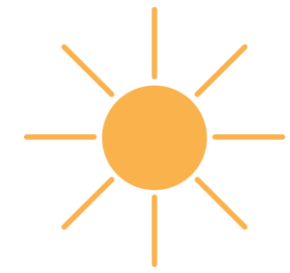





# Nipissing and Area Food Charter Toolkit

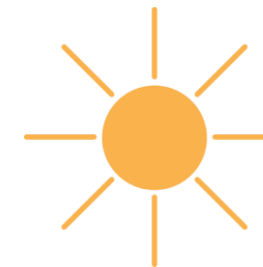
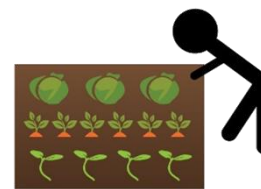


## For Eaters – What can I do?

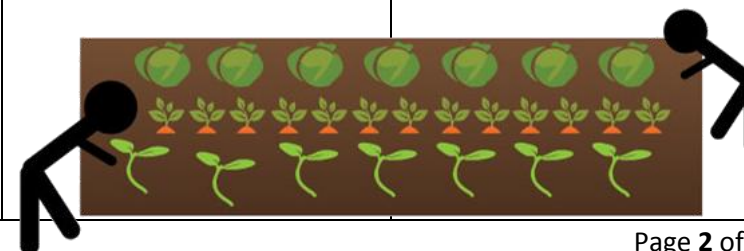
Health & Wellness	Sustainable Economic Development	Social Equity	The Environment	Food Literacy	Culture
<p>Include more vegetables and fruit into meals and snacks.</p> <p>Establish or volunteer in a community garden. Visit the <a href="#">North Bay Area Community Garden Coalition</a> website for more information.</p> <p>Participate in or initiate a ‘wellness committee’ at your school, workplace or recreation club to define and implement healthy eating efforts.</p> <p>Support healthy food champions and choices in schools, workplaces, child care centres, recreation settings, and community spaces.</p> <p>Support the Nipissing Good Food Box program*.</p> <p>* Contact the Good Food Box Program at <a href="mailto:goodfoodboxnipissing@gmail.com">goodfoodboxnipissing@gmail.com</a></p>	<p>Purchase foods grown on nearby farms. Visit a <a href="#">farmers’ market</a>.</p> <p>Join a local Community Supported Agriculture (CSA)* initiative and get to know your local growers.</p> <p>Choose local stores and products when possible.</p> <p>Ask for local products at restaurants and stores.</p> <p>*CSA programs link consumers to farmers through the upfront purchase of a share in the harvest at the beginning of the growing season.</p> 	<p><a href="#">Learn more</a> about the issues that impact food security.</p> <p>Advocate for change. Talk to your local politicians about the need for higher social assistance rates, more affordable housing, childcare and public transportation, and a living wage to ensure access to healthy food for all.</p> <p>Donate only high quality, healthy food to food banks and food drives to increase access to healthy foods.</p> <p>Buy fair trade products.</p> <p>“Grow a Row” and donate your produce to a local food program.</p> <p>Join ‘Nipissing Area Food’ to help promote healthy, sustainable food in our community. Email us at <a href="mailto:info@nipissingareafood.com">info@nipissingareafood.com</a></p>	<p>Eat seasonally when possible (e.g. Ontario strawberries in July)</p> <p>Reduce waste by composting and recycling. Reduce household food waste.</p> <p>Donate excess food to food programs or to farms for livestock feed.</p> <p>Reduce food miles by eating local products more often.</p> <p>Conserve water ; use a rain barrel to collect water for your garden.</p> <p>Forage, harvest and hunt in ways that ensure sustainability.</p> <p>Advocate for, and support organizations, that promote preservation of local waters and farmland.</p> <p>Purchase food items with less packaging.</p>	<p>Participate in training that focuses on nutrition, food safety, growing food and cooking. Involve children when possible.</p> <p>Support or initiate community gardens. Visit the <a href="#">North Bay Area Community Garden Coalition</a> website.</p> <p>Involve children and youth in food preparation.</p> <p>Borrow library books on healthy, seasonal cooking and growing food.</p> <p>Share your knowledge about growing and preparing food.</p> <p>Advocate for more food-related learning opportunities in schools (hands-on cooking classes, gardening activities, food safety etc).</p>	<p>Participate in local food festivals and events to celebrate the diversity of food.</p> <p>Model healthy eating behaviours for children and youth.</p> <p>Take time to prepare and enjoy homemade meals with family and friends.</p> <p>Share recipes and gardening tips.</p>  

