



Merton

FOOD CHARTER

The Merton Food Charter aims to create a healthy and sustainable food culture in Merton in order to positively impact of the health and well-being of individuals, the environment and the local economy. Anyone can sign up to the charter, pledging to take action to work towards one or more of the local priorities set out here.



for further information and to sign up to the charter contact:

healthyfood@merton.gov.uk

or sustainablemerton@googlemail.com

Signed

Name

Date

1 A joined up approach to healthy and sustainable food

Work collaboratively and innovatively, sharing knowledge, information, resources, experiences and best practice across the food chain.

- ★ Use partnership working to add value to existing and future activities.
- ★ Use procurement mechanisms to influence the local food environment.
- ★ Encourage the development of food enterprises and across the borough.
- ★ Make best use of local assets such as buildings, green spaces and networks.

2 Improving health and wellbeing

Take action to reduce levels of obesity and address inequalities in access to an affordable and nutritious diet for people of all ages and backgrounds across Merton.

- ★ Promote access to healthy and affordable food through action across diverse settings including high streets, schools and workplaces.
- ★ Make better use of food surpluses to ensure they reach the more vulnerable in society.

3 Increasing knowledge across the food cycle

Actively encourage opportunities for lifelong learning, promoting nutritious and sustainable food to individuals, families and communities.

Advocate the social, health and environmental benefits of changes in food practice both at an individual and population level.

- ★ Provide opportunities for people to learn about the nutritional value of foods and the benefits of a varied and well balanced diet.
- ★ Increase knowledge among local businesses and the general public around food waste and recycling.

4 Encouraging the development and sharing of skills

Recognise the skills gap that exists amongst all ages and utilise the great reservoir of food-based skills which can be found in our multi-cultural community.

Support and develop a wide range of projects where people can gain food-related skills, including;

- ★ The growing of fresh food including soil preparation, crop rotation, harvesting and storing.
- ★ The preparation of food for cooking and preserving.
- ★ The safeguarding of natural habitats and conservation of resources such as water.

5 Promoting community values and social sustainability

Harness the potential of food as an enabler and reintroduce the social aspects of food, creating opportunities to bring communities together.

Celebrate the role that individuals, communities and businesses play in the food chain, promoting Fairtrade and encouraging everyone to have a positive impact on the food environment for current and future generations of Merton residents to benefit from.