

Food Charter

for United Counties of Leeds and Grenville and Lanark County

Everyone has the right to food. Food contributes to physical, mental and emotional health and wellbeing. The food system includes everything from growing food, to processing, storing, transporting, selling, buying, preparing, eating food and managing food waste. From producers to eaters – we are all part of the food system.

Our Vision

Everyone in our community should have the means to obtain healthy food and safe water.

We believe farmers, growers, producers, individuals, community organizations, businesses, institutions and local governments should work together to create and support a strong and healthy food system for all.

We envision a future in which...

Everyone has enough healthy food to eat:

- Everyone has access to, and can afford, safe, healthy, personally-acceptable food.
- Healthy food is available wherever people live, work, learn and play.

Our farmers, growers, producers, processors and retailers are supported:

- Farmers, growers, producers and all food workers have adequate incomes and safe work environments.
- Agricultural land and natural environments are valued, protected and enhanced.
- The production, processing, storage and distribution of locally-produced food are prioritized.
- Farmers and future farmers have access to land, education, mentoring, training, and equipment.

Everyone has the food skills and knowledge they need:

- People understand the connections between food choices, our environment and health.
- Educational opportunities are supported within the community for all ages to learn how to grow, purchase, cook and preserve healthy food.

Our environment is healthy:

- Ecosystems and biodiversity are valued, protected and enhanced.
- Surface and underground water resources are safe, accessible and protected.
- Farmers, growers, producers, processors and retailers use practices that maintain or enhance the environment (e.g. soil, air and water).
- More food is produced and consumed locally, thereby reducing transportation over long distances.
- Food waste is reduced and/or reused (e.g. composting).

Our communities are healthy, economically diverse and resilient:

- Farmers, growers, consumers, community organizations, businesses, institutions and local governments work together to create a food system that promotes community resilience.
- There are increased opportunities to buy, grow or otherwise obtain healthy foods in rural and urban settings.
- More food is produced, processed, stored and consumed locally, thereby creating jobs and stimulating the local economy.

Food and farming are celebrated:

- Community members can come together to grow, cook, share and enjoy food.
- We celebrate the historical, cultural and spiritual importance of food.

I/we endorse the Food Charter for United Counties of Leeds and Grenville and Lanark County

(Individual or Organization - will appear on foodcorelgl.ca)

(Phone and email - will be confidential)

For more information or to endorse: visit www.foodcorelgl.ca • email foodcorelgl@gmail.com • call 613-283-2740 x4273