

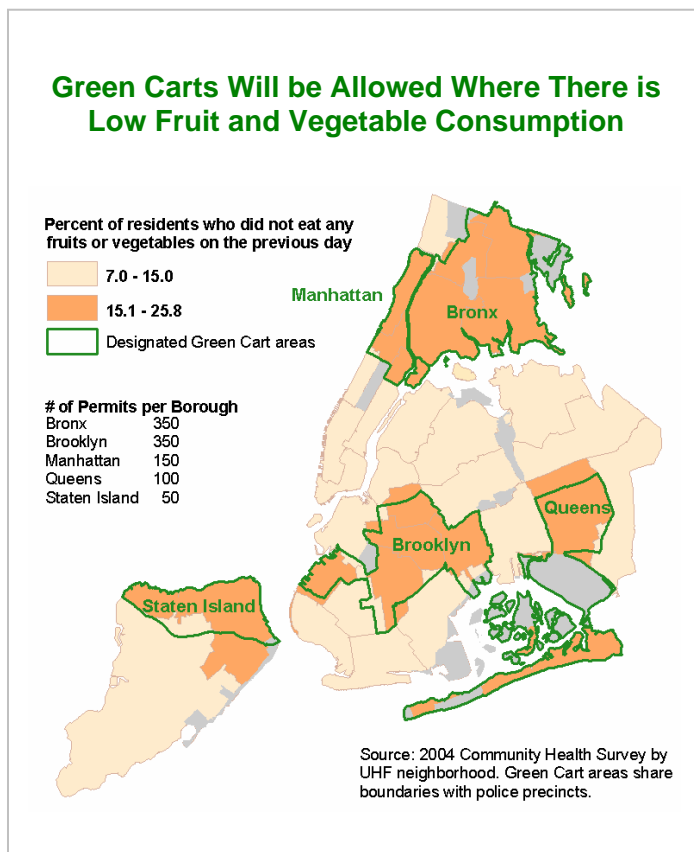
'Green Carts' Will Increase Access to Healthy Foods, Improving the Health of an Estimated 75,000 New Yorkers

The City plans to expand the number of food carts that sell only fresh fruits and vegetables – 'Green Carts' – exclusively in the New York City neighborhoods that need them most. Eating more fruits and vegetables prevents diabetes, heart disease, cancer, high blood pressure, and many other illnesses.

People Who Eat Fruits and Vegetables Are Healthier.
Those who eat fruits and vegetables 3 times or more a day are **42%** less likely to die of stroke and **24%** less likely to die of heart disease than those who eat them less than once a day.

Our best estimate is that Green Carts will:

- Increase access to fresh fruits and vegetables in neighborhoods where consumption is particularly low.
- Increase consumption of fresh fruits and vegetables by at least 75,000 New Yorkers.
- Save at least 50 lives a year over the long term.



New Yorkers don't eat enough fruits and vegetables. In a survey, 90% said they ate fewer than the recommended minimum 5 servings on the previous day, and 14% said they ate no fruits or vegetables at all.¹

Fruits and vegetables are not readily available in certain New York City neighborhoods.² Residents in many of those neighborhoods have high rates of diseases related to poor diet. When availability of fruits and vegetables increases, consumption increases.³

1,000 Green Cart permits will be phased in over 2 years to sell fresh fruits and vegetables exclusively in neighborhoods where consumption is particularly low. A certain number of permits will be allocated for the Green Cart areas in each borough.

1. 2004 Community Health Survey, NYC DOHMH.
2. Harlem and North & Central Brooklyn Healthy Food Access reports, NYC DOHMH, 2006 and 2007.
3. Rose, et al., *Public Health Nutrition*, 2004; Wrigley, et al., *Environment and Planning*, 2002.

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