

NYC Food by the Numbers



January 2024



Improving NYC Food

City Food Standards Compliance in FY23

There were **219,831,621** meals and snacks served across city agencies.



NYC Food Standards compliance was **93%** across the City.



NYC Health + Hospitals (H+H) Plant-Based Meals in FY23

602,844 plant-based meals served through the H+H plant-based default program.

Supporting Food Access and Food Education in Schools



School Meals, 2022-2023 School Year

New York City Public Schools served **136.5 million** breakfast and lunch meals during the academic year.

255,000 breakfast meals/day on average

505,000 lunch meals/day on average

Cafeteria Enhancement Experience (CEE)

The CEE improves the dining experience of students.

116 cafeterias have been completed.

35% increase in lunch participation among high school students following redesign.



Nutrition Education & Culinary Training Planned for 2023-2024 School Year

60 Wellness in the School chefs will provide training on preparing plant-based and scratch meals.

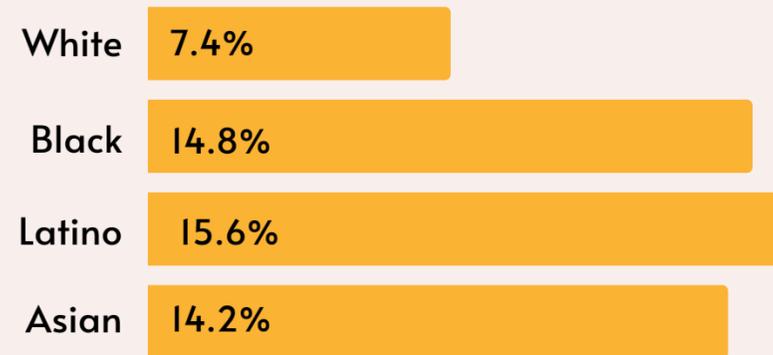
60 Schools were each awarded **\$11,000** each to support the expansion of food education.



2022 Rates of Diet-Related Disease and Food Insecurity Risk

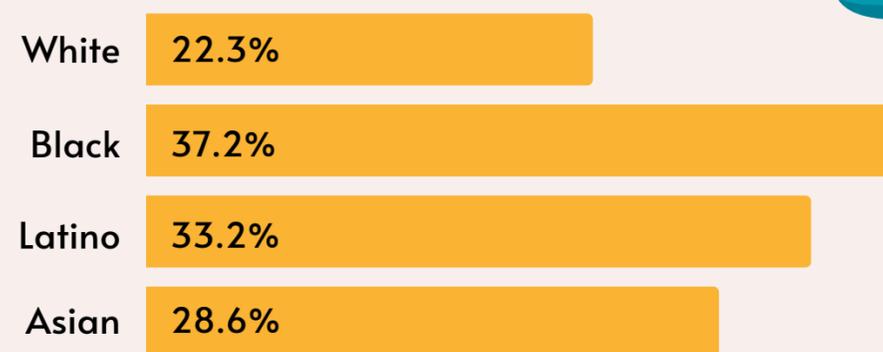
Diabetes

In New York City, 12.2% of adults have been diagnosed with diabetes. And people of color are twice as likely to experience it than their White counterparts.



Hypertension

In New York City, 29.6% of adults have been diagnosed with hypertension. Hypertension is higher among people of color compared to their White counterparts.



Food Insecurity Risk



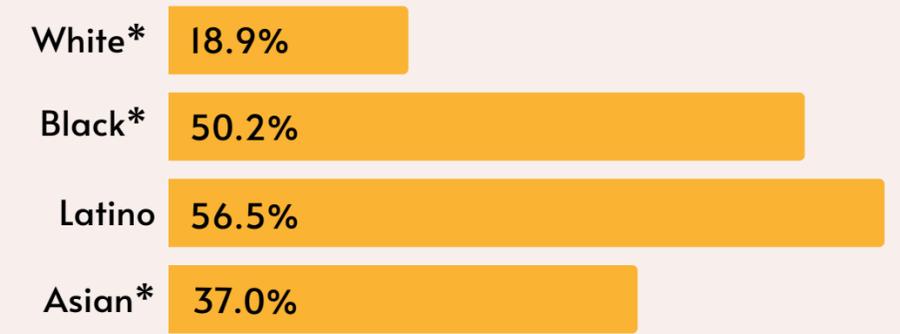
of adults lived in a household at risk for food insecurity in 2022, a significant increase compared to 34.7% in 2021.

