



the Bristol good FOOD charter









**good food** is vital to the quality of people's lives in Bristol. As well as being tasty, healthy and affordable, the food we eat should be good for nature, good for workers, good for local businesses and good for animal welfare.

Building on Bristol's rich food history and culture, this **Bristol good food charter** is designed to celebrate good food and to bring individuals and institutions together to increase the demand and supply of fresh, seasonal, local and organic food throughout the city.

If you believe that everyone should be able to enjoy **good food**, sign up to the principles in this Charter and commit to doing one thing to help make it happen.

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## The principles of good food

**good for people**  
everyone should have access to information, training and resources that enable them to grow, buy, cook, and enjoy good food.

**good for places**  
the public and policy-makers should support and value food enterprises who promote local jobs, prosperity and diversity, and treat workers well.

**good for the planet**  
food should be produced, processed, distributed and disposed of in ways that benefit nature.



We .....  
**sign up to the Bristol good food charter**

Please display your signed charter, and let us know at [www.bristolgoodfood.org](http://www.bristolgoodfood.org)



## What you can do

### As an individual

- Buy more of your food from local independent food enterprises and retailers
- Grow some of your own food at home or in your community allotment, farm or orchard
- Cook great meals from scratch using fresh, seasonal, local and organic produce
- Waste as little food as possible and compost or recycle any that you can't use
- Ask your school or workplace to serve only **good food**

[www.bristolgoodfood.org/individual](http://www.bristolgoodfood.org/individual)

### As a business or institution

- Procure healthy and sustainable food that supports local economic prosperity
- Provide opportunities for people to grow, cook and eat good food together
- Serve only **good food** to your students or employees, patients or customers

[www.bristolgoodfood.org/business](http://www.bristolgoodfood.org/business)

**Help good food to flourish in Bristol. Sign up to this Charter today!**

Produced by the **Bristol Food Policy Council** [www.bristolfoodpolicycouncil.org](http://www.bristolfoodpolicycouncil.org)