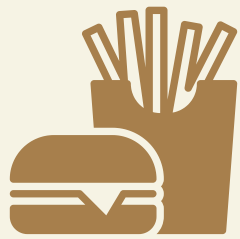


FOOD DESERTS



**Food oppression
in the United States**

FOOD DESERTS ARE
AREAS WHERE HEALTHY,
AFFORDABLE FOOD
NECESSARY TO LIVING
WELL IS UNAVAILABLE TO
RESIDENTS.



THE COST OF HEALTH

Not only do food deserts have almost no produce available, but what they do have is extremely overpriced. Corner stores in food deserts may charge as much as 3 to 37% more than what suburbanites would pay at their own grocery stores. The fresh food available in food deserts often only includes single apples or bananas, with the rest consisting of processed foods. Fast food is often the only other way to get food, and many people are forced to eat unhealthy diets just because of where they live. The consequences of long-term constrained access to healthy foods is one of the main reasons that ethnic minority and low-income populations suffer from statistically higher rates of obesity, type 2 diabetes, cardiovascular disease, and other diet-related conditions than the general population.



*IN THE UNITED STATES,
FOOD DESERTS ARE
DIRECTLY RELATED TO
THE INCOME LEVEL
AND PROPORTION OF
PEOPLE OF COLOR IN
A COMMUNITY.*

SOCIO-ECONOMIC IMPACT OF FOOD DESERTS

RACISM

Food deserts are mostly found in areas where the population is majority ethnic minorities. White neighborhoods contain an average of four times as many supermarkets as predominantly black ones do, and grocery stores in black communities are usually smaller with less food selection.

CLASSISM

Food deserts often exist in low income neighborhoods where residents cannot afford cars to drive to wealthier areas that have better food options. People's choices about what to eat are severely limited by the options available to them and what they can afford.

**SOURCED FROM:
FOOD EMPOWERMENT PROJECT**