



## Sacramento Region Food System Charter FAQs

### *What is the Sacramento Region Food Charter?*

A food charter clearly states a community's values and beliefs about nutrition, food and food systems. The Sacramento Region Food Charter demonstrates the values of the 6-county Sacramento Region that include supporting a regional food system that will increase and maintain access to healthy foods for all residents of the region, support the economic and environmental viability of agriculture in the region, and support educational opportunities to carry these values forward. This is a living document, adaptable to varying needs across the region while carrying forward a regional vision.

### *Why do we need the Sacramento Region Food Charter?*

Supporting the food charter is free, while the value it can bring to the region includes helping to:

- Create **sustainable** jobs at all points along the food system: production, processing, distribution, retail, waste recycling;
- Address the crisis of hunger and obesity and increase the **health** of the region;
- Reduce the **economic impact** to society of food-related illnesses, such as obesity and diabetes, by lowering medical costs and missed work hours;
- Support our **land use** goals as addressed in Blueprint, reducing sprawl and greenhouse gas emissions.

*If the state of California is able to achieve just a 5% reduction in obesity, overweight, and inactivity, we will save \$2.4 billion per year.*

### *What is the Sacramento Region Food System Collaborative (FSC)?*

The Sacramento Region Food System Collaborative (FSC) is a diverse coalition of stakeholders working to increase access to healthy foods in underserved communities, increase associated educational opportunities, and encourage agriculture's success at all scales, including small and mid-size farming operations. FSC partners have expanded on the Sacramento Food Charter developed by the Sacramento Hunger Coalition in 2003 to create a document that addresses the food system of the Sacramento Region.

[www.foodsystemcollaborative.org](http://www.foodsystemcollaborative.org)

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### **Food Charter support:**

*Alchemist CDC*

*Full Belly Farm*

*Health Education Council*

*North Franklin Business District*

*Oak Park Neighborhood Assoc.*

*Pesticide Watch/California Food Project*

*Placer County Ag Commission*

*Sacramento City Unified School District*

*Sacramento Hunger Coalition*

*Sacramento Natural Foods Co-op*

*Soil Born Farms*

*Ubuntu Green*

*UC Davis Center for Reducing Health Disparities*

*Valley Vision*

*Woodland Farmer's Market*

*Yolo County Ag Commissioner*

## FOOD SYSTEM CHARTER FOR THE SACRAMENTO METROPOLITAN REGION

Recognizing the Importance of a Secure, Equitable, Accessible, Healthful, Sustainable and Local Food System in the counties of El Dorado, Placer, Sacramento, Sutter, Yolo and Yuba.

WHEREAS, the <jurisdiction> envisions our community one day free from hunger; and

WHEREAS, access to an adequate, culturally appropriate, nutritious diet, contributes to the health and well-being of residents, reducing their need for medical care, and increasing their productivity; and

WHEREAS, agriculture and food production are central to the regional economy, and the commitment to food security can strengthen the food sector's development and allow new growth; and

WHEREAS, locally grown and processed food may require less transportation to get from farm to table, which may reduce greenhouse gas emissions and criteria air pollutants; and

WHEREAS, the Sacramento region has some of the most fertile land in the world and should be protected and cultivated in an economically and environmentally sustainable manner for future generations; and

WHEREAS, agriculture provides valuable open space that enhances the quality of life of residents as well as providing flood protection; and

WHEREAS, providing education about nutrition, conservation, food preparation and origin is a critical element of building a healthful, sustainable and local food system.

NOW, THEREFORE, BE IT RESOLVED, by the <governing body> of the <jurisdiction>, that to promote a secure, equitable, accessible, healthful, sustainable and local food system, we will:

- Champion the right of all residents -- infants, children, adults and seniors -- to adequate amounts of safe and nutritious food without the need to depend on emergency food providers;
- Advocate for land use and transportation policies that support secure access to healthful food, including increasing neighborhood access points for locally-grown food;
- Encourage the development of community gardens, yard gardens, crop-swaps, urban fowl, and other initiatives that increase food self-reliance, increase physical activity, contribute to a cleaner environment, and enhance community development;
- Promote the preservation of local agricultural lands through supporting urban and rural agriculture, farmer's markets, farm stands, and agritourism;
- Support the economy, both rural and urban, through removing barriers for agricultural processing and distribution facilities, as well as creating local market linkages;
- Encourage the recycling of organic materials to nurture soil fertility and reduce waste;
- Foster a civic culture that empowers residents and civic agencies to support food programs that provide educational, cultural, social, economic, and health benefits;
- Encourage mentorships, internships and other education opportunities that support current and future generations;
- Support events and educational activities highlighting the region's diverse and multicultural food traditions; and
- Partner with community organizations, residents, cooperative groups, businesses, local schools, non-profits and government agencies to achieve our goals to preserve and enhance the vibrant agricultural sector of our region, provide consistent access to healthful local foods, and educate residents about how their food choices impact their health and the local economy.