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GOOD FOOD

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GREATER FREDERICTON

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CHARTER TOOLKIT FOR EATERS

Greater Fredericton Food Charter Toolkit

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Please feel free to distribute this toolkit widely

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WHAT IS THE GREATER FREDERICTON FOOD CHARTER TOOLKIT?

The toolkit is an easy-to-share companion document to [The Greater Fredericton Food Charter](#). This toolkit contains numerous resources to help you incorporate more food into your daily life through the acts of eating, growing and sharing.

WHO SHOULD USE THE TOOLKIT?

Anyone who **eats food** in the Greater Fredericton region may find this toolkit useful for becoming a more informed and engaged food citizen.

HOW TO USE THIS TOOLKIT

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This toolkit is laid out in a way that helps you identify resources that will help you to enact each of the six Food Charter principles, including: **Social Justice, Health Promotion, Sustainability, Community Development, Collaboration & Participation and Celebration.**

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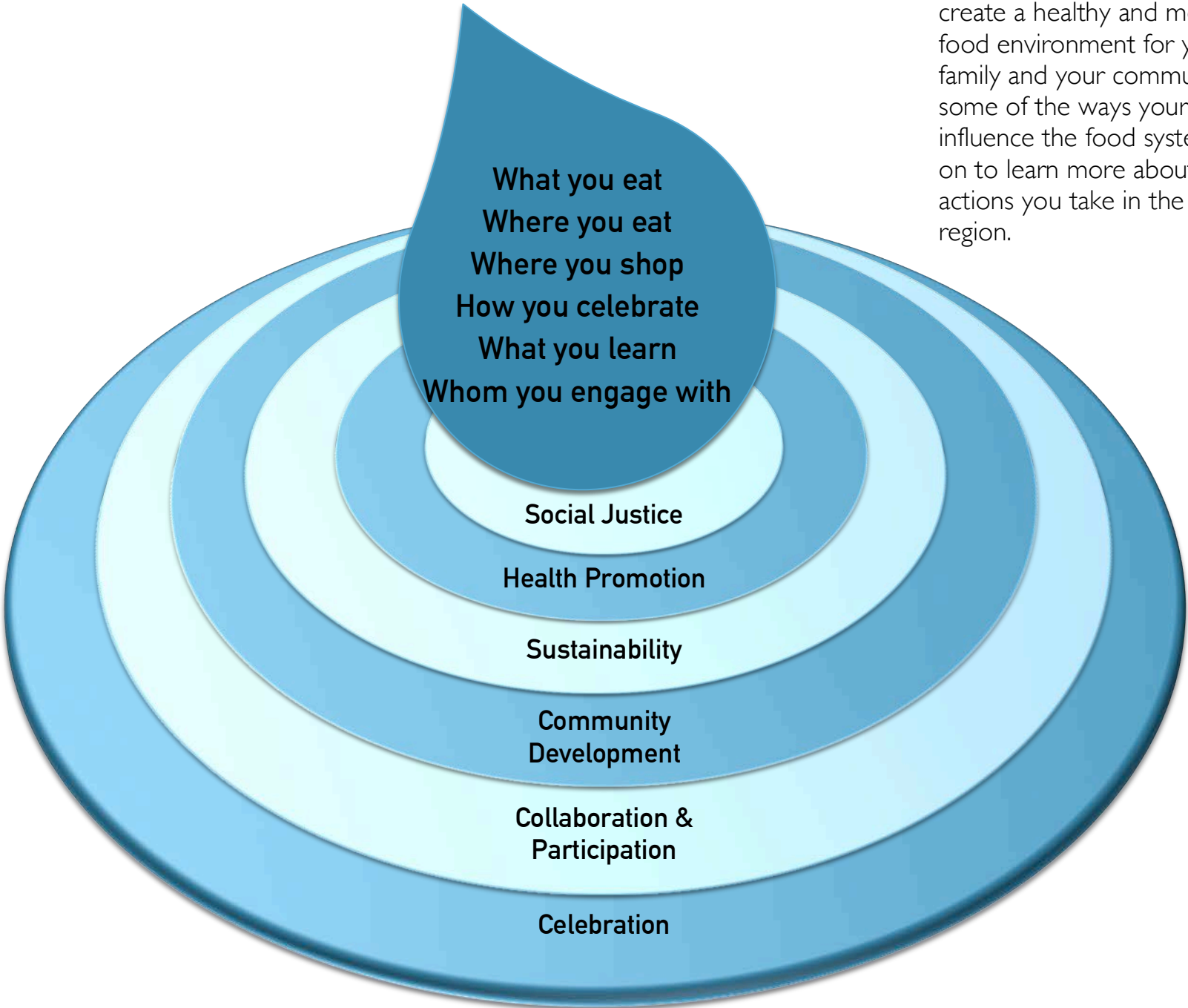
WHO IS GOOD FOOD GREATER FREDERICTON?

