

**Food for All: An Ottawa Community Response**  
**Values Document**  
(March, 2012)

*The following values are the foundation of Food for All's Ottawa Food Action Plan.  
They have been collectively and widely discussed by contributors to  
the Food Action Plan.  
Further practices that reflect these values may be added in the future.*

**Our goal is a food system that emphasizes social, economic, and environmental sustainability through the entire food cycle and in which food is celebrated and enjoyed.**

**We value Social Justice and Equity**

**Practice:**

- Food systems\* need to be organized in such a way that no person is deprived of access to sufficient nutritious food, either socially, economically or physically.
- The entire community must have a voice in the decisions that shape the food system.
- We work together to address poverty and inequity.

\* A food system includes all aspects of the food cycle, from decisions that are made about food production, through to harvesting, processing, distribution, preparation, consumption, and disposal.

**We value health and wellbeing**

**Practice:**

- We recognize that healthy, high-quality, nutritious food is the basis for optimal health and wellbeing for all people, in all life stages.

**We value social, economic, and environmental sustainability**

**Practice:**

- We must enhance and protect biodiversity which is Nature's way of ensuring sustainability.
- We recognize that a diverse spectrum of food choices can support sustainable food systems.
- We emphasize longer-term solutions that seek to remedy underlying problems.
- We support ethical and humane production of food and work to ensure that it is economically viable.
- We work to ensure sustainable livelihoods throughout the food system.

### **We value social diversity and inclusivity**

#### **Practice:**

- We recognize that available food options must reflect a diversity of needs, of cultures, and of belief systems.

### **We value education about food and food systems**

#### **Practice:**

- We see food knowledge and skills, including food production and preparation, as a fundamental part of a person's education.
- Personally, we accept responsibility to work towards making our chosen diets more sustainable.
- Collectively, we accept responsibility to acquire and share knowledge to help us change the food system.

### **We value collaboration**

#### **Practice:**

- Our work is based on interdependence which allows us to collaborate in responding to difficult challenges.
- Everyone has a role to play in this process and leadership can come from any level.
- We seek solutions that consider our whole community, and that build upon existing strengths and resources.
- We work to ensure support is available where needed for individuals and communities to address food issues.

### **We value planning that supports long-term sustainability and ready access to food**

#### **Practice:**

- Food should be integrated into all components of urban and rural planning.
- We need to work towards an "edible landscape", in which all of our green areas are safe, healthy, and suitable for foraging.
- Everyone who plays a role in providing food for our community should be respected and fairly compensated.