM), in partnership with ReCreate, FoodCycle LA, and Carelt, by implementing the following:
- **Alleviate hunger:** Redistribute recovered food to local organizations and individuals experiencing food insecurity.
 - **Reduce food waste:** Divert surplus edible food from landfills, thereby conserving resources and mitigating greenhouse gas emissions.
 - **Comply with state regulations:** Meet the requirements of SB 1383, which mandates the reduction of organic waste disposal.
- EJ-3b **Senior Meal Program.** Continue to implement the City of Glendale's Senior Meal Program.
- EJ-3c **Incentives.** Consider ways to incentivize grocery stores to locate in Environmental Justice Communities, whether through land use zoning regulations or economic incentives.

- EJ-3d **Food Delivery Services.** Consider partnerships with food delivery services (such as Instacart) as a method to increase healthy food access, especially to mobility-limited residents.
- EJ-3e **Farmer's Markets.** Continue to support the existing farmers markets in Glendale.
- EJ-3f **Community Gardens.** Promote development of new community gardens in Environmental Justice Communities and support existing community gardens through coordination with non-profits, such as the Los Angeles Community Garden Council (LACGC), who can help establish and manage community gardens.
- EJ-3g **City-Sponsored Events.** Set an example in City of Glendale facilities and at City-sponsored events by providing healthy food and beverage options.
- EJ-3h **Surplus Food.** Encourage local markets, restaurants, and food recovery organizations to donate surplus food to residents in need.
- EJ-3i **Food Assistance Information.** Prepare and distribute information on the benefits of healthy eating and on the availability of food assistance programs.
- EJ-3j **Subsidized Produce Delivery Service.** Partner with local non-profits and community organizations to establish a subsidized produce delivery service for low-income households, improving access to affordable, fresh foods in underserved areas.
- EJ-3k **Free or Reduced Cost Lunches.** Encourage local organizations and community groups to provide free or reduced cost lunches to children after the school year ends.