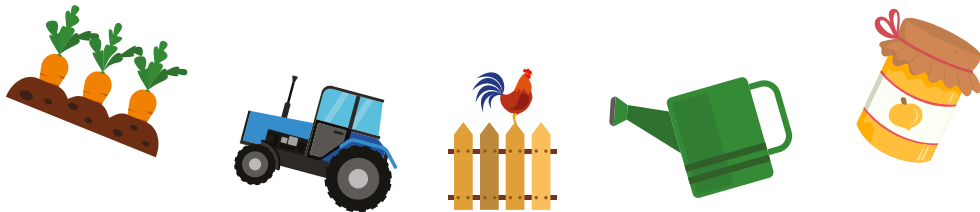


# SWANSEA FOOD CHARTER

**Healthy, Affordable and Local  
Food Available to All,  
for the Wellbeing of People  
and Planet.**



The food we consume has a huge impact, not only on our health, but also our economy and environment.




A thriving, inclusive, equitable and nutritious local food system is a key driver for moving Swansea towards the seven Wellbeing Goals set out in the Wellbeing of Future Generations Act (Wales).

We invite citizens, businesses and organisations to pledge support for the Swansea Food vision and objectives.




**Sign up via the website:  
[www.bwydabertawe.org.uk](http://www.bwydabertawe.org.uk)**

**As the citizens, businesses and organisations of Swansea, we are committed to:**




## **Inclusive Collaboration**

-  Working together, involving everyone and reaching out.
-  An inclusive approach that celebrates cultural diversity.
-  A united effort and a strong voice for Swansea food.




## **Healthy Food Fairness for All**

-  Food and nutrition security for everyone.
-  Tackling poverty and improving wellbeing through food.
-  Land for food growing in every community.




## **A Flourishing Food Economy**

-  Growing demand for locally produced food.
-  More local markets and effective distribution.
-  Supporting local growers and producers to succeed.

## **Food, Land and Environment**

-  Cherishing our soil, water, nature and biodiversity.
-  Increasing access to land for new farmers and local growing.
-  Supporting regenerative and sustainable approaches.

## **Food Skills and Awareness**

-  Empowering everyone to grow, cook and eat better food.
-  Learning how health, soil, food and climate change interconnect.
-  Building skills in organic and regenerative growing.



# SWANSEA FOOD CHARTER



## How can you help? What can you do?

Listed below are some ways you can take action, to help make healthy, affordable and local food available to all.

### As a citizen:

-  Sign up to the Swansea Food Charter.
-  Shop local, and buy Swansea (or Welsh) produce, when you can.
-  Ask shops, cafes and supermarkets what their local options are. Encourage them to stock local produce.
-  Reduce your food waste, buy and use smaller portions and compost at home.
-  Do what you can afford. Invest in the social, environmental, health and quality benefits of locally produced food (which is often reflected in the price).
-  Volunteer at your local community garden or community farm.
-  Learn about the importance of healthy soil.
-  Make a Sustainable Food Pledge.
-  Get involved in Bwyd Abertawe projects and events!

### Within your business or organisation:

-  Sign up to the Swansea Food Charter.
-  Display the charter to show your commitment.
-  Share it with your team and encourage them to sign up.
-  Nominate a Sustainable Food Champion for your organisation, to attend Bwyd Abertawe meetings and promote the Charter.
-  Buy and serve local, healthy, and sustainably produced food.
-  Work to amend your procurement policy to prioritise sustainably produced food and shorter supply chains.
-  Take innovative and creative steps to increase the demand for, and availability of, healthy, affordable and local food for all.
-  Identify land that you could make available for local growing and farming.
-  Make a Sustainable Food Pledge.
-  Get involved in Bwyd Abertawe projects and events!

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