

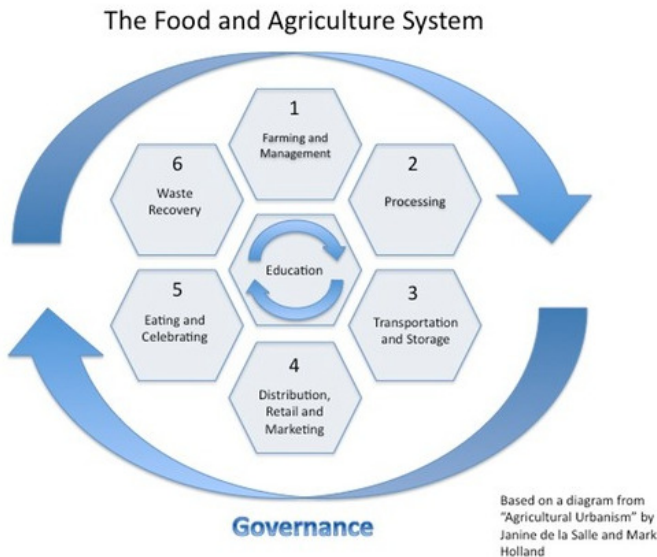
Planning for a Healthy Food System

What is the difference between locally grown and locally processed food?

What is a Food System?

A food system refers to the diversity of foods that people consume and how these foods are grown, processed, distributed and prepared.

It also includes the challenges with the processes and systems required to feed a population. This can include the impacts on public health, environment, culture and society.



Why Focus on Local Food Systems?

Local food systems reduce transportation costs and other environmental impacts, and often result in opportunities for farmers and producers, as well as for the local community too.

For example, the expansion of these systems can enhance local culture, civic engagement, and economic development, while reducing environmental impacts.

Local Food System Priorities:

A healthy food system gives all residents access to safe, affordable, nutritious and culturally acceptable food. Priorities include:

- *Food Sovereignty*: ensure citizens have knowledge about, engagement in, and access to food in their community.
- *Food Policy*: address food production at local, provincial and federal levels.
- *Urban Agriculture*: encourage and support expanded food production in urban areas where farmers can benefit from local infrastructure such as water, electricity and transit.
- *Local Food Culture*: involve citizens in the production of food and create gatherings and events as well as support for agriculture in the community.
- *Local Food Infrastructure*: enhance processing, manufacturing, distribution and value-added businesses, such as artisan wineries, required to expand local food availability and diversify the local economy.
- *Farm Viability*: policies and initiatives that support farmers with access to affordable land help keep farming economically viable, and provide incentives for new farmers.
- *Access to Healthy Food*: through initiatives that support the distribution and demand for nutritious food in the community.



More questions?

Email : sustainability@campbellriver.ca

301 St. Ann's Road
Campbell River BC. V9W 4C7
Tel. 250-286-5700
www.campbellriver.ca

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Benefits of Locally Grown Food:

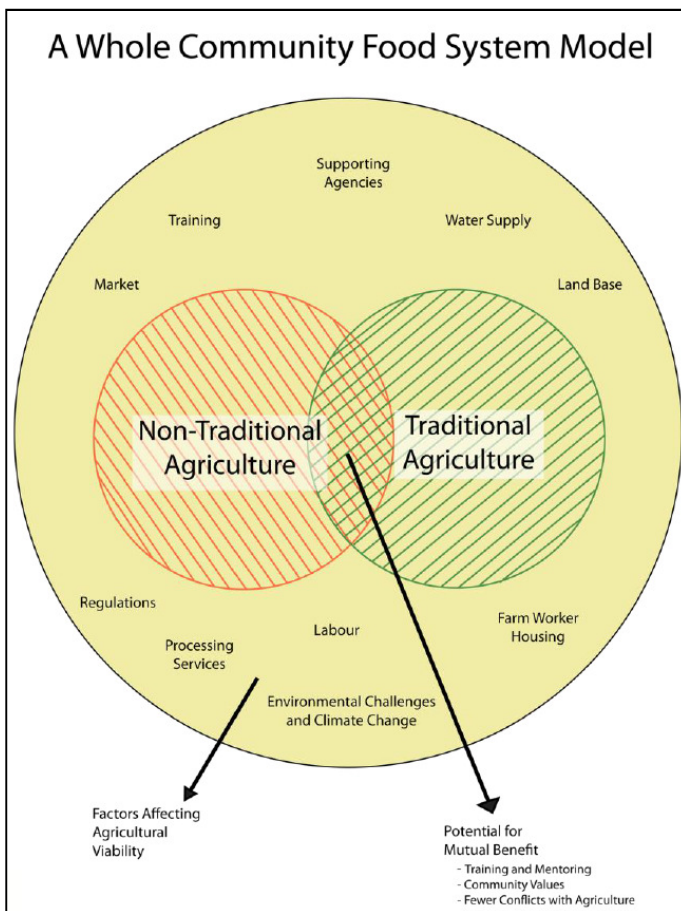
- In-season food is great tasting and nutritious.
- Local food contributes to the local economy and can build a stronger sense of community.
- The average meal in North America travels 2,400km from farm to plate. Locally grown food often requires less energy to produce and transport (GetLocalBC, 2011).
- In a local food system, consumers have a greater understanding of growing and processing food to better match personal values and needs.



Campbell River's Pier Street Market

Benefits of Locally Processed Agricultural Products:

- Local processing builds value-added manufacturing of primary agricultural activities within a community.
- Locally processed agricultural products support a robust local economy, which enhances primary agricultural activities and expands the availability and diversity of food products.
- The processing of locally grown agricultural products supports economic growth and local employment—which can lead to even more local food production.
- Even when products are not sourced from locally grown food, consumers can often identify where the products are imported from. This helps consumers identify fair trade and organic products as part of a wide range of available options.
- Supporting local processing/manufacturing generates a positive cycle of increasing options, capacity and diversity of local food production.



Adapted from North Saanich's Whole Community Agricultural Strategy



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