## Food environment

## Availability Which foods are mostly available in retail, restaurants and canteens? How are foods composed?

## Affordability What are the relative prices of different food items? Are healthy diets accessible?

Appeal & information How is food labelled? Which foods are promoted? How is food education organised?

Motivation

e.g. willingness to adjust preferences

Opportunities
e.g. purchasing power,
time availability,
social environment



Capabilities
e.g. cooking skills,
knowledge of food's
impacts on health
and environment

Individual-level influences

Policies are important levers for creating fair food environments that support healthy and sustainable diets