



Food Matters Windsor Essex County aims to represent all sectors of our local food system: producers, processors, distributors, consumers and food waste managers.

A FOOD CHARTER

A Food Charter outlines a community's shared values, vision and principles for their local food system. The Good Food Charter of Windsor Essex County has been created with the help of the community. It can be put into practice by everyone including: individuals, families, businesses, organizations and municipalities.

PRINCIPLES OF THE GOOD FOOD CHARTER

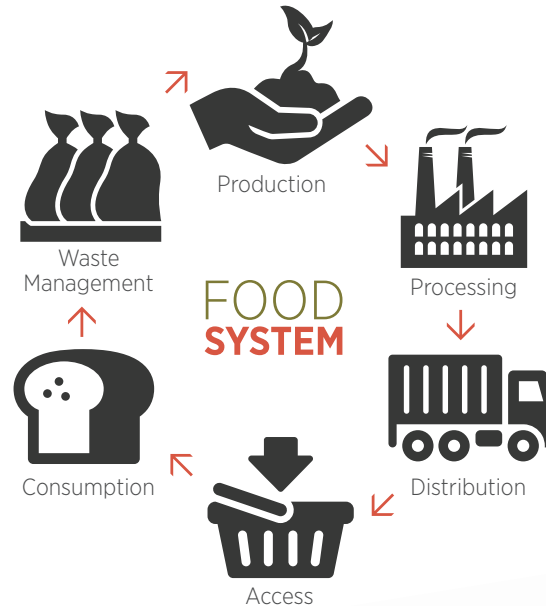
Good food matters to everyone! All who live, play, learn and work in WEC have the right to the best health and well-being that a strong food system provides. The Good Food Charter of Windsor Essex County is based on four guiding principles:

- » CELEBRATION OF FOOD
- » ENVIRONMENTAL SUSTAINABILITY
- » SOCIAL JUSTICE
- » SUSTAINABLE ECONOMIC DEVELOPMENT



WHAT IS LOCAL FOOD

Food Matters Windsor Essex County defines local food as that which is grown close to home. Usually this refers to food grown in Essex County; can include Southwestern Ontario, or even the rest of the Province.



HEALTH AND WELL-BEING

We value health and well-being as the primary goal driving the Good Food Charter of Windsor Essex County (WEC). Healthy eating contributes to physical, mental, spiritual, emotional and cultural well-being. Healthy eating is a cost-effective form of disease prevention.

Therefore residents of WEC support:

- Access to nutritious food for all
- Access to quality food skills and education initiatives
- Availability of healthy food choices in schools, workplaces and public spaces
- Public policies that protect the health and well-being of the community

GOOD FOOD MATTERS TO EVERYONE!

www.goodfoodcharterwec.ca



FOUR GUIDING PRINCIPLES

» CELEBRATION OF **FOOD**

Food brings us together to celebrate the history, culture and diversity of our community. Therefore residents of WEC support:

- Sharing of food as a community experience
- Linking rural and urban communities
- First Nation and Metis communities in the traditional belief that all land is sacred
- Food celebrations, festivals and activities that highlight our diverse cultures.

» ENVIRONMENTAL **SUSTAINABILITY**

Environmental practices and policies conserve our natural resources and provide a healthy food system now and for future generations. Therefore residents of WEC support:

- Protecting the environment with clean air, land and water
- Reducing food waste and food packaging
- Composting programs that turn food waste into a resource
- Community gardens and home gardening as a way to connect people to their natural environments and food sources
- Best practices of traditional and new responsible farming approaches that protect the environment



» SOCIAL **JUSTICE**

Everyone has the right to access sufficient, affordable, healthy, safe and culturally appropriate food with dignity. Therefore residents of WEC support:

- Opportunities for people to take charge of where, when and how they get food
- Fair wages that allow workers to provide for themselves and their families
- Safe and respectful work environments for all in farming and food businesses
- Food that is ethically raised, produced, distributed and sold
- Protection of farm land for current and future generations
- Protection and growth of family farming

» SUSTAINABLE ECONOMIC **DEVELOPMENT**

Farming and food related businesses contribute to economic growth, employment opportunities and a sustainable local food system. Therefore residents of WEC support:

- Growing, processing, distributing and consuming local food
- Availability of local food products year round
- New partnerships that bring together our local food system with government, health, tourism, education and hospitality sectors
- Growing foods that historically grew in our area
- Growing foods that meet the needs of our culturally diverse community



GLOSSARY OF TERMS

For the purpose of the Good Food Charter of Windsor and Essex County, the following terms mean:

ACCESS

The ability to purchase, use and consume food without barriers. Examples of barriers to access: location, transportation, cost and knowledge.

SUSTAINABLE or SUSTAINABILITY

A way that does not cause negative environmental, economic or human impact but works to preserve our food system for the future.

FOOD SKILLS

Growing food; budgeting and meal planning; reading labels; food safety; grocery shopping; following recipes and knowing how to chop, cut and prepare.

ETHICAL

Food that is produced, processed or sold without causing intentional harm to land, air, water, animals or people.

THANKS FOR THE HELPING HAND

- Food Matters Windsor Essex County
- Ontario Student Nutrition Program
- Pathway to Potential
- Plentiful Harvest
- Rallis Whole Foods
- United Way/Centraide Windsor-Essex County
- Windsor Essex County Health Unit
- Windsor Essex Food Bank Association
- Windsor Essex Local Immigration Partnership
- VON