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Food and Healthy Communities

Policies and Programs to Ensure Enhanced Food Security

(December 7, 2023) – Today, the Utah Foundation releases a new report that explores food security in Utah. The report details policies and programs that community partners are embracing to ensure enhanced food security for all. Some of the highlights are:

- The national average for food insecurity between 2020 and 2022 was 11.2%. Utah’s average food insecurity rate between 2020 and 2022 was slightly lower at 10.7%.
- Food-related programs based in schools can improve childhood food security.
- Utah has low enrollment levels in federal food programs, especially among seniors.
- Farmers markets, community supported agriculture, and community gardens can help make healthy local food more accessible, while income-targeted programs related to each will make food more affordable.
- Utah is one of few states without a food hub to help manage the aggregation, marketing, and distribution of food sourced from local producers.
- Empowering convenience stores with the knowledge and resources to serve healthier food could increase food security in food deserts.

Utah Foundation Senior Analyst Christopher Collard notes that, “*Cultivating Food Access* is the third report in our Healthy Communities Series, looking at how governments, policy makers, and non-profits can support the neediest of us.” President Shawn Teigen adds, “This support can improve Utahns’ health, which can save on health care costs for households and the state.”

Healthy Communities: Cultivating Food Access is attached with this news release and will be available later today on the Utah Foundation website at www.utahfoundation.org.

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