PREVIEW
Fill out toolkit request form for full copy.

HEALTHY CORNER STORE TOOLKIT
making the healthy choice the easy choice

© 2014 Youth Empowered Solutions
What Is Corner Store Redesign?

Corner Store Redesign is an advocacy project that focuses on increasing the availability and sales of healthy food options by implementing easy, low-cost, and effective methods for store owners. This project has been used across the nation to bring healthy affordable foods to neighborhoods that don't have a grocery store nearby or adequate public transportation. It was developed by youth and adult staff of Youth Empowered Solutions (YES!).

The goal of this project is to make healthy food options an easy and accessible option even when the only food-retail store in an area is a corner store.* Offering healthy options in local corner stores allows those who rely on the store for their food supply to make healthier dietary decisions and gives healthier options to those just stopping in for a quick snack. The Corner Store Redesign may not completely change the food selection at the corner store at first, but will increase the amount, accessibility, and appeal of healthy options in the store.

*Please note: For the purpose of this project, the term “corner store” can be used interchangeably with the terms of convenience store, gas station, country store, or any other small food retail store in a community.
What Are Healthy Foods?

**Nutritious Dairy**
- Nutritious dairy snack foods are low in fat, sugar and sodium
- Examples: skim milk, reduced fat cheeses, yogurt

**Nutritious Fruits and Vegetables**
- Fruits and vegetables provide nourishment for the body, thus promoting health
- Organic and local fruits and vegetables are preferred
- Examples: grapes, bananas, apples

**Nutritious Meats and Proteins**
- Nutritious meat snack foods are low in fat and sodium, and high in protein
- Examples: chicken, turkey, fish, egg whites, unsalted almonds

**Nutritious Fats**
- Foods high in monounsaturated and polyunsaturated fats are considered heart healthy because they can help lower your risk of heart disease
- Foods high in trans-fat and saturated fat are not nutritious
- Examples: nuts, avocados, olive oil

**Nutritious Grains**
- Whole grains are the most nutritious type of snack food
- Examples: breads, tortillas and crackers that list “whole wheat” and “whole grain” as their first ingredient

Source: bit.ly/1qOwzAB