

CLACKS GOOD FOOD CHARTER

LET'S MAKE CLACKS A PLACE WHERE FOOD IS GOOD FOR:



PEOPLE

Where everyone has the opportunity to grow, cook and enjoy good food together



HEALTH

Where the food that keeps us healthy and well is affordable and accessible to all with dignity



PLANET

Where nature and climate benefit from more sustainable production methods and reduced food waste



BUSINESS

Where the local economy has a thriving, diverse and climate-friendly food sector that creates skilled jobs

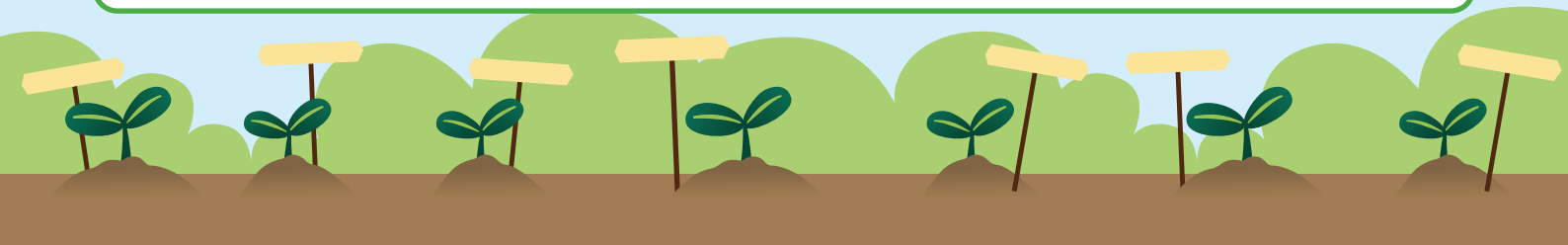


COMMUNITY

Where knowledge, skills and resources around Good Food are shared through greater cooperation

Signed

Name / Organisation



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HOW YOU CAN MAKE A DIFFERENCE

Tips for organisations and businesses:

- Engage in food projects.** Encourage staff involvement as part of your community engagement
- Use healthier, more sustainable ingredients, products and cooking practices.** Offer more nutritious and climate-friendly plant based menu options
- Shorten supply chains.** Source nutritious and planet-friendly food from local producers to support skilled jobs and boost the local economy
- Reduce food waste.** Redistribute surplus nutritious food and avoid or recycle packaging
- Collaborate and share resources.** Explore group-buying models designed to ensure Good Food is affordable for all
- Welcome breastfeeding families.** Sign up to Breastfeeding Friendly Scotland or the Breastfeeding Network's Breastfeeding Friendly scheme
- Attract visitors and food tourism.** Collaborate on events, food trails and promotions
- Commit to paying the Living Wage.** It benefits recruitment, retention and your reputation, and helps staff eat well and stay well
- Commit to upskill** in sustainable food practices

Tips for individuals:

- Eat together.** Gather for mealtimes to sit and share good food in good company
- Eat more plant based meals each week.** Enjoy locally grown seasonal fruit and veg. What's healthy for the climate is healthy for us
- Plan meals and use up leftovers.** Save money by cutting food waste, redistribute surplus nutritious food, compost or recycle unavoidable food waste
- Avoid or recycle packaging.** Keep a reusable shopping bag to hand
- Get to know labels.** Make informed choices on the impact of food, from protecting workers (fairtrade) to responsibly sourced palm oil (RSPO), and check for high salt, fat and sugar
- Shop local.** Get to know your shopkeeper, support farmers and food businesses to help keep money circulating in the local economy
- Breastfeed if it's right for you.** It has health and environmental benefits and saves money. Support is available from health visitors, midwives and the Breastfeeding Network
- Grow food.** Growing herbs on windowsills or veg in gardens benefits wellbeing, and developing new community gardens can reduce social isolation
- Talk about good food.** Share recipes and tips with friends and your community

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