# Nipissing and Area Food Charter Toolkit

## For Growers – What can we do?

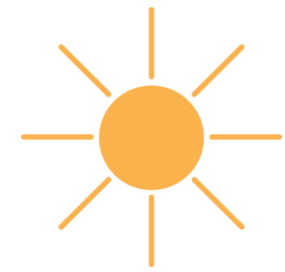




Health and Wellness	Sustainable Economic Development	Social Equity	The Environment	Food Literacy	Culture
<p>Take time to stretch before and after working in the garden or in the fields. Take proper rest periods throughout the workday.</p> <p>Advocate for local food in public places (parks, schools, restaurants, community centres, etc).</p> <p>Avoid farming practices that may have a negative impact on health and the environment (e.g. chemicals, pesticides, fertilizers)</p> <p>Use personal protective equipment when applying organically approved substances to your crops.</p> <p>Use safe food handling procedures (<a href="#">iGAP</a> or <a href="#">HACCP</a>)</p> <p>Access resources for producer stress and resilience, such as the Farm Line Hotline (stress counseling for farmers) at 1-888-451-2903</p>	<p>Sell your products at farmers' markets and to local institutions or schools.</p> <p>Choose local processors and distributors when possible.</p> <p>Work with local champions to increase consumer and community access to local products.</p> <ul style="list-style-type: none"> <li>Investigate opportunities to participate on local boards</li> <li>Attend consultations</li> <li>Provide feedback when groups are seeking information related to farming</li> </ul>	<p>Advocate for fair farm wages.</p> <p>Participate in a gleaning project in your community.</p> <p>Donate excess produce to a community or school food program.</p>	<p>Compost on your farm to reduce the need for off-farm inputs for fertilization.</p> <p>Create an '<a href="#">Environmental Farm Plan</a>' to increase your environmental awareness and set forth goals that relate to your farm.</p> <p>Apply mulch to your soil to help retain moisture and cut down on watering needs.</p> <p>Choose organic and heirloom varieties or species native to your region. Learn about <a href="#">saving your seeds</a>.</p> <p>Plant cover crops or living mulch.</p> <p>Plant grass buffers to help control runoff.</p> <p>Provide habitats for beneficial wildlife like bees and bats.</p> <p>Reduce use of fossil fuels.</p>	<p>Share your expertise by creating or participating in a community garden in your community or at a local school.</p> <p>Share the positive experiences of growing food with others.</p> <p>Participate in a <a href="#">mentorship program</a> or <a href="#">WWOOF</a> to help train new growers.*</p> <p><small>*World Wide Opportunities on Organic Farms</small></p>	<p>Organize a farm or garden tour.</p> <p>Explore options to share and swap seeds.</p> <p>Join a farmers' market.</p> <p>Connect with local food organizations to get involved with initiatives in your community.</p>



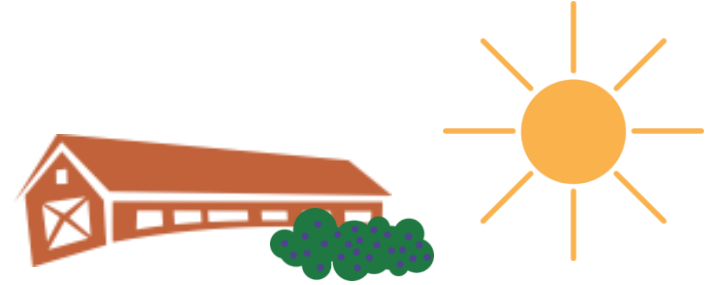
# Nipissing and Area Food Charter Toolkit

For **Policy Makers** – What can we do?



