

# Kawartha Lakes Food Charter

A guiding document to assist in the development of food related policies and programs  
in the City of Kawartha Lakes

A just and sustainable food system is rooted in healthy communities, in which no one is hungry and everyone has access to healthy, nutritious food. It is an economically viable, diverse and ecologically sustainable system to grow, harvest, process, transport and distribute food while minimizing waste.

## A just and sustainable food system means:

### A Vibrant Community Food Culture

that

- Engages citizens, promotes responsibility, and celebrates community
- Connects and supports growers, processors, retailers and consumers
- Builds greater understanding between farming and non-farming communities
- Celebrates the joy of growing, preparing and eating food
- Advocates environmental responsibility for community and ecosystem health

### Food Security and Community Health

that

- Acknowledges healthy, nutritious food is a basic human right and necessary for good health
- Ensures all residents have knowledge of and access to nutritious, affordable and safe food
- Promotes nutrition education, resources and healthy food choices in schools, the workplace and public places
- Supports community food programs and policies that reduce the need for emergency food resources
- Ensures access to locally grown products, as well as gardening, hunting, fishing, and wild food gathering

### A Strong Farming Economy

that

- Generates adequate incomes for farmers, harvesters, processors, and distributors
- Supports diverse, vibrant production for external and local markets
- Values and protects agricultural lands
- Promotes sustainable farming practices

### A Healthy Ecosystem

that

- Recognizes and encourages continued environmental conservation initiatives
- Advocates ecological waste management
- Strengthens connections between agricultural and environmental organizations
- Reduces reliance on non-renewable resources for all aspects of food production and distribution

**Definitions:**

**Healthy Food:**

Food of maximum nutritional value that promotes physical, mental and emotional well-being.

**Safe Food:**

Food that is free of microbiological, chemical, and physical hazards.

**Sustainable:**

Activities that can continue without diminishing the earth's resources.

*The following groups spearheaded the creation of a local food charter:*

HKPR District Health Unit, Victoria Stewardship Council,  
City of Kawartha Lakes Economic Development Office, Toward Balance Support Network,  
Ontario Ministry of Agriculture Food and Rural Affairs, Kawartha Field Naturalists, Kawartha  
Conservation, and individual farmers

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