

# Revelstoke Food Charter

From our region's earliest days First Nations and settlers have fished, hunted and gathered wild food and medicines. Farming and ranching began in the late 1800s and early 1900s as city dwellers maintained backyard gardens. However, since the 1960s damming of the Columbia River drowned the valley bottom, covering most arable land with water and increasing our reliance on food sources outside our immediate area.

Today, some members of our community do not have reliable access to safe and nutritious food, with an increasing number relying on the food bank.

Much of the food we eat today is transported over long distances from where it is grown and processed. This dependence on imported food increases our impact on the environment and our vulnerability to food shortages from natural disasters or economic-setbacks. A growing number of households are responding by returning to the traditions of home gardening, wild food gathering and food preservation.

Revelstoke's *Integrated Community Sustainability Plan* commits us to achieving climate resilience and a healthy ecosystem, minimal waste, responsible water use, and carbon neutrality. It also urges us to ensure we have a healthy, active population, and a locally diverse economy.

Revelstoke's Food Resilience Charter presents a vision to benefit our community and provides guidance for actions to achieve this vision. It is based on the belief that a thriving local food culture that celebrates producing locally and eating together will support us in living healthier, happier and richer lives – connected to the land, the growers and each other.

## **What is 'food security'?**

For Revelstoke, food security means that all community residents have access to nutritious, safe, affordable food that meets our needs, supports our cultures, and is produced in ways that are environmentally sound, socially just, adaptable to change and supportive of self-reliance and collaboration.

## Vision

Recognizing that Revelstoke is culturally diverse, we are committed to strengthening our food resilience to support the economic, ecological and social well-being of the community with:

- Access to nutritious, safe, affordable food as a basic human right for all residents
- Access to food that is sustainably and ethically produced
- Recognizing the importance of quality food to our health and well-being
- Increasing local and regional food production through personal, business and government actions
- Appreciating the importance of eating together

## To create a just and sustainable food system we can:

- Consider potential impacts on food resilience in all government, business and personal decisions
- Improve access to healthy and affordable foods
- Facilitate household and community-based food production and preservation for self-reliance
- Promote composting and the preservation of healthy soil
- Encourage responsible and sustainable harvesting of wild foods
- Help to preserve regional farmlands and increase use of arable land for sustainable food production
- Support local and regional farmers and food producers
- Encourage recovery and reuse of food waste for productive purposes
- Encourage humane treatment of animals raised for food
- Promote food safety
- Identify educational opportunities that promote food knowledge
- Celebrate the diversity of our food cultures
- Manage food production in ways that reduce conflict with wildlife