

# FOOD CHARTER

The Newcastle Food Charter promotes the health and wellbeing of people in Newcastle. It aims to create a healthier food culture to improve the quality of lives in Newcastle. Anyone can sign-up to the Charter, pledging to make small (or large) changes that will help to address locally important priorities related to food. These include good food for all, strengthening the local economy, fairness in the food chain, environmental sustainability and improved community food culture.

Here you can find out about the objectives of the Charter and exactly how you can get involved. No matter how big or small your input, you can make a difference to the future of health and wellbeing in Newcastle.

THE PARTNERS RESPONSIBLE FOR LEADING THIS WORK ARE PASSIONATE AND COMMITTED TO CREATING NEW AND EXCITING DRIVERS IN FOOD CULTURE AND ACHIEVING THE PRIORITIES THAT ARE DETAILED ON THE RIGHT.

EMAIL US AT: [INFO@FOODNEWCASTLE.ORG](mailto:info@foodnewcastle.org)  
OR VISIT: [WWW.FOODNEWCASTLE.ORG](http://WWW.FOODNEWCASTLE.ORG)



## THE OBJECTIVES OF THE FOOD CHARTER WORK TOWARDS ACHIEVING THE FOLLOWING:

### GOOD FOOD FOR ALL

**30% OF CHILDREN AGED 4 TO 5 ARE EITHER OVERWEIGHT OR OBESE.**

1. Ensure everyone has the access and knowledge to enable affordable and healthy food consumption.
2. Work closely with food providers, manufacturers, retailers and caterers to provide good, safe, sustainable and culturally appropriate food to promote the well-being of the people they serve.

### STRENGTHEN THE LOCAL ECONOMY

**ONLY 2% OF FOOD SPENDING IS IN LOCAL SHOPS YET BUYING LOCALLY MEANS YOU ARE SUPPORTING NEWCASTLE'S ECONOMY AND HELPING TO PROMOTE LOCAL JOBS.**

3. Greater retention of our community's food and drink spending in the region will help maintain local jobs, local shops, local farms, and the local fishing industry.
4. Encourage public and private sector bodies to purchase from local and regional food producers and suppliers through networking and relationship building.

### FAIRNESS IN THE FOOD CHAIN

**OVER 350,000 PEOPLE IN THE UK RELY ON FOOD BANKS FOR EMERGENCY FOOD.**

5. Work together to eradicate food poverty.
6. Ensure workers throughout the food chain have excellent working conditions, training opportunities, and are fairly paid for their work.

### ENVIRONMENTAL SUSTAINABILITY

**FROM FIELD TO FORK, FOOD AND FARMING IS RESPONSIBLE FOR AROUND ONE FIFTH OF ALL THE UK'S GREENHOUSE GAS EMISSIONS, AS MUCH AS ALL OF OUR TRANSPORT OUTPUTS.**

7. Support food production and purchasing that protects drinking water and coastal beaches, conserves animal and bird habitats, promote high animal welfare standards, reduces unnecessary inputs and packaging, encourages composting, and supports the region's economic development.
8. Work with planners to ensure sufficient access to growing spaces, redevelopment and new development which encourages home food preparation and gardening.

### STRONG COMMUNITY FOOD CULTURE

**CHILDREN HAVE BECOME WORRYINGLY DISCONNECTED TO WHERE THEIR FOOD COMES FROM AND HOW IT IS PRODUCED.**

9. Inspire people about good food by providing opportunities to learn about farming, cooking and food growing, and develop new skills.
10. Increase the recognition and awareness of the North-East region's traditional and locally-distinctive foods and drinks.

## WE ARE NOW SIGNED UP TO THE NEWCASTLE FOOD CHARTER

### AS AN INDIVIDUAL YOU COULD MAKE A DIFFERENCE BY:

- ✓ Trying to use affordable independent food retailers who sell fresh, seasonal and local food.
- ✓ Supporting high animal welfare standards when you can by buying foods such as free-range eggs and responsibly sourced fish and seafood.
- ✓ Cooking fresh meals from scratch for yourself, friends and family.
- ✓ Growing your own food at home or at an allotment.
- ✓ Start composting your food waste and recycling food packaging.
- ✓ Using some of your spare time to volunteer for a local community led organisation that tackles food related issues in Newcastle.

### AS A BUSINESS OR INSTITUTION YOU CAN MAKE A DIFFERENCE BY:

- ✓ Procuring and cooking healthy and sustainable food for your students, employees, customers or patients.
- ✓ Supporting your employees to cook, eat and enjoy fresh food.
- ✓ Encouraging your employees to drink tap water and use fair-trade tea and coffee.
- ✓ As part of your corporate responsibility, encourage people within your business to volunteer/take part in activities that further support the food charter.
- ✓ Reducing access to unhealthy processed foods in vending machines.



## JOIN US!

If you would like to support the Newcastle Food Charter please follow these three easy steps:

### 1.

Share brilliant work you may have already done and commit to doing one new thing this year that will support one of the ten aims (please see the example list below).

### 2.

Share your story and first year commitment by signing up at [www.foodnewcastle.org](http://www.foodnewcastle.org)

### 3.

Print out your customized Food Charter to display in your window.