



Healthy Food Philosophy

Source: The Stop Community Food Centre

Over the years, we've come to realize that it's important to articulate ones philosophy about food – both so community members understand our commitment to healthy food, and to describe to donors the types of food we aim to supply through our food bank. For hard and fast rules about how food is used in all our programs, see our "Food Rules" document.

The Stop Community Food Centre's philosophy recognizes food as an essential part of life, necessary to maintain the good health of body, mind and spirit.

We believe that access to food is a basic human right. Accordingly, we aim to distribute as much food as possible to our community. However, we do believe that some foods should not be distributed, and therefore we decline some of the most unhealthy donated food we receive.

As much as possible, we strive to provide fresh, locally produced foods that are seasonal, minimally processed, affordable and accessible to all. We respect the health of people who work the land and water to produce food, and acknowledge that we are part of an interdependent food system. Whenever possible we use our purchasing power to support growers, producers and retailers who share this philosophy.

We recognize that food plays an important part in the cultural diversity of our community and work to meet those needs through our programming. In this process, we nurture community through a shared food experience.

We welcome opportunities to learn about, grow, cook and eat food together. We promote equally the importance of healthy nutrition and of the pleasure that comes from choosing and eating food that we love. In the food that we serve and promote, we are constantly looking for the terrain where 'nutritious' and 'delicious' intersect.

Through innovative programming and public education we work to promote food security at all levels. Our philosophy of food security is based on the belief that change must happen at the individual, community, and policy level. Adequate income to buy food, a food system that promotes healthy eating and sustainable agriculture are all necessary components of food security.