

A SHARED FOOD VISION FOR CAPE BRETON-UNAMA'KI



FOOD JUSTICE

A just food system is a decolonized food system; one in which everyone grows, catches, harvests, shares, accesses, distributes, and eats free from inequities related to race, class, gender, ability, income, or religion.

HEALTHY COMMUNITIES

Good food is the heart of healthy communities. Food intersects environmental, emotional, spiritual, mental, and physical health.

LANDS & WATERS

Healthy lands and waters are vital in feeding our communities. By protecting our environment, we can feed ourselves and future generations with good, healthy food.

FOOD LITERACY

Food literacy is an essential life skill. It can lead to informed food choices for better personal and community health.

LOCAL FOOD ECONOMY

Food offers an opportunity for economic resilience. Cape Breton can be a leader in sustainable agriculture and food-based tourism; a place where people want to live and create.

FOOD CULTURE & CELEBRATION

Food brings people together. Food is central to family, celebrations, traditions and cross-cultural learning.