Households with children were more likely to be at risk of food insecurity - **48.4%** compared to those without children (34.7%).

Latino, Black, and Asian rates of food insecurity risk were

2-3x higher

than their White counterparts



*Non-Latino

What is driving these differences?

Structural racism has led to economic exclusion for Black and Latino/a New Yorkers, neighborhoods segregated by race and wealth, and inequities in opportunities and resources for health, including food access. These injustices lead to inequities in health outcomes.

HealthyNYC

Chronic and diet-related diseases, including cardiovascular disease, diabetes, and kidney disease accounted for 20,586 deaths in 2021 ([NYC DOHMH HealthyNYC Report](#))

HealthyNYC is the City's ambitious plan to **increase the average life expectancy of all New Yorkers to above 83 years of age by 2030**, with gains across racial/ethnic groups.



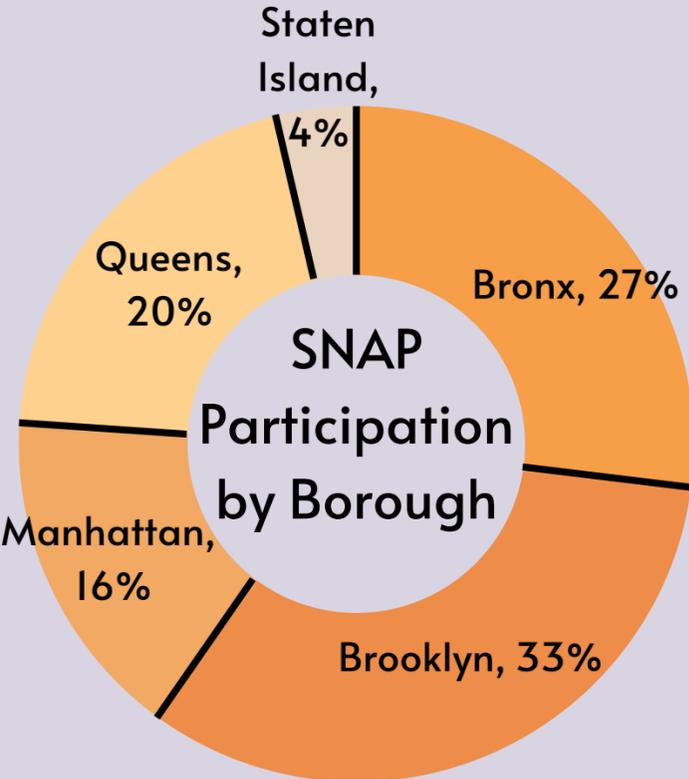
Source: NYC Community Health Survey, 2021, 2022

Federal nutrition programs serve many New Yorkers

Supplemental Nutrition Assistance Program (SNAP)

1,739,229

SNAP recipients in NYC as of June 2023



Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Each month of FY23, on average there were:

221,764 WIC participants in NYC

49,003 women

46,232 infants
(<1 year of age)

126,530 children
(1 to 4 years of age)



The City is investing in expanding access to these crucial federal benefits

SNAP Outreach in FY23

672 SNAP outreach events by the Department of Social Services Office of Community Outreach across NYC.

50 partnerships with community sites for in-person SNAP outreach services, including at libraries, older adult centers and health care facilities.

\$4.9 million in grants distributed to improve access to all benefits enrollment, which includes Cash Assistance, SNAP, and WIC.



Lifestyle Medicine expansion to **3** new NYC Health + Hospital locations in 2023

H+H's Lifestyle Medicine Program assesses patient needs and offers them a tailored plan to improve their health through individual medical visits and access to group sessions on nutrition, meal planning, cooking, exercise, mindfulness and sleep health.

The program directs outpatients to incorporate more plant-based meals into their dietary patterns and connects patients to resources to access healthy foods.

To add, NYC and the American College of Lifestyle Medicine have partnered to provide up to **200,000 NYC health care professionals free continuing education on nutrition and lifestyle medicine** to integrate evidence-based content into their clinical practice.



