

Healthy Options at Checkout

FOR A HEALTHY PERRIS



Living close to healthy food retail is associated with **better eating habits** and decreased risk for obesity and diet-related diseases.¹



PERRIS RESIDENTS WANT CONVENIENCE AND GROCERY STORES TO OFFER HEALTHIER OPTIONS.



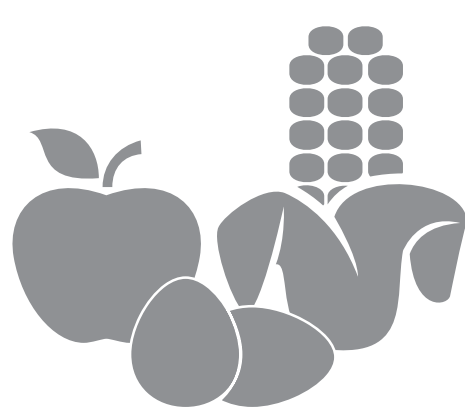
More than **3 in 5** Perris residents know soda and junk food companies place marketing tactics and products at checkout to target kids, specifically.³



WHY INCLUDE HEALTHIER FOOD OPTIONS AT CHECKOUT AREAS?



When residents shop locally for **healthy foods**, they support local businesses and the economic benefit stays closer to home.²



77% of Perris residents support the freedom to reach for healthy snacks when checking out.³



4 in 5 Perris residents support restricting junk food to a designated aisle.³

WHAT ARE PERRIS RESIDENTS SAYING ABOUT THE IMPLEMENTATION OF THE POLICY?



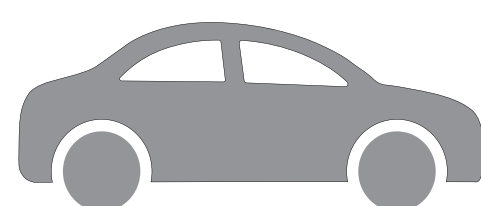
As Perris residents we need to think ahead for the future of our children.³

– Perris resident



Too many sweets at the checkout line. I am diabetic and would prefer healthier choices.³

– Perris resident



Many times, I have to go out of Perris to buy healthy food.³

– Perris resident

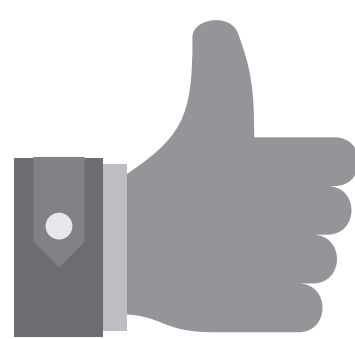


Many young children, teenagers, and adults are overweight due to the consumption of junk foods. Hopefully this campaign can help make Perris a healthier and happier place.³

– Perris resident



JOIN THE HEALTHY OPTIONS AT CHECKOUT CAMPAIGN TO ADVOCATE FOR HEALTHY FOOD OPTIONS AT CHECKOUT!



SCAN THE QR CODE TO SHOW YOUR SUPPORT!



Make sure to add your contact information in the Support Cards to be entered into a raffle to **win up to two \$50 gift cards!**



For more information please contact **MONICA ACEVEDO GUERRERO** at MG@PHAdvocates.org or at 844.962.5900 ext 259



References:

1. Bell, J, Mora, G, Hagan, E, Rubin, V, Karpyn, A. Access to Healthy Food and Why It Matters: A Review of the Research. PolicyLink, 2013. Accessed on January 22, 2015: http://thefoodtrust.org/uploads/media_items/access-to-healthy-food.original.pdf.
2. The Food Trust. Healthy Corner Stores Issue Brief. Produced for the Healthy Corner Stores Network. Winter 2011.
3. FM3 Public Opinion Poll.