



# HEADWATERS FOOD CHARTER AND ACTION PLAN

**HFFA**  
for food. for farming.  
for our future.

  
Headwaters  
Communities  
in Action

## VISION

The Headwaters Food and Farming Alliance (HFFA) envisions a food system that is productive, sustainable, transparent, and fair; supports the health and well-being of our residents and food providers; and contributes to the prosperous and equitable economy.

### ENVIRONMENTAL RESPONSIBILITY

We value a food system that reduces its environmental footprint through the responsible management of soil, water, air, energy, and waste.

### CULTURE AND CELEBRATION

We value food as a celebration of our agricultural heritage, cultural diversity and community connections.

### HEALTH AND WELL-BEING

We value the role of healthy food in promoting mental wellness, healthy growth and development and the prevention of lifestyle-related diseases.

### FOOD ACCESS AND EQUITY

We value everyone's basic right to afford and physically access healthy food.

### AGRICULTURAL SUSTAINABILITY

We value a diverse and prosperous farming community.

### ECONOMIC VITALITY

We value the role of food and farming businesses in the Headwaters economy.

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SUPPORTING FOOD AND FARMING IN DUFFERIN COUNTY AND CALEDON

## ENVIRONMENTAL RESPONSIBILITY

We value a food system that reduces its environmental footprint through the responsible management of soil, water, air, energy, and waste.



The following actions will help ensure that the Environmental Responsibility goals are achieved.

### GOAL 1

The local food system considers and works to reduce its vulnerabilities to and impact on climate change.

### GOAL 2

There is minimal food waste in Headwaters.

### ACTION

Assist local schools to deliver curriculum and programs that educate children and youth on the food system, climate change and their interactions.

### ACTION

Raise awareness and support programs and policies that enhance ecological goods and services provided by farms.

### ACTION

Increase knowledge within the food system about practices that help mitigate and adapt to climate change.

### ACTION

Support local governments, businesses, community organizations, and agencies to build public awareness and develop policies to preserve agricultural land, mitigate climate change, reduce food waste, encourage healthy and environmentally friendly food choices, and low impact agricultural production practices.

## CULTURE AND CELEBRATION

We value food as a celebration of our agricultural heritage, cultural diversity and community connections.



The following actions will help ensure that the Culture and Celebration goals are achieved.

### GOAL 1

Local food contributes to a stronger sense of community.

### GOAL 2

Culture and diversity are celebrated through food.

### ACTION

Encourage events that increase knowledge and build skills about agricultural heritage and locally grown foods.

### ACTION

Promote healthy, local and culturally relevant foods into markets and community events.

### ACTION

Highlight and celebrate local food champions in the Headwaters food system.

## HEALTH AND WELL-BEING

We value the role of healthy food in promoting mental wellness, healthy growth and development and the prevention of lifestyle-related diseases.



The following actions will help ensure that the Health and Well-Being goals are achieved.

### GOAL 1

Community members have enhanced knowledge and skills about healthy food options and food safety.

### GOAL 2

Community members can access healthy eating programs and services.

### GOAL 3

Healthy local food is available in institutional, commercial and industrial settings.

### ACTION

Partner with municipalities, workplaces and hospitals to develop, implement and celebrate policies that support purchasing and offering healthy, and where possible, local foods.

### ACTION

Support hands-on opportunities to develop and build food skills in priority populations, including children and youth.

### ACTION

Advocate for community infrastructure that would support food education and food literacy.

### ACTION

Promote food education materials that meet the needs of various literacy and skill levels.

### ACTION

Encourage "farm-to-school" programming in Headwaters schools.

## FOOD ACCESS AND EQUITY

We value everyone's basic right to afford and physically access healthy food.



The following actions will help ensure that the Food Access and Equity goals are achieved.

### GOAL 1

All residents are financially able to access healthy, safe and culturally relevant food.

### GOAL 2

Neighbourhoods and communities are designed and planned for easy access to healthy food.

### ACTION

Evaluate and, where appropriate, improve food programs and services that support community members who face barriers in accessing healthy food.

### ACTION

Explore the establishment of a community food centre/hub that would offer programs and services for the community to grow, cook, share, and advocate for healthy food.

### ACTION

Work with municipalities to provide input into planning and policy decisions to ensure access to healthy food in the built environment.

### ACTION

Advocate for income-based policy solutions to address the underlying causes of food insecurity.

### ACTION

Engage with community members to raise awareness of food insecurity and poverty.

## AGRICULTURAL SUSTAINABILITY

We value a diverse and prosperous farming community.



The following actions will help ensure that the Agricultural Sustainability goals are achieved.

### GOAL 1

There is high demand and opportunities for buying and selling local food.

### GOAL 2

Prime agricultural farmland is protected.

### GOAL 3

Urban agricultural practices are encouraged in the towns and hamlets of Headwaters.

### ACTION

Develop a communication strategy for the public that promotes food produced, sold and consumed in Headwaters.

### ACTION

Create opportunities for farmers, regardless of practice, to come together and discuss ideas, issues and opportunities for agriculture in Headwaters.

### ACTION

Analyze the types of farms in the Headwaters region and identify potential opportunities and gaps that exist.

### ACTION

Advocate for supportive policies in land-use, local food procurement, urban agriculture, and zoning that help agricultural operations remain viable.

## ECONOMIC VITALITY

We value the role of food and farming businesses in the Headwaters economy.



The following actions will help ensure that the Economic Vitality goals are achieved.

### GOAL 1

Food and farming businesses are developing, expanding and increasing.

### GOAL 2

A skilled and growing food and farming workforce exists.

### GOAL 3

Headwaters is an agricultural, food and culinary destination.

### ACTION

Build awareness of the Headwaters region as a food cluster encompassing production, processing and service businesses.

### ACTION

Build partnerships with food sector businesses and academic institutions to strengthen skills of the food sector workforce.

### ACTION

Partner with Headwaters Tourism, municipalities and individual operators to promote Headwaters as an agricultural, food and culinary destination.

### ACTION

Encourage municipalities to create policies and infrastructure that support attraction, retention and expansion of local food processing and agricultural businesses.

### ACTION

Work with farmers and municipalities to strategize ways to improve local food purchasing in institutions, schools and agencies.

### ACTION

Support opportunities for education and training for local farmers and/or food entrepreneurs.