



THE OXFORD GOOD FOOD CHARTER

This Charter sets out a vision for a vibrant food culture in Oxford – for healthy people and environment, lively communities, and a prospering local economy

Oxford's Good Food Vision:

- Reducing *greenhouse gas emissions* at all points in the food cycle, from field to fork
- Supporting practices that preserve and enhance *ecosystems* and promote higher *animal welfare*
- Committing to cut packaging and *food waste*, and increase *recycling and composting*



Ensuring all people have access to *affordable, healthy and tasty food*, regardless of income

Helping people gain and pass on the *knowledge and skills* to grow, cook, eat and enjoy food

Demanding that all food workers receive a *fair wage*, and work under *safe, fair conditions*



Encouraging a diversity of local, independent shops and enterprises that provide *jobs and livelihoods*

Providing *space for food growing projects* that promote good health and community spirit

Bringing people together to celebrate Oxfordshire's regional food heritage and our diverse food cultures



Find out more at www.goodfoodoxford.org

Be part of Good Food Oxford, sign the charter here:



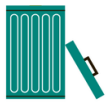
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Here are **FIVE SIMPLE THINGS** you can do today to make the food you eat better for you, better for the planet, better for your pocket and better for other people:



1. Eat more plants

Enjoy lots of delicious, seasonal fruit and vegetables – five or more a day. Affordable, tasty and good for you!



2. Waste less food

Incredibly, 1/3 of all food produced is never eaten. Cutting waste saves money and reduces our environmental footprint.



3. Quality not quantity

Meat and dairy are responsible for a high proportion of emissions. Reduce the amount you eat, and buy from trusted, high animal welfare suppliers.



4. Cook!

Enjoy cooking and eating food together, using fresh, seasonal ingredients. Start simple – ask around for recipes and share your favourites.



5. Know your food

Ask where your food comes from and how it was produced, get to know producers at local markets, and choose trusted labels like MSC for fish.

GOOD FOOD OXFORD FOR BUSINESS AND ORGANISATIONS:

Sign up to the Charter, put it on display and promote the actions to your staff, customers or members. Encourage volunteering with local food projects as part of your community engagement. If you sell or serve food, get in touch with us to talk about how you can make it healthier and more sustainable.

... Happy bellies = happy people!



Find out more:

www.goodfoodoxford.org



Good Food Oxford is a network of public, private and community organisations working together to make Oxford a Sustainable Food City. We are proud to be part of the UK's national Sustainable Food Cities network.

Visit our website to find out more or email us on mail@goodfoodoxford.org