

# Food for Good Torbay

## Our vision

### Good for Community

People have opportunities to connect through food; growing, cooking, and eating together

Space is available for community food growing projects, which promote good health and community connection

We have a diverse and vibrant sustainable, low-carbon food economy

Our food businesses operate ethically, and place an importance on social value

We have a positive “good food” culture in our community

### Good for people

Everyone has access to affordable, healthy food, regardless of their income and circumstances

People have the skills, knowledge, and means they need to grow, cook, eat, and enjoy good food

A living wage and fair, safe conditions for all food workers

### Good for the planet

Reduced food waste and more recycling or composting of the food we can't use

We reduce unnecessary food packaging and recycle as much as possible

People understand where their food comes from and choose ethically and sustainably produced food

## What we can all do

### Individuals

- ✓ Support local producers and independent food businesses
- ✓ Grow some of your own food, in the garden or in a community garden or allotment
- ✓ Cook more meals from scratch
- ✓ Choose produce which is seasonal, organic, free-range, and fair-trade
- ✓ Choose food products without unnecessary packaging
- ✓ Waste as little food as possible and recycle or compost any that you can't use

### Businesses, organisations, and Institutions

- ✓ Serve healthy and sustainable food to your customers, students, employees or patients
- ✓ Procure food that supports jobs and businesses throughout the local food chain
- ✓ Provide opportunities for people to grow, cook, and eat good food together
- ✓ Make low-carbon and ethical food production a priority when choosing suppliers; keeping food miles and food waste to a minimum.
- ✓ Focus on quality, rather than quantity of food; people have enough, and less is wasted.