

Declaration of the Waterloo Region Food Summit

November 16-17, 2009, Kitchener, Ontario

On November 16 & 17, 2009, over 150 people participated in a Summit whose goal was to identify priorities for improving food access and food security in Waterloo Region. About one third of us have experienced not having enough to eat, or worrying about it, at some point in our lives. We discussed this Declaration at the event, added to it, and those of us who agree with it have signed it.

Background

Local research has continually shown that approximately one in ten residents of Waterloo Region either do not have enough to eat or worry about not having enough to eat. At the same time, many of our farmers struggle to make a living growing or raising food. Many of us who have enough to eat are experiencing health issues because we are not getting enough nutrition from the food we eat. And we know that our current food system depends far too much on fossil fuel inputs to be sustainable over the long term.

We believe:

that everyone has the right to be able to access, and afford to buy, safe, nutritious, and culturally-acceptable food that has been produced in an environmentally sustainable way and that sustains our rural communities.

We envision:

a food system in which.... [to be discussed at the Summit]

We will:

support the work of people and organizations in Waterloo Region who focus on the priorities that we have identified at this Summit.

Priorities

Below are what we believe to be the strategic directions for moving us towards our vision for Waterloo Region's food system. Under each strategic direction, we have identified two priorities for action which we believe need to happen now [to be determined at the Summit].

- 1. Advocate for adequate income for everyone**
 - 1.
 - 2.
- 2. Support and promote urban agriculture**
 - 1.
 - 2.
- 3. Improve walkable access to healthy food**
 - 1.
 - 2.
- 4. Improve peoples' skills for growing and preparing food**
 - 1.
 - 2.
- 5. Pay farmers more for sustainable production of healthy foods**
 - 1.
 - 2.

- 6. Educate people about food system issues**
 - 1.
 - 2.
- 7. Increase the availability of culturally appropriate food**
 - 1.
 - 2.
- 8. Influence national, provincial, and municipal food policies**
 - 1.
 - 2.
- 9. Continue improving emergency food assistance**
 - 1.
 - 2.

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