



Food Policy Council for  
Kingston Frontenac Lennox & Addington

# Food Charter

Celebrate and Champion Nourishment for All

## What is a Food Charter?

A Food Charter is a document that represents the communities' voice, values and priorities for a healthy and self-reliant food system. It promotes the development of food initiatives and policy within the communities, organizations and at the local government level.

## Our Purpose

*To create a more secure, accessible and sustainable food system in our region.*

## Our Vision

Kingston, Frontenac, and Lennox & Addington are healthy, food secure communities where:

- food is recognized as a basic human right
- a just food system ensures all members of our community have access to adequate, healthy, safe, affordable and culturally appropriate food
- an ecologically and economically sustainable food system thrives
- a strong relationship exists between our rural and urban communities which supports and advocates for our regional food system

## Our Collective Commitments

To achieve our vision we will...

*Celebrate community and culture through:*

- opportunities that bring together community members to appreciate and celebrate regional food, culture and diversity.
- opportunities for community members to be included and to make community connections through the experience and sharing of food.

*Promote the health of individuals, families and our community through:*

- policies and practices that acknowledges how food contributes to physical, mental, spiritual, and emotional well-being.
- strategies to prevent and manage chronic diseases through access to adequate, healthy, safe, affordable and culturally appropriate food.

*Improve education through:*

- community awareness about the associations between our health, the environment, and our food choices.
- public awareness of the role of agriculture in our lives.
- community and school programs that promote skills in the planning, producing, purchasing, preparing and preserving of food.
- initiatives that develop our present and future farmers in urban and rural communities.



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## For More Information

Please visit

[foodpolicykfla.ca](http://foodpolicykfla.ca)

or contact

[info@foodpolicykfla.ca](mailto:info@foodpolicykfla.ca)

## Our Collective Commitments

*Protect our environment through:*

- preservation of local farmland.
- protection of watersheds and wildlife habitat.
- food production methods that sustain or enhance the natural environment in rural and urban settings.
- agriculture and land use policies that support the production of healthy, sustainable food.
- food waste reduction and recycling policies and practices.

*Uphold social justice through:*

- a living wage and respectful work environment for farmers and food workers.
- dignified access to sustainable healthy food regardless of income.
- inclusive opportunities for meaningful community participation in policy development.

*Foster economic sustainability of our community through:*

- affordable agricultural land, and
- production, preparation, storage, distribution and consumption of regional food as an integral part of our economy.

This Charter was developed by the KFL&A Healthy Eating Working Group (2011-2013), with the help of several individuals and groups. The KFL&A Healthy Eating Working Group was comprised of representatives from:

**City of Kingston ● Community ● County of Frontenac**  
**Downtown Kingston B.I.A. ● Hospitality Services at Queen's University**  
**KFL&A Public Health ● Kingston Community Health Centres**  
**Lennox and Addington Interval House ● Loving Spoonful**  
**National Farmers Union - Local 316 ● Sisters of Providence of St. Vincent de Paul**