



## OUR FOOD PHILOSOPHY

### Good food is good



We prioritize good food in everything we do, and believe that everyone, regardless of income, deserves to have it. We believe good food can build health, culture and morale, and that a good meal can be the first step in many journeys.



### Food is power

Cooking and growing your own food feels good because it allows you to control your ingredients, save money, and provide for yourself, your family and your friends. Good food doesn't have to be fancy or elaborate. We create hands-on, inspiring opportunities for people to learn to grow, cook and share simple, healthy food.



### Healthy food is simple

Good nutrition doesn't have to be painful or confusing. It can be as simple as eating a variety of foods in moderation, with lots of fruits and veggies and not too many processed foods. We encourage a common-sense approach to healthy eating that promotes better choices most of the time but still leaves room for joy and pleasure.



### Food should taste good

We try not to be preachy or pushy about what we think people 'should' eat. We strive to respect personal and cultural food preferences, and to find the sweet spot where delicious meets nutritious.



### It matters where it came from

Our food choices affect not only our individual wellbeing, but also our environment, our economy, and farmers. We buy local and sustainably grown foods whenever we can, and encourage others do to the same.



### If in doubt, throw it out

The food we distribute and serve reflects our respect for our community members. If it's wilted, dented, sub-standard or doesn't contribute to health, we don't pass it on.



### Food brings us together

We're always looking for opportunities to get together around food. Coming together in the kitchen, dining room and garden allows us to break down barriers by focusing on a shared need for food and connection while exploring the unique experiences, tastes and skills that we each bring to the table.



**community food centres**  
CANADA good food is just the beginning

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