Capital Roots’ Healthy Stores program gives fresh, affordable produce a daily presence in urban convenience stores throughout the region. Through partnerships with local store owners, Capital Roots is able to provide and stock refrigerated displays, making fresh food available in markets where inner-city residents shop every day. By offering an alternative to the unhealthy snacks that have traditionally filled convenience store shelves, Healthy Stores is improving community health and supporting local businesses in neighborhoods with limited access to nutritious food.

Why Fresh Food Should Be Convenient
With fresh food available within walking distance, inner-city residents are empowered to make healthier dietary choices, reducing the risk of obesity, diabetes and other nutrition related illnesses.
Capital Roots nourishes healthy communities by providing access to fresh food and green spaces for all.

How you can help make fresh food convenient:

**Volunteers** assist Healthy Stores staff with stocking and delivering produce, cleaning and organizing the warehouse or outreach. Come once and have some fun! Come regularly and join the family!

**Donations** fund program expansions and ongoing operations, which increase the number of people we are able to reach with fresh, healthy food.

**Partnership** with local store owners is the cornerstone of Healthy Stores. Local business owners are helping Capital Roots re-establish the presence of fresh food in urban neighborhoods.

Visit [www.capitalroots.org](http://www.capitalroots.org) for more information, a list of garden locations, to make a donation or to download a volunteer application. Contact our Community Gardens staff at [gardens@capitalroots.org](mailto:gardens@capitalroots.org).