Junk Food Easy to Find
Healthy Food, Not So Much

Gabby Martinez

My family has more access to junk food than to healthy food! At this moment we have two convenience stores and one pizza place and a pharmacy near our home. A convenience store sells a lot of junk food and processed food. These foods are not nourishing for our bodies.

Another important problem is the price. It is cheaper to buy a cheeseburger than to buy an apple. We buy fast food because it is easy and cheap rather than buy a fruit cocktail. We are sitting in fast food restaurants ordering unhealthy meals, and the healthy meals are out of reach of our hands!

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The closest supermarket is five miles away from our home. I shop there once a week, and I look for special sales on fruits and vegetables. Also, I buy seasonal fruit at the nearest farm outside the city or at the closet community garden. There are some gardens in Fresno, like Al Radka Park, but there are not enough. Our community needs a mobile fruit and vegetable stand that can sell healthy food in all parts of our neighborhoods.

In Fresno, we should have fresh produce within a safe walking distance of our neighborhoods. Then our families would have the chance to buy nutritious food, and parents could buy in quantities and at good prices.

Gabby Martinez is a GED student at Fresno Adult School in Fresno, CA. In 2014, she organized with her community and persuaded a local school to open its gates on the weekends so that children would have a safe place to play and get exercise.

Fresno is in the middle of the Central Valley in California, one of the highest-producing agricultural regions in the country. Yet many people here lack access to healthy food. The U.S. Dept. of Agriculture calls Fresno a “food desert.”

This interactive “soundscape map” allows you to listen to the sounds of food being prepared and eaten in Fresno, CA. Go to <berkeley.news21.com/theration/soundscapes> and click on the various dots to listen.