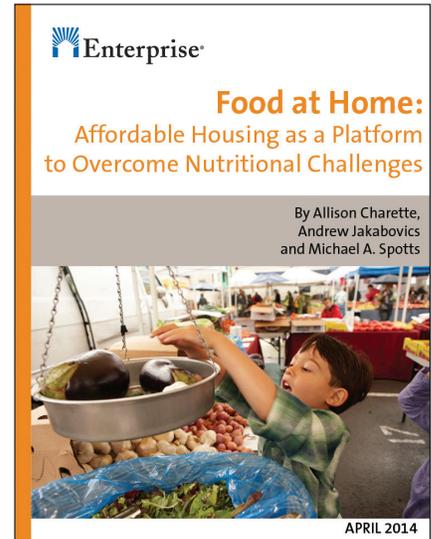


Affordable housing providers can serve as a crucial conduit for providing low-income families with access to healthy foods and fostering healthy eating, according to Enterprise’s 2014 report, [“Food at Home: Affordable Housing as a Platform to Overcome Nutritional Challenges.”](#) The report examines the connection between housing and food insecurity, and provides a series of recommended actions that affordable housing providers can take to improve residents’ nutrition and health.

Good nutrition and decent affordable housing are vital components of personal health, well-being, educational attainment and positive economic outcomes. Improving nutrition for residents of low-income communities is crucial to expanding opportunity. Unfortunately, low-income households face a number of barriers in achieving balanced diets.

Many of the 49 million people in the U.S. who suffer from food insecurity can be counted among the 30 million people who live in areas with limited access to healthy food options. “Food at Home” addresses these barriers and identifies opportunities for housing providers to coordinate nutrition services with mission-driven organizations and existing institutions, reinforcing messages through multiple channels and reaching new audiences.



Recommended Actions for Housing Providers

- Expand on-site access to healthy foods by partnering with local food assistance programs (food banks and pantries) and facilitating the use of delivery programs
- Serve as resource for more economical collective/bulk purchasing
- Craft and coordinate educational efforts by partnering with schools and public health organizations
- Use resident services and common spaces to reinforce messages from other institutions to fill key gaps in outreach and promote a culture of healthy eating
- Connect families to healthy foods by encouraging mixed-use development, expanding transit, and adopting housing-based solutions

Opportunities for Housing Providers to Promote Nutrition among Target Audiences

Lifelong	<ul style="list-style-type: none"> Expand on-site access to healthy foods Observe health outcomes and communicate with schools and health organizations Support a culture of healthy eating
First 1,000 Days	<ul style="list-style-type: none"> Provide nutritional and breastfeeding information for expecting mothers Connect parents with pregnancy-related medical and social services
2–5 Years Old	<ul style="list-style-type: none"> Teach the importance of healthy diets Provide healthy snacks at children’s events
K–12 Education	<ul style="list-style-type: none"> Create “feedback loop” when coordinating nutritional initiatives with schools Provide healthy snacks at children’s events
Youth and Adult Learning	<ul style="list-style-type: none"> Provide information on eating healthy on a budget Offer on-site cooking classes
Senior Citizens	<ul style="list-style-type: none"> Connect residents with health services and specialized programs such as Meals on Wheels