Health & Wellness	Sustainable Economic Development	Social Equity	The Environment	Food Literacy	Culture
<p>Facilitate healthy food options in schools, hospitals, child care and recreation centres etc.</p> <p>Establish guidelines for high quality, healthy food donations at food banks.</p> <p>Create a supportive environment for breastfeeding mothers.</p> <p>Encourage and facilitate community gardens both in public institutions and community spaces throughout the city</p> <p>Support measures that facilitate active transportation (bike lanes, trails, bike racks, etc) as a means of accessing healthy food.</p>	<p>Conduct a Community Food Assessment.</p> <p>Work with retailers and farmers' markets to increase access to local foods by providing covered spaces or year round locations for vendors.</p> <p>Consult the agricultural community in planning processes.</p> <p>Re-examine bylaws and regulations that prohibit farmers and growers from selling local food.</p> <p>Advocate for policies that support on-farm processing.</p> <p>Develop and support local food procurement policies.</p>	<p>Recognize food as a basic human right.</p> <p>Support fair wages for <a href="#">all</a>.</p> <p>Support government procurement of fair trade products where possible.</p> <p>Support and participate in collaborations to create sustainable food systems.</p> <p>Coordinate emergency food programs to increase access to healthy food.</p> <p>Develop partnerships with not-for-profits, hunger relief organizations and retail food vendors to increase healthy options in emergency food settings.</p> <p>Support measures that facilitate active transportation (bike lanes, trails, bike racks, etc) as a means of accessing healthy food.</p>	<p>Support the preservation of local farmland.</p> <p>Promote and support community garden projects and local neighbourhood markets.</p> <p>Facilitate the diversion of food waste from the municipal garbage stream (e.g., promote home and business composting or the implementation of a municipal organic waste program).</p> 	<p>Include food systems education in school curricula.</p> <p>Engage and empower students to improve the food culture of schools.</p> <p>Facilitate learning opportunities for chefs and food service providers in the public sector on procurement practices that benefit the economic, environmental and social good.</p> <p>Implement initiatives that provide training for rural grocers and restaurants to help them expand healthy options and minimize unhealthy choices.</p>	<p>Promote regional foods, farmers, and local businesses.</p> <p>Create policies and incentives that support and promote agri-tourism.*</p> <p><small>*Agri-tourism involves any agriculturally based activity that brings visitors to a farm.</small></p> 

# Nipissing and Area Food Charter Toolkit

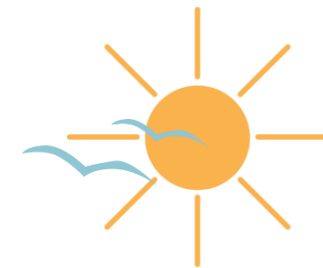


For **Businesses, Institutions, Workplaces** – What can we do?

