



# Food Charter

*We believe every person has a right to access an adequate supply of nutritious affordable and culturally appropriate food. Food contributes to the health and well-being of residents while preventing disease and reducing their need for medical care. Food is central to Alberta's economy. Food brings people together in celebration of community and diversity and is an important part of our culture.*

*Therefore, in our community we will strive to:*

-  *Advocate for income, employment, housing and transportation policies that support secure and dignified access to healthy food.*
-  *Produce and distribute food in such a way that protects the environment and ensures the safety of our food and drinking water.*
-  *Establish local market opportunities for locally grown food products through farmers markets, direct farm sales and local food outlets.*
-  *Encourage agriculture policies and practices that promote food diversity.*
-  *Promote informed choices in restaurants and food outlets through implementation of a food labeling program.*
-  *Foster a civic culture that inspires residents and stakeholders to support capacity building food programs such as food buying clubs, skills development (example: cooking classes), community kitchens, community gardens, grocery store tours and nutrition education.*
-  *Facilitate access to programs and services that promote health for seniors and vulnerable people such as newcomers, pregnant women, children, lone parent families, low-income individuals, persons with developmental, physical or mental health disabilities.*
-  *Increase access in all public recreation facilities, schools, and day care facilities to foods that meet Alberta nutrition guidelines.*
-  *Promote baby-friendly policies, facilities, businesses and workplaces that support optimal health for all babies and breastfeeding mothers.*
-  *Increase access to healthy affordable foods in residential or care facilities such as group homes, seniors lodges, and hospitals.*
-  *Eliminate marketing of unhealthy food choices to children and youth in public places and schools.*
-  *Contribute to a yearly community review on the progress of achieving food security.*
-  *Promote access to workplaces, and community programs and supports that promote nutrition and active living enabling citizens to prevent and manage lifestyle-related disease.*

