

COUNTY DURHAM FOOD CHARTER

We pledge to support:

A Strong Local Food Economy

1. A flourishing, competitive local 'good food' sector, providing gainful employment for local people.
2. Public and private sector caterers sourcing 'good food' from local producers and suppliers, keeping value within our local economy.
3. An economically viable supply chain for sustainable local food.

Environmental Sustainability

4. A local food system that protects biodiversity and ecosystems and minimises its environmental footprint.
5. Food that is processed, distributed and disposed of in ways that increase composting and recycling and reduce the need for transport, energy use, packaging and waste.

Sign up Now!

1. Sign and display the Charter in your workplace or home.
2. Sign up online & make a commitment to do **one new thing** to support the aims.

www.fooddurham.net

For more information on how you can get involved contact:
info@fooddurham.net

Health and Wellbeing

6. The creation of environments and infrastructure that make it easier to adopt and maintain healthy and sustainable diets.
7. Food-related activities (e.g. growing, cooking) to improve physical and mental health for all, and which are available in our communities.

Resilient and Active Communities

8. All our communities to have access to land, knowledge and skills in order to grow some of their own food.

Education and Skills Development

9. Opportunities for everyone to learn about 'good food' – growing/rearing, cooking, preserving, marketing and selling it.

Food Fairness

10. Improved access to 'good food' for everyone, regardless of their income or where they live.
11. Food produced with high animal welfare standards, and producers being fairly rewarded.

What we mean by 'sustainable local food': "food that is produced and consumed in or near County Durham that is healthy for people and the planet, and supports our local economy."

What we mean by 'good food': "food that is safe, nutritious, of good quality and environmentally sustainable."

FOOD CHARTERS

A few cities around the world have adopted Food Charters to set out how organisations and individuals will work together to develop and promote sustainable, healthy local food systems.

They recognise that food can be a powerful driver of positive social, economic and environmental change, improving lives and protecting the planet.

In County Durham we are taking a countywide approach and this Food Charter forms the backbone of a **Sustainable Local Food Strategy** for County Durham.

The success of the Charter and Strategy depends on the active support of a wide range of institutions and individuals. As a start, sign up to this Charter and display it in your organisation, and make a commitment to doing one new thing in support of the stated aims.

Name Organisation Date

WHY DO WE NEED A FOOD CHARTER?

In the 21st Century the food system faces multiple challenges:



Food consumers have also become increasingly distanced from food production, with accompanying loss of skills in food production and preparation. Most people agree that 'business as usual' is not an option. This Charter and the accompanying Sustainable Local Food Strategy, together with similar activities across the UK, are creating a movement for a more sustainable food system.

Examples of how you can help:

Individuals

- ✓ Buy more locally produced food
- ✓ Grow some of your own food at home or in an allotment or community garden
- ✓ Try to waste as little food as possible
- ✓ Compost food waste, recycle packaging
- ✓ Cook more meals from scratch using seasonal, local, fairly traded, sustainably produced ingredients
- ✓ Support high standards of animal welfare by choosing e.g. free range eggs, responsibly sourced seafood

Businesses/Organisations

- ✓ Procure as much 'sustainable local food' as possible for employees and customers.
You may start by e.g:
 - increasing the amount of fresh seasonal produce
 - checking that fish is MSC certified
 - using eggs from free range hens
- ✓ Provide opportunities for staff to grow food at or near their workplace
- ✓ Provide the opportunity to compost tea bags and food waste
- ✓ Reduce access to unhealthy processed food, such as snacks from vending machines