



## ACCESS TO HEALTHY FOODS

- Ensure that there is a full-service, affordable grocery store within walking distance
- Provide space for an indoor or outdoor farmers' market or green market. Farmers markets that accept nutrition assistance program benefits (e.g. SNAP) can also increase access to fruits and vegetables
- Provide dedicated space for gardening
- Enhance access to drinking water



## OPPORTUNITIES FOR EXERCISE

- Create opportunities and spaces for indoor and outdoor physical activity for all ages, including gardens, rooftop space, walking paths and fitness facilities
- Install wayfinding signs at building entrances that include maps, distances and time needed to reach nearby amenities by foot
- Provide amenities for bicyclists and walkers, including showers, locker rooms, and secure bike storage
- Design stairwells so they are easy, safe and enjoyable to use



## HEALTHY AIR QUALITY

- Plant trees and other vegetation
- Follow best practices for ventilation and air-filtration to reduce allergens, dust and airborne chemicals
- Use materials and products that support healthy indoor air quality
- Build operable windows where possible



## MENTAL & SOCIAL WELLBEING

- Incorporate artwork, color, elements of nature and architectural design to promote wellbeing
- Construct windows to face nature and allow for maximum incoming daylight
- Build spaces for social gathering
- Promote safety by maintaining the cleanliness and upkeep of indoor and outdoor spaces, and ensure that spaces are well-lit