



Our Food Charter

We, as individuals, community groups, enterprises, businesses and the public sector commit to improving our sustainability by joining together to work towards a fairer food system fit for the future.

We will endeavour to grow, buy/sell, cook and eat in a way that supports our local economy, in a healthy and environmentally respectful way.

Where possible we will:

- Buy seasonal, local produce. Ideally organic, or from more sustainable farms or at least buy British supporting UK agriculture.
- Support local independent food outlets.
- Avoid processed food, buy fresh or minimally processed food.
- Reduce meat consumption and buy better quality meat and animal product such as dairy and eggs. Organic, Free range, Freedom or pasture-reared are all signs that your animal products are coming from a more sustainable source and will be higher quality and healthier.
- Buy fish from more sustainable sources i.e. not on the 'fish to avoid' list*.
- Grow your own, use an allotment, help at a community growing project or get growing at our workplace.
- Reduce our food waste, buy what we need and plan our meals.
- Buy Fairtrade coffee and tea.
- Drink tap water, avoiding bottled water.
- Buy/Sell food which has minimal packaging and ideally be biodegradable.
- Vote with our feet, the more we ask about our food, its provenance and the food chain the more of an impact we can make.
- Support others to be more sustainable.

For more information about Feeding Stockport's programme priorities visit www.feedingstockport.org.uk

Signed: _____

Organisation/Individual Name: _____

Email: _____ Postcode _____

Please tick here if you would like to be kept informed about our latest news or register with us at www.feedingstockport.org.uk.

* www.fishonline.org