



## What is a “Food Charter” and why should I (and central Indiana) want one?

Everybody needs to eat!  
And everybody **deserves access to healthy foods** (whether they choose them or not).

A **Food Charter** is a document to help guide policy makers, communities and residents with regards to food issues. The **“Indianapolis Food Charter”** was crafted by a group of concerned citizens with a variety of insights into the food industry. They worked to make it understandable and central Indiana business friendly while focusing on the health and welfare of ALL our residents.

Read the **“Indianapolis Food Charter”** for yourself and see what the fuss is about. Then let us know what you think. It’s your Charter, too.

If you like it as is, visit [www.indyfoodsecurity.blogspot.com](http://www.indyfoodsecurity.blogspot.com) to pledge your support for the **“Indianapolis Food Charter”**.

# A Food Charter for the City of Indianapolis

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- Whereas the city of Indianapolis supports **“the fundamental right of everyone to be free from hunger,”** and envisions our community one day free from hunger; and
- Whereas **food is central to the economy** of Indianapolis, and the commitment to food security can strengthen the food sector’s growth and development; and
- Whereas our globalized food economy affords us great variety, it also **fosters food insecurity** for both our Indianapolis citizens and impoverished communities around the world; and
- Whereas our local food producers can **provide an ample variety** while **fostering food security**; and
- Whereas **over one quarter of Indianapolis** households have a yearly income of less than \$25,000; and
- Whereas **citizens in our society** who are denied quality food are denied the ability to participate fully in society.

Now, therefore, be it resolved by the community of the city of Indianapolis, that to promote food security, we will encourage and facilitate:

Community-based Responses

<p>1. <b>practical nutrition education programs</b> that promote healthy eating, food shopping, budgeting, gardening and cooking skills, thus enhancing our community's knowledge of purchasing, handling, preparing, consuming and storing of naturally nutritious, affordable and safe local food;</p>	<p>Real food security for all citizens requires good information and practical skills. Food is more than a commodity. It is a basic right. Many of the skills required for good food and nutrition practices in our urban settings have not been passed down from previous generations, thus leaving our citizens vulnerable to food shortages in these inflationary times.</p>
<p>2. the <b>healthy practice</b> of breastfeeding;</p>	<p>Breastfeeding provides reduced instance of disease and the best possible nutrition for infants at almost no cost. Breastfeeding benefits women's health by lowering the risk of many diseases, such as breast and cervical cancer</p>
<p>3. conditions that ensure that each child of our community has <b>access to nutritious food</b> that enables effective learning and lifelong health;</p>	<p>Realizing this goal will require: appropriate nutrition for expectant mothers that support unborn children; community and inter-generational cooking programs that create awareness of the need for balanced eating, and the skills needed to implement said knowledge; partnering with public schools to improve food quality, promote school gardens and local purchasing; and creating an awareness of the need for consuming enough water.</p>
<p>4. access to programs by seniors that <b>support health and independence</b>;</p>	<p>Seniors health and independence in the community depends on their access to sufficient and nutritious food. Programs focused on senior needs will improve quality of life for seniors and so reduce community costs.</p>
<p>5. the <b>preservation</b> of our local agricultural resources and a <b>reliable, economical, clean</b> water source;</p>	<p>As a community we must place value on the components of food security which include (but aren't limited to) arable land, pollinators, bio-waste, farmers, clean water, and biodiversity.</p>
<p>6. the creation of infrastructure to <b>support</b> income generating ventures in urban gardening and farming and large-scale local food sourcing, including distribution facilities, agricultural supply centers, and preparation and storage facilities;</p>	<p>Both the urban and rural economy can be supported by cooperative ventures between food distribution or food retail operations and food producers. Frequently the capacity to grow, process and store food until needed is greater in an area already equipped for agriculture. However, in Indianapolis this is not yet the case, thus food related economic opportunities abound.</p>
<p>7. municipal policies that <b>promote responsible re-use</b> of the city's waste and water as well as a sustainable local economy, generating adequate incomes for all;</p>	<p>Potential programs could encompass the redirecting of bio-waste to local composting facilities, used cooking oil to local bio-diesel plants, and implementing the use of rain barrels, rain gardens, composting toilets and grey water re-use systems.</p>
<p>8. the role of community farmers markets and urban gardens in <b>increasing access to local, fresh fruits and vegetables</b> in neighborhoods, thus increasing food security citywide;</p>	<p>In a convenience driven society, easy access to local food producers through multiple retail outlets such as farmer's markets, Indy Food Cooperative, Basic Roots Community Foods, CSA's (Community Supported Agriculture) and other local food distribution operations creates a connection to our food which fosters healthy eating habits. Knowing your farmer is the ultimate food security.</p>
<p>9. <b>local purchasing</b> among major employers, our city institutions and community organizations in order to provide an affordable range of healthy local food choices within their facilities;</p>	<p>As the largest and most visible consumers these organizations should set an example of economic responsibility to local businesses and the health of the citizenry of Indianapolis.</p>
<p>10. events which emphasize the city's distinctive <b>multi-cultural food customs</b> and bring together rural and urban people.</p>	<p>Unfamiliar cultures are easily accessed and appreciated through their food customs, while local food sourcing emphasizes the many close ties between the urban and surrounding rural cultures. Connections made are a source of great benefit to all, and cause for community celebration</p>