



# HEFS COLLABORATIVE 2000

An Educational Initiative of Oldways Preservation & Exchange Trust

*Advancing Sustainable Food Choices for the Next Century*

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## CHARTER & STATEMENT OF PRINCIPLES

### PREAMBLE

We, the undersigned, acknowledging our leadership in the celebration of the pleasures of food, and recognizing the impact of food choices on our collective personal health, on the vitality of cultures and on the integrity of the global environment, affirm the following principles:

### STATEMENT OF PRINCIPLES

1. Food is fundamental to life. It nourishes us in body and soul, and the sharing of food immeasurably enriches our sense of community.
2. Good, safe, wholesome food is a basic human right.
3. Society has the obligation to make good, pure food affordable and accessible to all.
4. Good food begins with unpolluted air, land and water, environmentally sustainable farming and fishing, and humane animal husbandry.
5. Sound food choices emphasize locally grown, seasonally fresh and whole or minimally processed ingredients.
6. Cultural and biological diversity is essential for the health of the planet and its inhabitants. Preserving and revitalizing sustainable food and agricultural traditions strengthen that diversity.
7. The healthy, traditional diets of many cultures offer abundant evidence that fruits, vegetables, beans, breads and grains are the foundation of good diets.
8. As part of their education, our children deserve to be taught basic cooking skills and to learn the impact of their food choices on themselves, on their culture, and on their environment.

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