

Eaters' Toolkit

Here are some ideas that you can use to implement the Food Charter.

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Our farmers, growers, producers, processors and retailers are supported.

- Shop regularly at your [local farmers' market](#)⁸ and farm stands.
- [Visit a farm](#)⁸ that offers u-pick berries, fruit or vegetables to stock up on fresh, in-season products.
- Join a local Community Supported Agriculture ([CSA](#)).¹¹
- Encourage your municipality to consider healthy food and the food system in their plans and by-laws. Check out [foodcoreLGL's Toolkit for Municipalities](#).¹²

Everyone has enough healthy food to eat.

- Learn about [food insecurity](#)¹, the inability to buy safe and nutritious food because of insufficient income.
- Consider the role of income solutions to 1) address both poverty, which leads to food insecurity, and 2) support economic development. For example: Solutions such as a [basic income guarantee](#)², [living wage](#)³ and [social assistance rates](#)⁴ geared to the [real cost of living](#).⁵
- Advocate for rural transportation systems and ways to link food insecure individuals to full service retail food sources on a regular basis.
- Learn about food issues in [Canada's North](#).⁶
- Consider using healthy and local food when organizing community, sports, school and fundraising events.
- Encourage your municipality to serve affordable, healthy and, where possible, local food and beverage choices in municipal facilities.
- Use Fair Trade food & beverage products.
- Support local food access programs financially or with donations of healthy foods. [See this Health Unit resource](#).⁷
- Create opportunities in family and social life for people to provide input into what food is served.
- Use the foodcoreLGL [Food Inventory](#)⁸ and connect with [foodcoreLGL partner groups](#)⁹ for information on food-related topics, programs and events.
- Help create a [breastfeeding positive community](#)¹⁰ by showing support and encouragement.

Everyone has the food skills and knowledge they need.

- Include more vegetables and fruit into snacks and meals. Try a new one each week.
- Learn about [foods that are in season](#)¹³ and use them when meal planning.
- Join or start a community kitchen program in your community. Churches, service clubs and municipalities often have [inspected kitchens](#)¹⁴ that can be used at a low cost.
- Check out cookbooks on healthy and seasonal eating at your local library. Share what you find with neighbours and friends.
- Role model [safe food handling](#)¹⁵ at home and in the community.
- Practice making [food from scratch and involve children](#)¹⁶ in family food preparation.
- Plan meals with your family and friends. Use the [ingredient and nutrition labels](#)¹⁷ when shopping.
- Learn how to grow some of your own food in containers, or a backyard, front yard, roof top or workplace garden. Or, sign up to be a part of a [community garden](#).¹⁸ If there's no community garden near you - ask your municipal leaders to support the development of one.
- Does your children's school have a garden or hands-on cooking class? Advocate for these and volunteer to help if you can. Share experiences with others in the [LGL Good Food in Schools](#) Network.¹⁹
- Connect with local organizations such as [The Table](#), [Master Gardeners](#) and libraries to access seeds and gardening and composting workshops.
- Use foodcoreLGL's [Food Inventory](#).²⁰

Our communities are healthy, economically diverse and resilient.

- Advocate for municipal plans and policies that support local food. (see [Municipal Toolkit](#))¹²
- Endorse the [Food Charter](#)²⁵ for the United Counties of Leeds and Grenville and Lanark County.
- Support local food related businesses. Ask for local products where you shop and eat.
- Get to know your [local farmers and food producers](#)²⁶.
- Learn about [community grants](#)²⁷ that your organization can use to support accessing local food, community gardens and food literacy training.
- Find out if your region has a local food hub, and support their work however you can.

Our environment is healthy.

- Start [composting](#)²¹ in your backyard or community garden, or use your municipal compost system.
- If your local recreation or exercise facility has a water bottle refill station, register it as a [Blue W](#)²² site to let everyone know.
- Work to make LGL a plastic water bottle-free zone, by not using plastic bottles at home, at your children's school, at your community social organizations, or at your faith community.
- Eliminate or reduce pesticide and fertilizer use by learning about and applying organic growing methods.
- Plant [pollinator-friendly plants](#)²³ wherever you garden.
- Conserve water. Practice low/no water lawn and gardening. Use a rain barrel to collect water for your garden.
- Limit single-use plastics by using re-usable grocery and produce bags, paper or metal straws, and avoiding plastic packaging.
- Bring clean, non-toxic, food grade containers from home for take-out instead of using the Styrofoam ones that restaurants supply.
- Buy less packaged foods and make [homemade batches of granola bars](#)²⁴, etc.

