Healthy Food Cafe

What is it?
A community resident-run café and food retail site that sells healthy breakfast, lunch and dinner prepared food options, packaged prepared foods and local fresh produce.

Unlike standard cafés, this type of café can accept EBT for the pre-packaged food items and produce which are considered retail items.

The café provides a safe and fun environment for residents to eat together, hold events and could provide a community kitchen space.

Benefits
• A healthy food café can provide fresh produce and food in areas that are considered “food deserts” that only have convenience stores nearby.

• The food is affordable, and many items can be purchased using EBT food stamps.

• Employs members within the community to increase the local economy.

• Creates a calm, fun community space that can also provide community cooking space.

Challenges
• This would be a major infrastructure project unless there is already an appropriate space in the community with a kitchen that could be used for this purpose.

• The affordability of food is critical and healthy prepared foods can be more expensive than fast prepared-food options in the community.