

## Do You Want...

### ✓ Food for All?

Enough nutritious food for everyone in Kawartha Lakes?



### ✓ Thriving Farms?

Agriculture and food production prospering and providing good food to people in Kawartha Lakes and beyond?



### ✓ A Clean Environment?

Practices that make Kawartha Lakes a safe place to grow food and raise our families?



**If you have answered "yes" to any or all of the above, you will be interested in the Kawartha Lakes Food Charter.**

## What will the Food Charter do for Kawartha Lakes?

The food charter can help make our community more food secure and raise Kawartha Lakes as a leader in the sustainable development of rural communities.



In a food-secure Kawartha Lakes:

- All residents have enough safe, nutritious food - even in emergencies
- Healthy food choices are available where food is being sold or served
- Foods grown and produced in Kawartha Lakes are valued and enjoyed by residents, and available in restaurants and institutions
- Farmlands are protected, and enhanced opportunities are available for growers and processors
- The environment is protected and safe for food production
- Composting, recycling and waste management are supported
- **Food is recognized and celebrated by all**

To learn more contact:

- Doug van Hemessen, Stewardship Coordinator  
Victoria Stewardship Council (705) 324-1478  
doug.vanhemessen@ontario.ca
- Kelly Maloney, Agriculture Development Officer  
City of Kawartha Lakes (705) 324-9411, ext. 1208  
kmaloney@city.kawarthalakes.on.ca
- Rosie Kadwell, Public Health Dietitian  
HKPR District Health Unit (866) 888-4577, ext. 1  
Haliburton office ext. 238  
rkadwell@hkpr.on.ca

# Kawartha Lakes Food Charter

A document that outlines values and beliefs about the food system in the community to guide the development of local food-related policies and programs for food security and a just, sustainable food system.

Adopted Spring 2011

# Kawartha Lakes Food Charter

*A guiding document to assist in the development of food-related policies and programs in Kawartha Lakes*

A just and sustainable food system is rooted in healthy communities, in which no one is hungry and everyone has access to healthy, nutritious food. It is an economically viable, diverse and ecologically sustainable system to grow, harvest, process, transport and distribute food while minimizing waste.

## **A just and sustainable food system means:**

### **A Vibrant Community Food Culture that**

- Engages citizens, promotes responsibility and celebrates community
- Connects and supports growers, processors, retailers and consumers
- Builds greater understanding between farming and non-farming communities
- Celebrates the joy of growing, preparing and eating food
- Advocates environmental responsibility for community and ecosystem health

### **Food Security and Community Health that**

- Acknowledges healthy, nutritious food is a basic human right and necessary for good health
- Ensures all residents have knowledge of and access to nutritious, affordable and safe food
- Promotes nutrition education, resources and healthy food choices in schools, the workplace and public places
- Supports community food programs and policies that reduce the need for emergency food resources
- Ensures access to locally grown products, as well as gardening, hunting, fishing and wild food gathering

### **A Strong Farming Economy that**

- Generates adequate incomes for farmers, harvesters, processors and distributors
- Supports diverse, vibrant production for external and local markets
- Values and protects agricultural lands
- Promotes sustainable farming practices

### **A Healthy Ecosystem that**

- Recognizes and encourages continued environmental conservation initiatives
- Advocates ecological waste management
- Strengthens connections between agricultural and environmental organizations
- Reduces reliance on non-renewable resources for all aspects of food production and distribution

## **Definitions**

**Healthy Food:** Food of maximum nutritional value that promotes physical, mental and emotional well-being.

**Safe Food:** Food that is free of microbiological, chemical, and physical hazards

**Sustainable:** Activities that can continue without diminishing the earth's resources

The following groups spearheaded the creation of the local food charter:

- HKPR District Health Unit
- City of Kawartha Lakes Economic Development
- Toward Balance Support Network
- Kawartha Conservation
- Victoria Stewardship Council
- Ontario Ministry of Agriculture Food and Rural Affairs Office
- Kawartha Field Naturalists
- Individual Farmers