

A HEALTHY SUSTAINABLE FOOD SYSTEM

GROWING OUR FOOD CONNECTIONS IN NIPISSING

URBAN CENTRES
Access to good food. Promoting health.

FRESH WATER ECOSYSTEMS
Protecting clean water. Sustainable fishing.

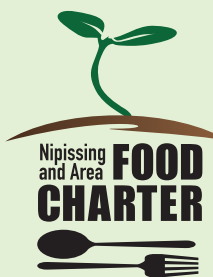
RURAL COMMUNITIES
Growing economic opportunities. Increasing food security.

FARMLAND
Supporting local producers.

WILDLIFE HABITATS
Protecting the environment. Preserving traditions.



GOOD FOOD HEALTHY PEOPLE



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VISION

The Nipissing and Area Food Charter represents the voices, values, and priorities of our communities related to food. Our vision is to create a healthy and sustainable food system in our community. This Charter will guide the development of food-related initiatives and policies through the collaboration of residents, producers, organizations, and governments.

Therefore, because we value:

HEALTH AND WELLNESS, WE SUPPORT...

- Access to nutritious, safe, affordable, culturally appropriate food choices wherever food is available
- Neighbourhoods that encourage active transportation as a means to access healthy food
- Healthy food as being integral to physical, mental, spiritual, and emotional well-being
- Breastfeeding friendly public places
- Responsible marketing and advertising in community spaces to protect the health of children, youth, and families
- Viewing all public relationships with a health lens

SUSTAINABLE ECONOMIC DEVELOPMENT, WE SUPPORT...

- Local agriculture and food production that enhances the food system, job opportunities, and the local economy
- Year round market opportunities for locally grown and harvested food products

SOCIAL EQUITY, WE SUPPORT...

- Adequate income, employment, housing, and transportation that ensures dignified and secure access to food
- Living wages for all involved in the production, processing and distribution of food
- Community food initiatives that provide citizens with knowledge and skills to access and prepare nutritious food

THE ENVIRONMENT, WE SUPPORT...

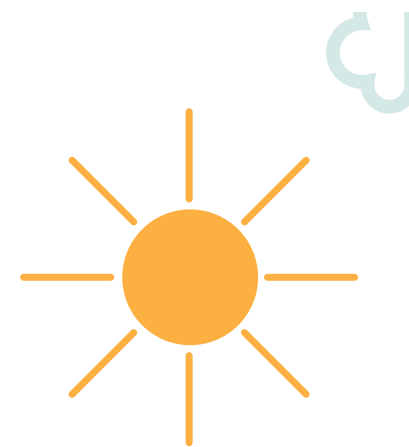
- Sustainable harvesting, production, processing, packaging, distribution, and disposal of food and by-products
- A healthy balance between farmland, freshwater ecosystems, wildlife habitats, and existing urban green spaces
- Food purchasing and waste practices that are environmentally responsible

FOOD LITERACY, WE SUPPORT...

- Healthy food preparation as a basic life skill for all
- Making the connection between food, health, and social well-being
- Understanding where our food comes from and the benefits of choosing local and sustainably produced food

CULTURE, WE SUPPORT...

- Food as a link that brings friends, families, and communities together
- Community celebrations and cultural events around food
- Awareness and respect for traditional and cultural food diversity
- Fishing, harvesting, foraging, hunting and preserving as part of our food culture



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