



SARNIA-LAMBTON FOOD CHARTER

The **Sarnia-Lambton Food Charter** describes our community's vision of a healthy food system. The charter outlines the values and beliefs about food in our community to provide guidance for decisions among government, local businesses, non-profit organizations, families and individuals. As signatories to this food charter, we commit to work in partnership toward a healthy food system based on these principles:

Because we value HEALTH, we support:

- Food as an essential component to physical, mental, emotional and spiritual well-being
- Access to a safe quality food supply
- Access to affordable, healthy food in every neighbourhood, including schools, businesses and public places

Because we value EDUCATION, we support:

- Neighbourhood educational opportunities that are targeted to specific groups to strengthen residents' food skills (including growing, cooking, and preserving food and meal planning)
- Health and nutrition promotion strategies that encourage and improve the health and food self-reliance of residents
- Understanding the environmental impact of where our food comes from and how it's produced

Because we value SUSTAINABLE ECONOMIC DEVELOPMENT, we support:

- A sustainable local food system by advancing the production, processing, distribution and consumption of local food
- An economically viable food system that includes healthy relationships among urban and rural farmers, producers, businesses and consumers and is in balance with global food systems
- Promoting local food products everywhere food is distributed, including farmers markets, farm gate sales, grocery and convenience stores, public institutions and the food service industry

Because we value ENVIRONMENTAL HEALTH, we support:

- Protecting farmland and freshwater ecosystems for local food production
- Producing, processing and distributing food in a way that sustains or enhances the natural environment
- Sustainable waste management practices, including waste disposal and composting systems

Because we value CULTURE, we support:

- Strengthening links between different cultures and urban and rural communities through food
- Opportunities to celebrate and promote respect for traditional and cultural food diversity

Because we value SOCIAL JUSTICE, we support:

- Safe, healthy, culturally acceptable food as a basic right of everyone
 - Income, education, employment, housing and transportation policies that support access to healthy food for all
 - A fair wage for the production, processing and distribution of food
 - Promoting food self-reliance through community food programs, such as community gardens and collective kitchens, reducing dependence on emergency food providers
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