



SUSTAINABLE FOOD LANCASHIRE

CHARTER

bringing good food back to the table

Food plays a vital role in improving individual and population health and wellbeing; as well as dealing with some of Lancashire's most pressing social, economic and environmental problems.

From obesity and diet-related ill-health to food poverty and waste, climate change and biodiversity, food is not only at the heart of some of the greatest problems, but also a vital part of the solution.

WHAT WILL THE CHARTER ACHIEVE?

We can tackle this complex agenda by working together and committing to Lancashire's six Charter goals.

Join us in our endeavour to:

1 PROMOTE HEALTHY AND SUSTAINABLE FOOD TO THE PUBLIC

- Ensure that the role and importance of healthy and sustainable food is communicated to every audience using clear, consistent messages that inspire people to act.
- Promote a positive and inclusive food culture by engaging the public with healthy, sustainable, ethical and local food while celebrating culinary and cultural diversity.

2 TACKLE FOOD POVERTY AND DIET-RELATED ILL HEALTH

- Support local strategies to tackle poverty and break the cycle of deprivation and enable Lancashire to be a place where everyone has access to affordable good food.
- Support food businesses to reduce the fat, sugar and salt content of food and increase the availability of healthier options.

3 BUILD COMMUNITY FOOD KNOWLEDGE, SKILLS AND RESOURCES

- Provide opportunities to grow, cook and eat good food by increasing knowledge and skills to all age groups.
- Promote passion for a positive food culture and food education across our community settings and create a space for information and resources to be shared.

4 PROMOTE A DIVERSE AND VIBRANT FOOD ECONOMY

- Celebrate, promote, and support Lancashire's food producers and land resources to keep value within our local economy and also to raise employer awareness of the importance of the 'living wage'.
- Engage consumers and food suppliers at local and regional levels to shorten the sustainable food supply chain.

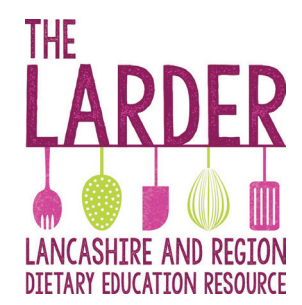
5 TRANSFORM CATERING AND FOOD PROCUREMENT

- Inspire and enable all food settings to source and supply healthy, seasonal, locally and ethically produced food.
- Support and enable small scale local producers and other sustainable food businesses to access large scale procurement markets via cooperative marketing and supply initiatives.

6 REDUCE WASTE AND THE ECOLOGICAL FOOTPRINT OF THE FOOD SYSTEM

- Reduce food waste, food miles and unnecessary packaging and create opportunities to redistribute surplus food from the whole supply chain across Lancashire,
- Promote food systems that protect wildlife and support food produced with high animal welfare standards.

Across Lancashire, individuals and organisations are making a pledge to working towards making a difference.
Here's what you can do to ensure that the food we eat is good for people, good for the planet and good for your pocket:



INDIVIDUALS

- Buy more local and seasonal produce
- Grow your own food at home, in an allotment or community garden
- Cook meals from scratch using fresh, local, sustainably sourced ingredients
- Reduce food waste at home
- Compost food waste and recycle packaging
- Choose free range and responsibly sourced food

ORGANISATIONS

- Procure sustainable, local and responsibly sourced food
- Provide opportunities to grow food at work and within the community
- Reduce access to less healthy food and drinks in canteens and vending machines

WEBSITE: WWW.SUSTAINABLEFOODLANCASHIRE.ORG.UK

TWITTER: @SUSTFOODLANCS

FACEBOOK: THELARDERLANCASHIRE

SIGN THE PLEDGE TODAY AND HELP MAKE LANCASHIRE A 'GOOD FOOD COUNTY'

NAME _____

ORGANISATION _____

DATE _____