

# Moose Jaw—South Central **FOOD CHARTER**

The **Moose Jaw—South Central Food Charter** is our official community declaration of the right of food and food security for all. The purpose is to present a vision that will benefit our community and the environment by creating a sustainable food system that provides food and food security. It sets our commitment to the collaboration and participation of actions needed to achieve this vision in our region.

Regional food security can be defined as the basic right for all people within our region to access healthy food and water in a dignified, safe and culturally acceptable manner. Regional food security supports the production, processing and distribution of healthy food in consideration of the environment, community self-reliance and regional economic development.

We support the following principles and will endeavour to incorporate these principles into programs and services ...

## Holistic Health

- Holistic health encompasses physical, mental, social and spiritual components that impact the health of the individual and is more than just the absence of disease.
- Regional food security takes into consideration all aspects of social and physical factors that impact the health of an individual and a region.
- Proper nutrition and activity provides a healthy foundation for the development of mental and spiritual well-being.
- Housing, education and adequate income are fundamental to a person's access to healthy food and water.
- Nutrition education and consumption of wholesome, healthy foods are important factors in healthy growth and development and prevention of chronic disease.
- Healthy eating begins with prenatal nutrition and breast milk.
- People should be encouraged to eat locally and increase their consumption of fresh, nutrient dense foods.



## Environmental Well Being

- An environmental approach to food, from the seed to the table, will protect our natural resources, reduce and redirect food waste and contribute to the environment's stability and well-being for our local, regional and global communities.
- Promotion of safe production of food will lessen the negative impact on the environment.
- Reduce toxic chemicals that accumulate within the food chain will lessen the impact on the environment.



## Celebration of Culture

- In the celebration of family and community, we strengthen links between diverse cultures and communities.
- We respect the traditional hunting, fishing, trapping and gathering practices of First Nations, Inuit and Metis people.

## Community Economic Development

- Community economic development seeks to increase economic interests within the community.
- Greater reliance on local food systems strengthens our local and regional economies, creates employment, increases food security in the region and builds on mutual interdependence between producers and consumers.
- Food production, processing and distribution are integral parts of our regional economy.
- The food sector's self-reliance, growth and development are strengthened by links between urban and rural communities.



## Social Justice

- Safe food and water are basic human rights. All residents need healthy, affordable, culturally appropriate food that can be accessed in a dignified manner. Children in particular require adequate amounts of nutritious food for normal growth and development.
- Community members should have equitable access to appropriate programs and services.
- The rights of communities and individuals to food security should be promoted by supporting viable, sustainable, local agriculture.
- International agreements should respect the full realization of all people's rights to adequate, nutritious, accessible, affordable and safe food and water.



## Collaboration and Participation

- Sustainable food systems encourage regional engagement, promote responsibility and strengthen community action.
- Regional food security improves when local government collaborates with food producers, consumers, community members, organizations, businesses and other levels of government, urban and rural on sound food system planning, policies and practices.
- When we all work together, we build relationships of acceptance, understanding and mutual respect.
- Growing, preparing, eating and sharing of food together needs to be encouraged.

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For more information, visit  
[www.southcentralfood.net](http://www.southcentralfood.net) or  
[www.facebook.com/sc.fsn](https://www.facebook.com/sc.fsn)



*This Certifies that as of October 16th, 2008 the following agencies have formally endorsed the **Moose Jaw South Central Food Charter** and are committed to its principles.*

***City of Moose Jaw***

***Connecting as Neighbours***

***Five Hills Health Region***

***Holy Trinity Roman Catholic Separate School Division No. 22***

***Hunger in Moose Jaw***

***KidsFirst***

***Moose Jaw & District Chamber of Commerce***

***Moose Jaw Literacy Coalition***

***Moose Jaw Multicultural Council***

***Moose Jaw-South Central Region Intersectoral Committee***

***Moose Jaw Women's Transition Association Inc.***

***Prairie South School Division No. 210***

***Southern Plains Métis Local #160, Inc.***

***Southwest District for Culture, Recreation & Sport, Inc.***

***YMCA of Moose Jaw, Inc.***

*The South Central Food Security Network wishes to thank the following for their participation in the development of the Food Charter:  
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