

Food Charter

Celebrate and Champion Nourishment for All

What is a Food Charter?

A Food Charter is a document that represents the communities' voice, values and priorities for a healthy and self-reliant food system. It promotes the development of food initiatives and policy within the communities, organizations and at the local government level.

Our Vision

Kingston, Frontenac, and Lennox & Addington are healthy, food secure communities where:

- food is recognized as a basic human right
- a just food system ensures all members of our community have access to adequate, healthy, safe, affordable and culturally appropriate food
- an ecologically and economically sustainable food system thrives
- a strong relationship between our rural and urban communities which supports and advocates for our regional food system

Our Purpose

To create a more secure, accessible and sustainable food system in our region.

Our Collective Commitments

To achieve our vision we will...

Celebrate community and culture through:

- opportunities that bring together community members to appreciate and celebrate regional food, culture and diversity.
- opportunities for community members to be included and to make community connections through the experience and sharing of food.

Promote the health of individuals, families and our community through:

- policies and practices that acknowledges how food contributes to physical, mental, spiritual, and emotional well-being.
- strategies to prevent and manage chronic diseases through access to adequate, healthy, safe, affordable and culturally appropriate food.

Improve education through:

- community awareness about the associations between our health, the environment, and our food choices.
- public awareness of the role of agriculture in our lives.
- community and school programs that promote skills in the planning, producing, purchasing, preparing and preserving of food.
- initiatives that develop our present and future farmers in urban and rural communities.



For more
information visit:
[www.kflahealthycommunities-
partnership.com](http://www.kflahealthycommunities-partnership.com)

or contact:
Rachael Goodmurphy, R.D.
Public Health Dietitian
KFL&A Public Health
Tel: 613-549-1232, ext. 1630
[rachael.goodmurphy@
kflapublichealth.ca](mailto:rachael.goodmurphy@kflapublichealth.ca)

Protect our environment through:

- preservation of local farmland.
- protection of watersheds and wildlife habitat.
- food production methods that sustain or enhance the natural environment in rural and urban settings.
- agriculture and land use policies that support the production of healthy, sustainable food.
- food waste reduction and recycling policies and practices.

Uphold social justice through:

- a living wage and respectful work environment for farmers and food workers.
- dignified access to sustainable healthy food regardless of income.
- inclusive opportunities for meaningful community participation in policy development.

Foster economic sustainability of our community through:

- affordable agricultural land, and
- production, preparation, storage, distribution and consumption of regional food as an integral part of our economy.

This Charter has been developed by the KFL&A Healthy Eating Working Group,
with the help of several individuals and groups.

The KFL&A Healthy Eating Working Group is comprised of representatives from

- ◆ City of Kingston ◆ Community ◆ County of Frontenac ◆ Downtown Kingston B.I.A.
 - ◆ Hospitality Services at Queen's University ◆ KFL&A Public Health
- ◆ Kingston Community Health Centres ◆ Lennox and Addington Interval House
 - ◆ Loving Spoonful ◆ National Farmers Union - Local 316
 - ◆ Sisters of Providence of St. Vincent de Paul

