

The Food System and Healthy Eating Workshop

Individual conditions and preferences affect our food choices. However, our choices are also influenced by a number of external factors, such as food costs, proximity to a grocery stores, culture, etc.

While many people desire a healthy diet, our environments might not always support healthy eating. Considering how our food environment impacts our food choices, in the space below, write down ideas related to the policy environment, physical environment, and social environment that contribute to our food environment and may promote or hinder healthy eating.

Policy Environment

Physical Environment

Social Environment

Individual Factors

Hunger	Income	Health Conditions	Tastes
Values & Priorities	Emotions	Knowledge	