



Sustainable Food City Partnership Aberdeen

Food Charter



Nourishing an interest in healthy and sustainable food

Our Mission:

The Sustainable Food City Partnership Aberdeen believe that every person in Aberdeen should have access to healthy, tasty, affordable food and that this food should also be good for the environment and our local economy.

Our Charter:

Good food is vital to the quality of people's lives and plays an essential role in improving individual and population health and well-being. We can achieve our sustainable food mission by working together and committing to the SFCPA's six Charter goals.

1 Promote healthy and sustainable food to the public.

- Communicate the importance of healthy and sustainable food to every audience using clear, consistent messages.
- Celebrate culinary and cultural diversity while promoting a positive and inclusive food culture by engaging the public with healthy, sustainable, ethical and local food.

3 Build community food knowledge, skills and resources.

- Increase accessibility and provide more opportunities to grow, cook and eat good food.
- Promote a positive food culture and food education across our community settings and create a space for information and resources to be shared

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.

2 Tackle food poverty and diet-related ill health.

- Support new, and expand existing, services and support to tackle poverty, build resilience, promote inclusion, improve health and well-being and employability in communities.
- Support food businesses to reduce the fat, sugar and salt content of food and increase the availability and accessibility of healthier options.

4 Promote a diverse and vibrant food economy.

- Celebrate, promote, and support local food producers and land resources to keep value within our local economy and to raise employer awareness of the importance of the National Living Wage.
- Engage consumers and food suppliers at local and regional levels to shorten the sustainable food supply chain.

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 and increase recycling from the whole supply chain across Aberdeen.
- Promote food systems that protect wildlife and support food produced with high animal welfare standards.

Individuals and organisations are making a pledge to make a difference.

JOIN US TODAY!

Here's what you can do to ensure that the food you eat is good for you, the planet and your pocket:

Individuals:

- Eat a healthy diet. Try to eat 5 + portions of seasonal fruit & vegetable per day, and limit your sugar intake;
- Buy more local and seasonal produce;
- Grow your own food, in an allotment or community garden;
- Cook your own meals from scratch using fresh, local, sustainably sourced ingredients;
- Reduce your food waste at home;
- Compost food waste and recycle packaging;
- Look out for and buy responsibly sourced food.



Organisations:

- Procure sustainable, local and responsibly sourced food;
- Provide opportunities to grow food at work and within the community;
- Increase access to healthy food and drinks in canteens and vending machines and encourage staff to eat healthy diets including reducing sugar consumption.



Sign the Charter today and pledge your commitment to making Aberdeen a Sustainable Food City.

Name: _____

Organisation/ Individual: _____

Date: _____

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