Capital Roots’ Veggie Mobile® and Veggie Mobile Sprout® produce markets travel to inner-city neighborhoods, delivering 300 tons of fresh, affordable food each year. Our mobile produce aisles make 90 varieties of fruits and vegetables available to 55,000 urban residents who live in areas with limited access to nutritious food. Year round, six days a week the markets serve nearly fifty locations, including many senior residences, low-income neighborhoods and child care centers. Our markets accept food stamps, play lively music and offer samples, recipes and giveaways, which make shopping a community affair for everyone to enjoy.

**Why Fresh Food Access is Important:**
Increasing access to fresh food improves dietary intake and reduces the risk of obesity, diabetes and other nutrition-related illnesses in underserved communities.
Capital Roots nourishes healthy communities by providing access to fresh food and green spaces for all.

How you can help increase access to fresh food:

**Volunteers** assist The Veggie Mobile® and Veggie Mobile Sprout® produce market staff with buying, stocking and delivering produce, outreach and data entry, cleaning and organizing the warehouse and preparing recipe samples. 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.

Visit our website, [www.capitalroots.org](http://www.capitalroots.org), for more information, a list of locations or to download a volunteer application. For service requests contact our staff at [healthyplaces@capitalroots.com](mailto:healthyplaces@capitalroots.com)