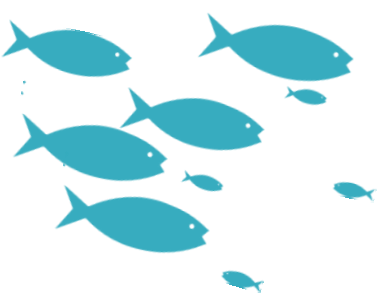
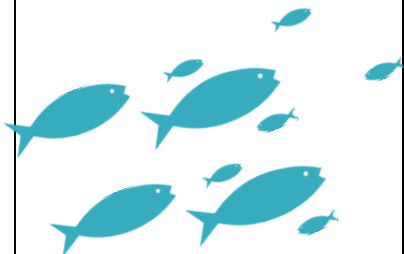
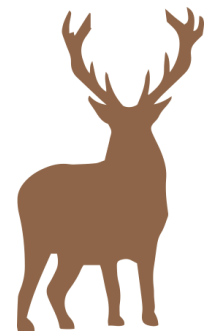
Health & Wellness	Sustainable Economic Development	Social Equity	The Environment	Food Literacy	Culture
<p>Provide healthy, affordable food and beverage choices to customers/employees.</p> <p>Speak to a dietitian at the health unit about healthy food resources.</p> <p>Support workplace wellness programs.</p> <p>Encourage customers/employees to join a Community Supported Agriculture initiative.</p> <p>Support workplace vegetable gardens.</p> <p>Establish healthy food purchasing guidelines with caterers and food service vendors to increase the number of healthy, regionally grown food options in cafeterias, vending machines and at special events and meetings.</p>	<p>Adjust procurement policies and practices to enhance consumption of local foods, such as adopting menu plans and recipes which coincide with the local harvest season.</p> <p>Think creatively about promoting the sale of local foods through your organization.</p>	<p>Make fair trade products available when possible.</p> <p>Foster fair wages.</p> <p>Participate in gleaning programs that distribute excess produce from local farmers or gardeners to emergency food programs.</p>	<p>Stock organic products when possible.</p> <p>Reduce food miles by sourcing local products.</p> <p>Establish a composting program.</p> <p>Invest in reusable dishes to avoid use of disposable plates and cutlery.</p>	<p>Make healthy and local food information available to customers.</p> <p>Provide training and development opportunities for food service staff to strengthen healthy food planning, procurement, and preparation skills</p>	<p>Participate in or sponsor local events and celebrations around food.</p> <p>Offer a diversity of food products and flavours.</p> <p>Celebrate food within your organization (e.g., organize a potluck lunch, share seasonal produce, etc.)</p>



# Nipissing and Area Food Charter Toolkit



## For Schools – What can we do?

Health & Wellness	Sustainable Economic Development	Social Equity	The Environment	Food Literacy	Culture
<p>Provide healthy, affordable food choices to students daily, at special events, and for fundraising.</p> <p>Create opportunities for students, faculty and staff to provide input into what food is served and sold at school.</p> <p>Support school wellness programs to define and implement healthy eating efforts. Involve teachers, students, administrators, parents, food service staff and health unit staff.</p> <p>Contact the health unit for more information on how they can support school nutrition initiatives.</p>	<p>Fundraise using locally grown and produced items. Learn about Community Supported Agriculture initiatives.</p> <p>Purchase and prepare foods grown locally.</p> <p>Connect with local growers to supply student nutrition programs.</p> 	<p>Participate in “Grow A Row” where an extra row of produce is grown in your garden to donate to a community food program.</p> <p>Ensure student nutrition programs are not stigmatizing.</p> <p>Create barrier-free opportunities for food activities like gardening and cooking.</p> <p>Look for opportunities within programming to raise awareness about food security issues.</p> <p>Encourage school community to donate only high quality, healthy food for food drives to increase access to healthy foods.</p>	<p>Raise awareness about the importance of reducing food miles by buying local food.</p> <p>Reduce waste by composting and recycling.</p> <p>Promote ‘litterless lunch’ events or contests to reduce both waste and consumption of processed foods.</p> 	<p>Create a vegetable garden at your school.</p> <p>Arrange a field trip to a local farm to learn about where food comes from.</p> <p>Look for opportunities within curriculum to teach about food and practice food skills (e.g., budget for groceries in math class, work in the garden during phys. ed).</p> <p>Have students help prepare food for student nutrition programs.</p> <p>Engage and empower students to improve the food culture of schools. Ask for their suggestions and ideas.</p> <p>Contact a Public Health Dietitian for support and resources.</p>	<p>Offer a diversity of food products and flavours.</p> <p>Participate in local food festivals and events to celebrate the diversity of food.</p> <p>Promote healthy celebrations within the school community (e.g., offering fruit kebabs for birthdays)</p> <p>Use food to celebrate other cultures and link with the curriculum.</p> 

We would like to acknowledge the Guelph Wellington Food Roundtable’s wonderful work creating the Food Charter Toolkit that this document is based on.