Good Food Greater Fredericton (GFGF) is a network of organizations, producers, distributors and individuals who share a passion for building a healthy and sustainable local food system. Our goal is to connect individuals with an interest in food security to encourage collaborative efforts.

WHAT IS THE PURPOSE OF THE CHARTER AND TOOLKIT?

The Greater Fredericton Food Charter is aimed at having stakeholders in our local food system volunteer their commitment to principles that can help our region achieve a healthy and sustainable local food system. The toolkit provides local resources that will help each group of stakeholders on their way to living up to their commitment. Ultimately, our goal is to see each citizen in the Fredericton region take at least one action that will help secure a healthy local food system for all.

There are many different ways that you create a healthy and more sustainable food environment for yourself, your family and your community. Check out some of the ways your actions can influence the food system and then read on to learn more about the good food actions you take in the Fredericton region.



GLOSSARY



Food access is the ability of a person or group of people to obtain healthy food, depending on factors such as physical access, seasonal availability, affordability, knowledge, or cultural attitudes

Food literacy is the ability to know the story of where one's food comes from—farm to table and back to the soil—and also to grow, plan, purchase, preserve, and/or prepare food for eating

Food movement is a broad term describing individuals and groups taking initiative to ensure a resilient, safe, fair, and healthy food system for all

Food policy is a set of principles and guidelines related to production, distribution, and consumption of food

Food shed is a geographical area that is connected by common food and agricultural interests through commerce. It includes the area where a food is produced, where it is transported, and where a food is consumed

Food security is achieved when everyone in the community has sufficient access to affordable, nutritious food

Food system refers to all parts of providing food for people, including the growing, harvesting, transporting, processing, marketing, selling, consuming, and disposing of food

Good Food ACTIONS

The food charter's six guiding principles can be used to think about actions eaters can take to that support local food security

Social Justice	Health Promotion	Sustainability	Community Development	Collaboration & Participation	Celebration
Buy local and non-local food that is ethically produced	Take a healthy cooking class	Learn to grow some of your own veggies	Visit your local farmers market	Join or start a community garden	Eat dinner with family and friends more often
Support local food banks	Cook meals at home	Eat locally produced and locally processed foods	Join a local Community Supported Agriculture Initiative or food box program	Participate in discussions about food policy in our community and in schools	Attend local food festivals and events
Volunteer your time at a community kitchen	Learn to read nutrition and ingredient labels on packaged foods	Eat seasonally	Participate in Open Farm Day	Take part in conversations about how your food is produced and how and where you can purchase your food	Participate in food days that celebrate healthy and accessible food
Support programs and organizations that provide low-cost, healthy options for a individuals with lower incomes	Teach children how to prepare healthy foods	Participate in Meatless Mondays	Meet your farmers		
		Decrease food waste and learn to compost	Visit a cultural market and try food from other places		
			Visit a U-pick		

Resources for Social Justice

Food is a basic human right. All residents need accessible, affordable, healthy, and culturally appropriate food.

Greener Village Community Food Centre

Provides over 1,000 food hampers each month to families in need along with hosting community gardens plots and food skills training.

(506) 459-7461

<http://goo.gl/tne62m>

Fredericton Community Kitchen

Serves 10,000 free meals each month and delivers 230 school lunches daily to six schools. Volunteer-run and community-funded.