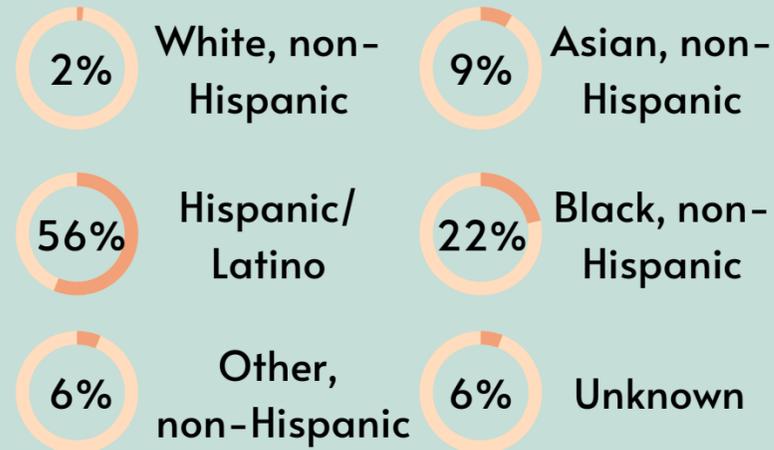
NYC Nutrition Security Programs

Groceries to Go

Groceries to Go provides monthly credits to eligible H+H NYC Care members to purchase SNAP-eligible groceries for delivery or pick up via an online platform. Participants get 50% discount on purchases of fresh produce made with credits.

2,228 participants between January - June 2023

Participant Race/Ethnicity:



Over \$826,000
in credits spent on SNAP-eligible items.

Over \$64,000
in participant savings on fresh produce by using credits and discount.



Get the Good Stuff

Get the Good Stuff provides a \$1 for \$1 match on purchases of eligible fruits, vegetables, beans with SNAP at participating grocery stores.

Over \$842,000 worth of fruits, vegetables and beans redeemed

by New Yorkers enrolled in the program at the 6 participating supermarkets located in the Bronx, Brooklyn, and Queens.

Community Food Connection

As of June 2023, there were

673 programs participating in CFC (586 Food Pantries and 87 Soup Kitchens).

In FY23:

32.5 million+
visits to CFC

\$46.8 million
spent on food



Health Bucks

Health bucks are \$2 coupons redeemable at all NYC farmers markets for purchases of fresh fruits and vegetables.

In 2022:

Over 854,000 Health Bucks, **worth more than \$1.7 million**, were distributed as a SNAP incentive.

Over 121,000 Health Bucks, **worth more than \$242,000**, were distributed by community-based organizations as part of their nutrition and health programming.

Over 1,367,000 Health Bucks distributed, **worth more than \$2.6 million** in fruits and vegetables.



Grocery Stores in 2023

1,002
grocery stores in NYC

This amounts to over
15.6 million square feet
of food retail space



Food Retail Expansion to Support Health (FRESH)

The Food Retail Expansion to Support Health (FRESH) program provides zoning incentives and tax benefits to property owners who agree to build a full-service food market in communities with a high need for access to fresh food to address limited access to grocery stores in low-income communities.

As of February 2023:

30 FRESH supermarkets

21 more FRESH supermarkets set to open soon

1 million+ New Yorkers live within a half mile of a FRESH supermarket

In FY 2023:

2 FRESH projects received zoning incentives

2 FRESH projects closed on tax benefits

Since established, FRESH has provided:

30 supermarkets zoning incentives

36 supermarkets tax benefits, with 23 supermarkets currently receiving benefits

Note: Some projects receive both zoning and tax benefits. **Food Policy**



Food Policy

Climate and Food

In 2023:

NYC pledged that by 2030, the city will **reduce** its food-related carbon emissions **by 33%**.



The City launched the Plant-Powered Carbon Challenge, which calls upon private corporations to pursue a **25% reduction in food-related carbon emissions by 2030**.

H+H is leading by example

36%

reduction in food-related carbon emissions since the expansion of their plant-based default meal program in 2022.



Sources:

Health + Hospitals - Sodexo

Department of Education, Office of Food and Nutrition Services

Department of Health and Mental Hygiene

Borough/Community District Report - SNAP Population via NYC Open Data

Department of Social Services

New York State Department of Health

Department of City Planning

Economic Development Corporation