Food and farming are celebrated.

- Celebrate Dietitians of Canada [Nutrition Month](#)²⁸ (March) or Local Food Week (first week of June). Access brochures, recipes, availability charts, etc. from [Foodland Ontario](#) to support your event.²⁹
- Explore ways to include a local food element into existing events and festivals. | (e.g., local food vendors, receptions, promotions, fundraising)
- Promote healthy celebrations within your family and community by offering [fresh fruit kebabs](#)³⁰, vegetables, and tested, safe water
- Connect with your local farm organizations³¹ and [4H](#).³² Attend and promote their events and activities such as annual fairs.

Links:

Eaters Toolkit

- ¹ PROOF – Food Insecurity Policy Research <https://proof.utoronto.ca/resources/fact-sheets/> Accessed October 18, 2019
- ² Basic Income Canada Network <https://www.basicincomecanada.org/> Accessed October 8, 2019
- ³ Ontario Living Wage Network. <http://www.ontariolivingwage.ca> Accessed October 10, 2019
- ⁴ Bill 6, Ministry of Community and Social Services Amendment Act, 2016. http://www.ontla.on.ca/web/bills/bills_detail.do?locale=en&Intranet=&BillID=4117 Accessed October 10, 2019
- ⁵ Food Insecurity in Leeds, Grenville & Lanark in 2019. http://healthunit.org/wp-content/uploads/Food_Insecurity_Infographic.pdf Accessed October 10, 2019
- ⁶ Food Secure Canada. Affordable Food in the North. <https://foodsecurecanada.org/resources-news/news-media/we-want-affordable-food-north> Accessed October 8, 2019
- ⁷ Leeds, Grenville and Lanark District Health Unit. 2019. Donating Healthy and Safe Food. https://healthunit.org/wp-content/uploads/Donating_Healthy_and_Safe_Food.pdf Accessed October 8, 2019
- ⁸ foodcoreLGL. Food Inventory. <http://www.foodcoregl.ca/inventories.html> Accessed October 8, 2019
- ⁹ foodcoreLGL. About. <http://www.foodcoregl.ca/about.html> Accessed October 8, 2019
- ¹⁰ Leeds, Grenville and Lanark District Health Unit. Health Information. Infant Feeding. <https://healthunit.org/health-information/babies-children/infant-feeding/> Accessed October 8, 2019
- ¹¹ Canadian Organic Growers. <https://www.cog.ca/home/find-organics/ontario-csa-directory/> Accessed October 8, 2019
- ¹² foodcoreLGL. Food Charter Implementation Toolkit for Municipalities. http://www.foodcoregl.ca/resources/Food_Charter_Municipal_Toolkit.pdf Accessed October 8, 2019
- ¹³ Foodland Ontario. Availability Guide. <https://www.ontario.ca/foodland/page/availability-guide> Accessed October 8, 2019
- ¹⁴ Leeds, Grenville and Lanark District Health Unit. Food Inspection Reports. <https://healthunit.org/health-information/insight/food-inspection-reports/> Accessed October 8, 2019
- ¹⁵ Leeds, Grenville and Lanark District Health Unit. Safe Food Handling. <https://healthunit.org/health-information/food-safety/food-safety-at-home/> Accessed October 8, 2019
- ¹⁶ Unlockfood.ca. Dietitians of Canada. Cooking with kids of different ages. <https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx> Accessed October 8, 2019
- ¹⁷ Government of Canada. Understanding Food Labels. <https://www.canada.ca/en/health-canada/services/understanding-food-labels.html> Accessed October 8, 2019
- ¹⁸ foodcoreLGL. Food Inventory. Growing and Gathering Food. Community Gardens. http://www.foodcoregl.ca/resources/Community_Gardens.pdf Accessed October 8, 2019
- ¹⁹ The Table Community Food Centre. Good Food in Schools Form. <https://www.thetablecfc.org/event/good-food-schools-forum-2018> Accessed October 8, 2019
- ²⁰ foodcoreLGL. Food Inventory. <http://www.foodcoregl.ca/inventories.html> Accessed October 8, 2019
- ²¹ Landscape Ontario. The ABCs of Composting <https://landscapeontario.com/composting> Accessed October 8, 2019
- ²² The blueW.org is a unique community-based program dedicated to promoting municipal tap water as a healthy, easily accessible alternative to purchasing bottled drinks. See the map or register your location here: www.bluew.org Accessed October 8, 2019
- ²³ City of Guelph. Pollinator Gardens http://guelph.ca/wp-content/uploads/HealthyLandscapes_PollinatorFriendlyPlants.pdf Accessed October 8, 2019
- ²⁴ Dietitians of Canada. Cookspiration. https://www.cookspiration.com/mp_step2.aspx?id=34500&uid=c0a4f4ff-34c0-4fa4-943e-1bfb63c07bef Accessed October 10, 2019
- ²⁵ foodcoreLGL. Food Charter for United Counties of Leeds and Grenville and Lanark County. <http://www.foodcoregl.ca/resources/food-charter.pdf> Accessed October 8, 2019
- ²⁶ foodcoreLGL. Food Inventory. Buying Food. <http://www.foodcoregl.ca/inventories.html#Buying> Accessed October 8, 2019
- ²⁷ Greenbelt Ontario. Apply for a Grant <https://www.greenbeltfund.ca/apply> Accessed October 8, 2019
- ²⁸ Dietitians of Canada. Nutrition Month. <https://www.dietitians.ca/Media/Nutrition-Month/Nutrition-Month.aspx> Accessed October 8, 2019
- ²⁹ Foodland Ontario. Availability Guide. <https://www.ontario.ca/foodland/foodland-ontario> Accessed October 8, 2019
- ³⁰ Dietitians of Canada. Cookspiration. <http://www.cookspiration.com/> Accessed October 8, 2019
- ³¹ General Farm Organizations in Ontario:
 - Ontario Federation of Agriculture: www.ofa.on.ca Accessed October 8, 2019
 - National Farmers' Union – Ontario: <https://nfuontario.ca/new/about/> Accessed October 8, 2019
 - Christian Farmers' Federation of Ontario: <https://christianfarmers.org/> Accessed October 8, 2019
- ³² 4H Ontario www.4-hontario.ca Accessed October 8, 2019