(506) 457-1788

<http://goo.gl/4249RQ>

Non-GMO Project

Learn more about eating food that is free from genetically modified ingredients.

<http://goo.gl/sPdKNb>

Food Banks NB

There are a number of food banks located throughout the Fredericton region. Food Banks NB has created a contact sheet and map for all locations.

<http://goo.gl/m6dGLu>

New Brunswick Food Security Action Network

NBFSAN provides leadership in the advancement of food security across New Brunswick. Their website offers a large selection of resources and guides relating to local programs and food security issues.

<http://goo.gl/gR9MKI>

Community Food Mentors

CFM is a training program for individuals who want to learn more about taking a leadership role on food security issues in their community. <http://goo.gl/YO8Gy6>

New Brunswick Community Harvest Garden's U-Pick

NBCHG hosts a U-Pick by donation each Saturday 11am – 1pm July through October at their Marysville Community Garden – 20 McGloin Street, Marysville.

<http://goo.gl/EhhlqO>

Kat's Kitchen / Feed the Lions

Organizations run by students at local high schools that work to help all students have daily and healthy breakfasts and lunches.

<https://goo.gl/mGH2Kt>

<https://goo.gl/JeN7ey>

Fair Trade Canada

Learn about fair trade products and why you should buy them.

<http://goo.gl/ruU0ul>

Resources for Health Promotion

The healthy choice should be the easy choice.

Farm to School NB

Farm to School helps connect schools to healthy, in-season produce, as well as assisting in improving knowledge about the local food and healthy eating.

<http://goo.gl/P3RGFJ> <http://goo.gl/vldaj0>

Breastfeeding and Baby-Friendly Initiative

The Government of New Brunswick offers information and support for breastfeeding mothers, including a list of support groups in the region.

<http://goo.gl/2AbIC8> <http://goo.gl/i88fF5>

Community Food Smart

CFS is a bulk produce buying program that allows over 800 local families purchase fresh fruits and vegetables at wholesale price that they might not otherwise afford.

<http://goo.gl/ukh0nj>

Meatless Monday

This is a resource for learning about why going meat-free one day a week can be a healthy choice for you and the planet. The recipe finder will help you plan a healthy, meat-free meal.

<http://goo.gl/wWwWur>

Healthy Cooking Workshops

Join one of the low-cost cooking classes around the city to increase your food skills.

Greener Village Teaching Kitchen

lisa@greenvillage.org

<http://goo.gl/7JV3IV>

UNB Leisure Learning

(506) 452-6360

<http://goo.gl/q10Dmn>

Sobeys, Regent Street

(506) 453-7761

<http://goo.gl/PxZTOD>

Atlantic Superstore, Smythe Street

(Kid-friendly classes available)

(506) 459-3544

<http://goo.gl/karjll>



An example of the contents in a 15-dollar, monthly Community Food Smart bag.

Resources for Sustainability

Sustainable food systems use processes that encourage and enhance a kind and natural food environment at every stage of the food system.

Buy Local Directory

Use the Conservation Council of New Brunswick's directory to find Community Supported Agriculture (CSA) farms, food box programs and other local food producers.

<http://goo.gl/BF4Ifl>

NB Grown Products Availability Guide

Find out when NB – grown products are available so you can buy local!

<http://goo.gl/IQLjZI>

ACORN's Organic Directory

Search Atlantic Canada Organic Regional Network's directory for organic food producers and processors.

<http://goo.gl/FOj6wx>

ACORN Resource Library

Whether you are an organic producer or simply looking for more sustainable gardening and farming practices, the ACORN Resource Library has lots of helpful online resources.

<http://goo.gl/4yiRDh>

Atlantic FarmShare Directory

Use this online tool to search for organic CSA providers and their pick-up locations in your area. <http://goo.gl/UGYQDC>

New Brunswick Community Harvest Garden Workshops

NBCHG offers workshops during each growing season to help gardeners learn more about growing food sustainably.

<http://goo.gl/TdeRnz>

NBCHG Seed Library

Free seeds are available to the public on the second floor of the Fredericton Public Library.

