

# The Southeast NB Regional Food Pledge

## La Promesse Alimentaire du Sud-Est NB



# The story of the Food Pledge

## L'histoire de la Promesse Alimentaire



Southeast New Brunswick Regional

# Food Pledge

**Join the movement!**

The food pledge promotes easy and affordable access to good food for all and contributes to the overall well being of our communities.



**Sign the pledge;** we'll send you the tools you need to start your food action adventure!  
[OurFoodSENB.link/pledge](https://OurFoodSENB.link/pledge)



TOGETHER, WE CAN CREATE A FOOD SYSTEM THAT PROMOTES:



## Health

- Recognizing the direct link between food and health
- Preventing and managing chronic diseases by making the healthy choice the easier choice
- Ensuring that healthy food is physically accessible to all



## Education

- Learning, sharing and promoting food skills (ex: canning, food gardening, gathering, hunting & fishing)
- Bringing food literacy and gardening into our schools - Training future farmers and fishers
- Educating the public about the connections between our health, the environment, and our food choices



## Local Development

- Buying from local producers and bringing good food into the marketplace
- Promoting food that is produced, processed, sold and eaten as close as possible to its source
- Supporting food and agriculture innovations in line with our changing climate



## Environment

- Caring for and protecting the farmland, forests, water and wildlife that feed us
- Producing our food in a way that enhances the natural spaces in our cities and countryside
- Minimizing waste and energy consumption



## Culture

- Connecting rural and urban communities through food
- Celebrating and respecting food diversity



## Social Justice

- Understanding that everyone deserves dignified access to affordable, healthy, and culturally appropriate food
- Ensuring that food workers have a fair wage and a safe and respectful environment
- Investing in farmers
- Supporting income, education, employment, housing and transportation policies that enable access to healthy and sustainable local food

The food choices and actions you make have the power to transform our food system! Sign the pledge and take action for a better future for us all!



**I declare my support to these principles and commit to engaging in positive food actions.**

**OURFOOD  
SENB**

[OurFoodSENB.link/web](https://OurFoodSENB.link/web)



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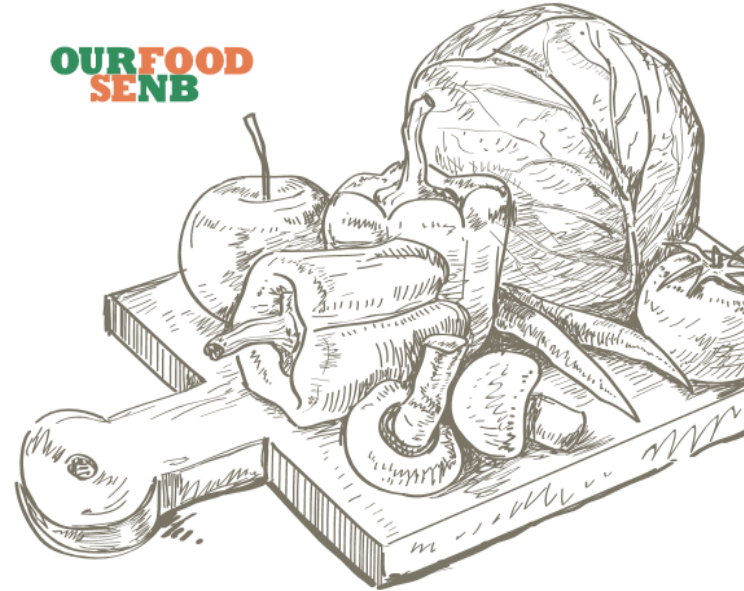
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# FOOD ACTION Adventure Guide

.....Produced in March 2017.....



**Thank you for supporting the Food Pledge!**

What can every resident do to sustain the community? What resources are available to businesses that want to deliver value to all stakeholders? How can one person, a neighbourhood, and a whole community make a difference?



## 7 Local Food: Growing a Healthy Community

### EXISTING COMMUNITY ASSETS

- Coverdale Recreation Centre Kitchen
- Riverview Community Garden
- Community Food Mentors
- Schools
- Capacity for edible landscapes
- Rural producers
- Foods of the Fundy Valley
- Community Supported Agriculture (CSA)
- Seniors' housing facilities
- Food bank

### SNAPSHOT OF KEY PLAYERS

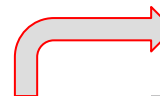
- Our Food SENB / Regional Food Charter working group
- Foods of the Fundy Valley
- Green Eye Coop
- Riverview Gardeners
- Community School Coordinator
- High School Nutrition teacher
- Local producers
- Local restaurants

### ACTIONS

- Commit to the regional food policy
- Promote food literacy initiatives
- Seek out innovative food oriented businesses
- Limit fast, highly processed food vendors and restaurants
- Encourage schools to buy local food.
- Establish a sustainable procurement policy
- Implement a micro-grant program to build capacity for local food and healthy eating
- Grow the community garden program

### SUCCESS INDICATORS

- Improved public health indicators
- Increase in food businesses
- Increase in residential gardens
- Increase in local restaurants purchasing and offering local, healthy food
- Increase in nutritional and local food procured for meetings and events
- Increase in food related businesses
- Decrease in Food Bank use
- Adoption of Regional Food Charter





## 7 Local Food: Growing a Healthy Community

The 2014 'My Community at a Glance Report' for the Riverview-Coverdale region revealed that 43% of adults in Riverview are overweight and 33% of children are considered overweight. Additionally, only 15% of children reported eating fruit and vegetables on a daily basis.

A resilient and sustainable food system must address the aspects of human health, economic well-being of producers and consumers, and health of the environment. Despite the lack of a provincial food policy, local, just and sustainable food initiatives are multiplying across our region. There remains, however, a lack of awareness of these existing initiatives and the resources they have to offer. This contributes to economic barriers to entry for small businesses as well as barriers to accessible and affordable local food supply to many residents.





Graphic recording of the Sustaina-Palooza workshops and discussions.





# It's a link in the chain C'est un maillon de la chaîne



Weaving together stories from the food movement in Southeast N.B.



It's an anchor  
C'est une ancre



To guide our conversations & actions

# It's a catalyst! C'est un catalyseur!



Motivating and reminding us to shape policies and build habits that promote good food and healthy environments for all.





# Thank you! Merci!