Food Charter

for United Counties of Leeds and Grenville and Lanark County

foodcore

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Everyone has the right to food. Food contributes to physical, mental and emotional health and wellbeing. The food system includes everything from growing food, to processing, storing, transporting, selling, buying, preparing, eating food and managing food waste. From producers to eaters – we are all part of the food system.

Our Vision

Everyone in our community should have the means to obtain healthy food and safe water. **We believe farmers, growers, producers, individuals, community organizations, businesses, institutions and local governments should work together to create and support a strong and healthy food system for all.**

We envision a future in which...

Everyone has enough healthy food to eat:

- Everyone has access to, and can afford, safe, healthy, personally-acceptable food.
- Healthy food is available wherever people live, work, learn and play.

Our farmers, growers, producers, processors and retailers are supported:

- Farmers, growers, producers and all food workers have adequate incomes and safe work environments.
- Agricultural land and natural environments are valued, protected and enhanced.
- The production, processing, storage and distribution of locally-produced food are prioritized.
- Farmers and future farmers have access to land, education, mentoring, training, and equipment.

Everyone has the food skills and knowledge they need:

- People understand the connections between food choices, our environment and health.
- Educational opportunities are supported within the community for all ages to learn how to grow, purchase, cook and preserve healthy food.

Our environment is healthy:

- Ecosystems and biodiversity are valued, protected and enhanced.
- Surface and underground water resources are safe, accessible and protected.
- Farmers, growers, producers, processors and retailers use practices that maintain or enhance the environment (e.g. soil, air and water).
- More food is produced and consumed locally, thereby reducing transportation over long distances.
- Food waste is reduced and/or reused (e.g. composting).

Our communities are healthy, economically diverse and resilient:

- Farmers, growers, consumers, community organizations, businesses, institutions and local governments work together to create a food system that promotes community resilience.
- There are increased opportunities to buy, grow or otherwise obtain healthy foods in rural and urban settings.
- More food is produced, processed, stored and consumed locally, thereby creating jobs and stimulating the local economy.

Food and farming are celebrated:

- Community members can come together to grow, cook, share and enjoy food.
- We celebrate the historical, cultural and spiritual importance of food.

I/we endorse the Food Charter for United Counties of Leeds and Grenville and Lanark County

(Individual or Organization - will appear on foodcoregl.ca)

(Phone and email - will be confidential)

For more information or to endorse - www.foodcoregl.ca, foodcoregl@gmail.com or 1-800-660-5853 and ask for "Foodcore"