CAERPHILLY FOOD PARTNERSHIP

CAERPHILLY COUNTY BOROUGH GOOD FOOD CHARTER

OUR VISION

Good food is essential to the quality of life, learning and health for everyone in Caerphilly. This Charter sets out a vision and a joined-up approach for making Caerphilly a place where everyone has the opportunity and skills to grow, cook, buy and enjoy good food every day. It celebrates our heritage, natural environment and community spirit.

OUR PRINCIPLES FOR GOOD FOOD

HEALTH AND WELLBEING FOR EVERYONE

Access to affordable healthy food and to information that helps people make informed choices, should be a basic right for everyone. Learning about food should happen early and continue as we grow.

COMMUNITY AT THE HEART

Communities should have access to a wide range of growing, cooking activities, land, buildings and other resources to take more control of their food. Tackling food poverty, inequality and the impact this has on education, health and wellbeing should be a priority.

A GROWING LOCAL ECONOMY

Together we can boost the local economy by buying more Welsh food and supporting producers, suppliers and food businesses across Caerphilly. Local activity should give opportunities to local growers, producers and suppliers.

SUSTAINABLE AND CLIMATE-CONSCIOUS

Food production should conserve and protect land, water, biodiversity and the needs of future generations. Food should be processed, distributed and disposed of in ways that reduce waste and food miles, packaging and energy use.

WHAT YOU CAN DO AS AN INDIVIDUAL OR HOUSEHOLD

- Buy more of your food from local producers and independent food businesses.
- Reduce food waste by planning meals, using leftovers, composting and recycling food waste.
- Cook more meals from scratch using fresh, seasonal, local produce where possible.
- Grow some of your own food at home or connect with your local allotment.
- Take everyday actions that help create a healthier, fairer and greener food system in Caerphilly County Borough.

TO FIND OUT MORE, PLEASE EMAIL:

CaerphillyFoodPartnership@caerphilly.gov.uk

CAERPHILLY COUNTY BOROUGH COUNCIL
CYNGOR BWRDEISTREF SIROL CAERFFILI



PARTNERIAETH FWYD
CAERFFILI

SIARTER BWYD DA BWRDEISTREF SIROL CAERFFILI

EIN GWELEDIGAETH

Mae bwyd da yn hanfodol i ansawdd bywyd dysgu ac iechyd pawb yng Nghaerffili. Mae'r Siarter hon yn nodi gweledigaeth a dull cydgysylltiedig o wneud Caerffili yn lle lle mae gan bawb y cyfle a'r sgiliau i dyfu, coginio prynu a mwynhau bwyd da bob dydd. Mae'n dathlu ein treftadaeth, ein hamgylchedd naturiol a'n hysbryd cymunedol.

EIN HEGWYDDORION AR GYFER BWYD DA

IECHYD A LLESIANT I BAWB

Dylai mynediad at fwyd iach fforddiadwy ac at wybodaeth sy'n helpu pobl i wneud dewisiadau gwybodus fod yn hawl sylfaenol i bawb. Dylai dysgu am fwyd ddechrau'n gynnar a pharhau wrth i ni dyfu.

Y GYMUNED WRTH GALON

Dylai cymunedau gael mynediad at ystod eang o weithgareddau tyfu a choginio, tir adeiladau ac adnoddau eraill er mwyn cael mwy o reolaeth dros eu bwyd. Dylai mynd i'r afael â thlodi bwyd, anghydraddoldeb a'r effaith a gaiff hyn ar addysg, iechyd a llesiant fod yn flaenoriaeth.

ECONOMI LEOL SY'N TYFU

Gyda'n gilydd gallwn roi hwb i'r economi leol drwy brynu mwy o fwyd Cymreig a chefnogi cynhyrchwyr, cyflenwyr a busnesau bwyd ledled Caerffili. Dylai gweithgarwch lleol roi cyfleoedd i dyfwyr, cynhyrchwyr a chyflenwyr lleol.

CYNALIADWY AC YN YMWYBODOL O'R HINSAWDD

Dylai cynhyrchu bwyd warchod a diogelu tir, dŵr, bioamrywiaeth ac anghenion cenedlaethau'r dyfodol. Dylid prosesu, dosbarthu a gwaredu bwyd mewn ffyrdd sy'n lleihau gwastraff, milltiroedd bwyd, pecynnu a defnydd ynni.

BETH ALLWCH CHI EI WNEUD FEL UNIGOLYN NEU AELWYD

- Prynwch fwy o'ch bwyd gan gynhyrchwyr lleol a busnesau bwyd annibynnol.
- Lleihau gwastraff bwyd drwy gynllunio prydau bwyd, defnyddio bwyd dros ben compostio ac ailgylchu gwastraff bwyd.
- Coginiwch fwy o brydau o'r dechrau gan ddefnyddio cynnyrch ffres, tymhorol a lleol lle bo modd.
- Tyfwch rywfaint o'ch bwyd eich hun gartref neu cysylltwch â'ch rhandir lleol.
- Cymerwch gamau bob dydd sy'n helpu i greu system fwyd iachach, decach a gwyrddach ym Mwrdeistref Sirol Caerffili.



I GAEL RHAGOR O WYBODAETH, E-BOSTIWCH:

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