apple

food Cardiff

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Working together for fair food

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Cardiff
SUSTAINABLE FOOD cities
Network Member

FOOD CHARTER

Food Cardiff's 10 Principles of Fair Food

The food we consume has a huge impact on life in Cardiff—not just on our health, but also on our communities, businesses and the environment.

At Food Cardiff we believe that good food means fair food: it should be good for people, good for the place we live in, and good for our planet, as well as being affordable and nutritious. By promoting healthy, sustainable and ethical food, as part of a thriving local economy, we can improve health and wellbeing, and create a more vibrant, connected and prosperous city.

Join a network of organisations committed to taking action to make Cardiff a sustainable food city by demonstrating your commitment to sustainable, ethical food. Sign up to Food Cardiff's Fair Food Principles.

spinach

The 10 Principles of Fair Food

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Health and wellbeing for all

1. **The right to choose:** Access to affordable healthy food and information that helps people make better food choices should be a fundamental right for everyone in Cardiff.

2. **Prioritising health and wellbeing:** Anyone selling food—manufacturers, retailers and caterers—should ensure it is safe and nutritious, and should prioritise the wellbeing of the people they serve.

A thriving local economy and sustainable food procurement

3. **Local investment:** The public should help boost the Welsh economy and help create jobs in Cardiff, by buying more Welsh food and supporting local food enterprises.

4. **Ethical procurement:** Public and private sector organisations should procure and provide healthy and sustainable food that keeps value within the local economy.

Environmental sustainability

5. **Respect for natural resources:** Food production should conserve and enhance land and marine ecosystems and natural resources, including soil, water and air.

6. **Environment-positive food:** Food should be produced, processed, distributed and disposed of in ways that reduce energy, packaging and waste, and increase composting and recycling.

Resilient, close-knit communities

7. **Connected communities:** Food events and initiatives that celebrate the culinary traditions of Cardiff's diverse population, and bring communities together, should be promoted throughout the city.

8. **Resilient communities:** All communities should have access to a wide range of growing and cooking activities, land, buildings and resources that enable them to take more control of their food and be more self-sufficient.

Fairness in the food chain

9. **Healthy food that's affordable for everyone:** Tackling food poverty—and the health inequalities that result from it—should be priority for public, private and voluntary sector bodies.

10. **Good working conditions and fair pay:** Workers throughout the food chain, both in Wales and abroad, should have good working conditions and be paid fairly for their work and produce.

carrot

brussels sprouts