



GOOD FOOD PRINCIPLES

OUR APPROACH TO PROGRAMS

1

We take action from the individual to the systemic level

Poverty and food issues are complex, and so are the answers. Making good food a basic right means working for change at the individual, community, and system-wide level. To do so we work across program areas to create many entry points for community members: from meeting basic needs with food access programs, to empowering people to choose, grow, and cook good food, to creating opportunities to get involved with the big-picture issues that affect our community.

2

We believe and invest in the power of good food

Good food has the power to build health while inspiring people to become engaged in issues that matter to them. We strive to make good food a priority and to provide food through our programs that is delicious, healthy, sustainably produced, and pleasurable to eat.

3

We create an environment of respect and community leadership

Respect for every person's inherent value and potential to contribute underpins our work. We try to communicate this respect through procedures that break down the stigma often associated with charity and by creating an inviting and safe space for people to sit down with their neighbours over food. We look for ways for our participants to contribute their assets by involving them as volunteers and leaders.

4

We meet people where they're at

We avoid making assumptions about community members' skills and goals. Some come with assets to share, and others need very tangible support in order to participate. We recognize that meeting people where they're at means not judging or preaching, but working with them toward the changes that they want to make. We focus on celebrating achievements big and small as we work toward reaching individual and community goals.

5

We aim high for our organization and our community

As an organization, we hold ourselves to a high standard of performance. We design our programs based on current research and the growing body of knowledge we gain from those in our sector. We strive to have enough resources to create positive impact. To stay accountable to our community and other stakeholders, we are committed to measuring and communicating the impact of our work.



community food centres
CANADA good food is just the beginning

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