

GOOD FOOD VALUES

» Checklist



The checklist provides a guide with key points to be accounted for in order to comply with the “Good Food Value” Pledge you’ve taken. When making food purchases try to meet as many of these definitions as possible.

1. Local Economies & Communities

Support small and mid-sized agriculture and food processing operations within the local area. “Local” is defined as food that is grown and/or processed in the Squamish-Lillooet Regional District (Region), within the Lower Mainland serving Squamish to Pemberton (which includes Metro Vancouver and the Fraser Valley), and the Lower Thompson-Nicola Region which serves Lillooet (Regional), and within British Columbia (Provincial). Our suggestion is to go beyond this definition by prioritizing food produced in the Squamish-Lillooet Regional District, Lower Mainland & Thompson-Nicola Region, and British Columbia wide, using the following concentric circle model.

- ✓ Are small and mid-sized farms
- ✓ Grown in the Squamish-Lillooet Regional District
- ✓ Grown in the Lower Mainland or Lower Thompson Nicola
- ✓ Grown in British Columbia
- ✓ Produced or processed using local, regional, or provincial ingredients when available

2. Environmental Sustainability & Stewardship of Natural Resources

Source from producers that employ sustainable production systems using principles of organic and regenerative growing that eliminate synthetic pesticides and fertilizers; avoid the use of hormones, antibiotics, and genetic engineering; conserve soil and water; protect and enhance wildlife habitat and biodiversity; and reduce on-farm energy consumption and greenhouse gas emissions.

- ✓ Follows principles of organic and regenerative growing
- ✓ Uses no artificial fertilizers and synthetic pesticides
- ✓ Uses no hormones, antibiotics, or genetic engineering
- ✓ Conserves water and soil health
- ✓ Mitigates wildlife-conflict
- ✓ Protects and enhances wildlife habitat and biodiversity
- ✓ Reduces on-farm energy consumption and greenhouse gas emissions

3. Nutrition

Promote health and well-being by serving generous portions of vegetables and fruit, choosing whole grains, and sustainably-sourced proteins. Reduce salt, added sugars, saturated fats, and oils, and eliminate artificial additives.

- ✓ Purchases and promotes healthy eating according to the Canada Food Guide
- ✓ Provides sustainably-sourced proteins
- ✓ Purchases whole-foods, and serves generous portions of fruit, vegetables, whole grains
- ✓ Serves seasonally available, culturally appropriate foods
- ✓ Limits highly processed foods with added fats, salts, sugars, and artificial additives

4. Valued Workforce

The baseline for compliance in the Valued Workforce category is compliance with basic labor laws by institution, vendor(s) and all suppliers for the institution, and increasing fair food purchases.

- ✓ Provides safe working conditions
- ✓ Fairly compensates all employees with a living wage
- ✓ Is Fair Trade certified

5. Animal Welfare

The farm provides healthy and humane care for livestock. Animals must be able to behave naturally and be in a state of physical and psychological well-being. Through sustainable operations, farms demonstrate social and ecological understanding and linkages between how animals are raised, the nutritional quality of the food they produce, and the impact of farm system on the environment.

- ✓ Healthy and humane care of livestock
- Animals are:
 - ✓ Pasture raised
- ✓ Wild caught (or Ocean Wise and MSC Certified)
- ✓ Grass-Fed, Organic