

THE PLYMOUTH Food Charter

Good food is vital to the quality of people's lives in Plymouth. By promoting healthy and sustainable food as part of a thriving food economy, the Plymouth Food Charter aims to improve health and wellbeing for all and to create a more connected, resilient and sustainable City. Signatories to the Charter - which include public, private and community partners - are committed to promoting the pleasure and importance of good food to help create a vibrant and diverse food culture. We will work together to increase both the demand and supply of delicious and affordable, fresh, seasonal, local and organic food throughout Plymouth in order to achieve:

A thriving local economy

- 1 Encouraging a greater number and diversity of food enterprises and jobs, making the most of Plymouth's rich land and sea resources.
- 2 Sourcing healthy and sustainable food from local producers and suppliers, keeping value within the local economy.

Health and wellbeing for all

- 3 Raising awareness of the importance of a nutritious, balanced diet and improving the availability of affordable healthy food.
- 4 Providing a wide range of community growing and other food-related activities to improve physical and mental health for people of all ages.

Resilient, close-knit communities

- 5 Promoting and celebrating the food and culinary traditions of all cultures through a variety of public events, such as Plymouth's Flavourfest.
- 6 Supporting local and city-wide food initiatives that bring communities together and help them to improve their neighbourhoods.

Life long learning & skills

- 7 Giving everyone the opportunity to learn about good food - how to grow it, how to cook it, how to eat it and how to enjoy it.
- 8 Inspiring and enabling organisations such as schools, hospitals, businesses and other caterers to transform their food culture.

A reduced eco-footprint

- 9 Supporting food production that protects wildlife and nature; reducing food miles, packaging and waste; and increasing composting and recycling.
- 10 Maximising the use of greenspace and brownfield sites in and around Plymouth to produce food for local people.

Food Charters?

A few pioneering cities around the world have realised that food can be one of the most powerful drivers of positive social, economic and environmental change. They are promoting healthy and sustainable food as a key part of their efforts to improve people's lives whilst also protecting the planet.

Some cities have adopted a food charter to enable partnerships of public, private and community organisations to describe how they will work together to use healthy and sustainable food as a vehicle for driving positive change and to provide a focal point around which these partnerships can grow over time.

In Plymouth, partners to the Food Charter are developing an Action Plan to achieve its aims. The success of the Charter and the Action Plan will depend on the pro-active support of individuals and institutions across the City. We want as many people and organisations as possible to endorse the Charter and to work with us on making Plymouth a truly sustainable food city.

Get involved

If you would like to support the Plymouth Food Charter just follow these three easy steps:

1. Sign and display this Charter in your organisation.
2. Make a commitment to do one new thing this year which will support the ten aims.
3. Sign up online to register your commitment.

Contact Traci Lewis at
info@foodplymouth.org or visit
www.foodplymouth.org



We *sign up to the Plymouth Food Charter.*