12 Carleton St, Fredericton

<http://goo.gl/bWJvkW>

Seed Savers Exchange Garden Planner

This online garden planner makes it simple to plan and draw out your vegetable beds for the season using a number of garden styles. <http://goo.gl/JbNb7w>



Resources for Community Development

Greater reliance on local food systems strengthens our local and regional economies, creates employment, increases food security, and enhances community vibrancy.

Open Farm Day

Visit one of the farms in our region on Open Farm Day to learn more about day-to-day life on the farm. Organized by the Agricultural Alliance of New Brunswick each September. <http://goo.gl/WUQypy>

Buy Local Directory

Use the Conservation Council of New Brunswick's directory to find local food producers
<http://goo.gl/BF41fl>

Food Asset Map

Use Good Food Greater Fredericton's searchable map to find all food assets in the Greater Fredericton area, from U-picks to markets to community food programs.

Farmers' and Cultural Markets

Visit a local farmers' or cultural market to buy some tasty local food and meet your food producers.

Boyce Farmers' Market

665 George Street Fredericton
Saturdays 6am – 1pm

Fredericton Northside Market

311 St. Marys Street, Fredericton
Sat. 9am – 4pm / Sun. 10am – 4pm

Fredericton Cultural Market

28 Saunders Street, Fredericton
Saturdays 9am – 4pm

Gagetown Farmers' Market

25 Tilley Road, Gagetown
Sundays 9am – noon (July –mid Oct.)

St. Andrews Farmers' Market

Market Square (off of Water Street)
Thursdays 8:30am – 1:00pm (May – Sept.)

Resources for Collaboration & Participation

Local food systems encourage civic engagement, promote responsibility, and strengthen communities.

The Ville Co-operative

Visit the Ville's extensive on-site food gardens or book a space to hold a community meeting.

<http://goo.gl/YkaPoR>

Good Food Greater Fredericton

Join the network to stay up-to-date on local food security and policy initiatives.

<http://goo.gl/QxXSC7>

New Brunswick Food Security Action Network

NBFSAN provides leadership in the advancement of food security across New Brunswick. Their website offers a large selection of resources and guides relating to local programs and food security issues and information on food security events.

<http://goo.gl/gR9MKI>

Community Gardens

There are a number of community gardens across the city with plots for individuals wishing to grow their own vegetables.

New Brunswick Community Harvest Gardens - Marysville

20 McGloin Street - Marysville

<http://goo.gl/TdeRnz>

New Brunswick Community Harvest Gardens - St. Mary's

St. Mary's Anglican Church - McEvoy Street

<http://goo.gl/TdeRnz>

Fredericton Organic Community Gardens

150 Kimble Road, Fredericton

<http://goo.gl/BDSI9o>

Greener Village Community Gardens

686 Riverside Drive, Fredericton

<http://goo.gl/tne62m>

NB Farmers' Associations

There are a number of farmers' associations that producers can join to connect and collaborate with other producers on industry initiatives and issues. These organizations often host public events so you can meet your farmers.

National Farmers Union in NB

<http://goo.gl/x9iXoA>

Agricultural Alliance of New Brunswick

<http://goo.gl/BQL24i>

New Brunswick Young Farmers

<http://goo.gl/6lCjO3>

Atlantic Canadian Organic Regional Network

<http://goo.gl/WUcjEX>

Resources for Celebration

Sharing food is a fundamental human experience and brings people together in celebration of community and diversity.

Feast in the Field

Try a sampling of foods from Fredericton's best chefs at this event that supports Ability New Brunswick. <http://goo.gl/6187sR>

Dine Around Freddy

Each year during Frostival you can dine at Fredericton's best restaurants for a discounted price. Many of the set menus offer local ingredients. <https://goo.gl/6Xff48>

Organic Week

Find out how you can get support to celebrate and promote organic foods during Organic Week each September. <http://goo.gl/6ngDxY>

World Food Day

Learn more about what you can do to celebrate World Food Day each October. <http://goo.gl/NYfwUt>

Tourism Fredericton

This site lists all upcoming festivals and celebrations in the city, including those centred around food! <http://goo.gl/dTD63s>

Dietitians of Canada

Plan healthy meals and menus to share with family and friends. <http://goo.gl/UWVYd0>

