

# Peterborough Food Charter Activities: Background for Educators and Facilitators

**Peterborough Food Charter Activities** are tools to help educators, students and community members grow in exposure, knowledge, and action on healthy, sustainable food systems, through exploration of the [Animated Peterborough Food Charter](#). These activities may support the Ontario food literacy curriculum, and/or community initiatives which engage children and youth with food literacy and food systems learning.

There is a choice of activities which cover two levels of difficulty. The activities provide an introductory discovery of the food charter which can then be used for further exploration and more in-depth discussion and discovery.

Possible Curriculum Connections include:

## Science and Technology curriculum

Strand B - Life Systems

Strand E – Earth and Space Systems

## Health and Physical Education Curriculum

Strand D – Healthy Living

## Social Studies

Strand B – People and Environments

## **Peterborough Food Charter Background:**

- A Food Charter is a value, vision, or principle statement and series of goals that describe what a community wants their food system to look like.
- The process to create the Peterborough food charter was initiated by Peterborough Public Health’s Board of Health. Organizations and individuals involved throughout the local food system came together to develop the vision for a healthy, just, sustainable local food system for all residents of Curve Lake, Hiawatha, the County and City of Peterborough.
- In 2021, an animated version was created by Trent University and Peterborough Public Health, to help make local research accessible and actionable for the community.

## **Are You Using the Peterborough Food Charter? We would love to hear from you!**

Please share how you have used the Peterborough Food Charter Activities, or any other comments in this short feedback [survey](#).



*These activities to support learning about the Peterborough Food Charter, were developed by Angela Fuchs, OCT, with support from the Peterborough Food Action Network. For more information about the Peterborough Food Charter, please visit [www.foodinpeterborough.ca](http://www.foodinpeterborough.ca)*

# Peterborough Food Charter Scavenger Hunt

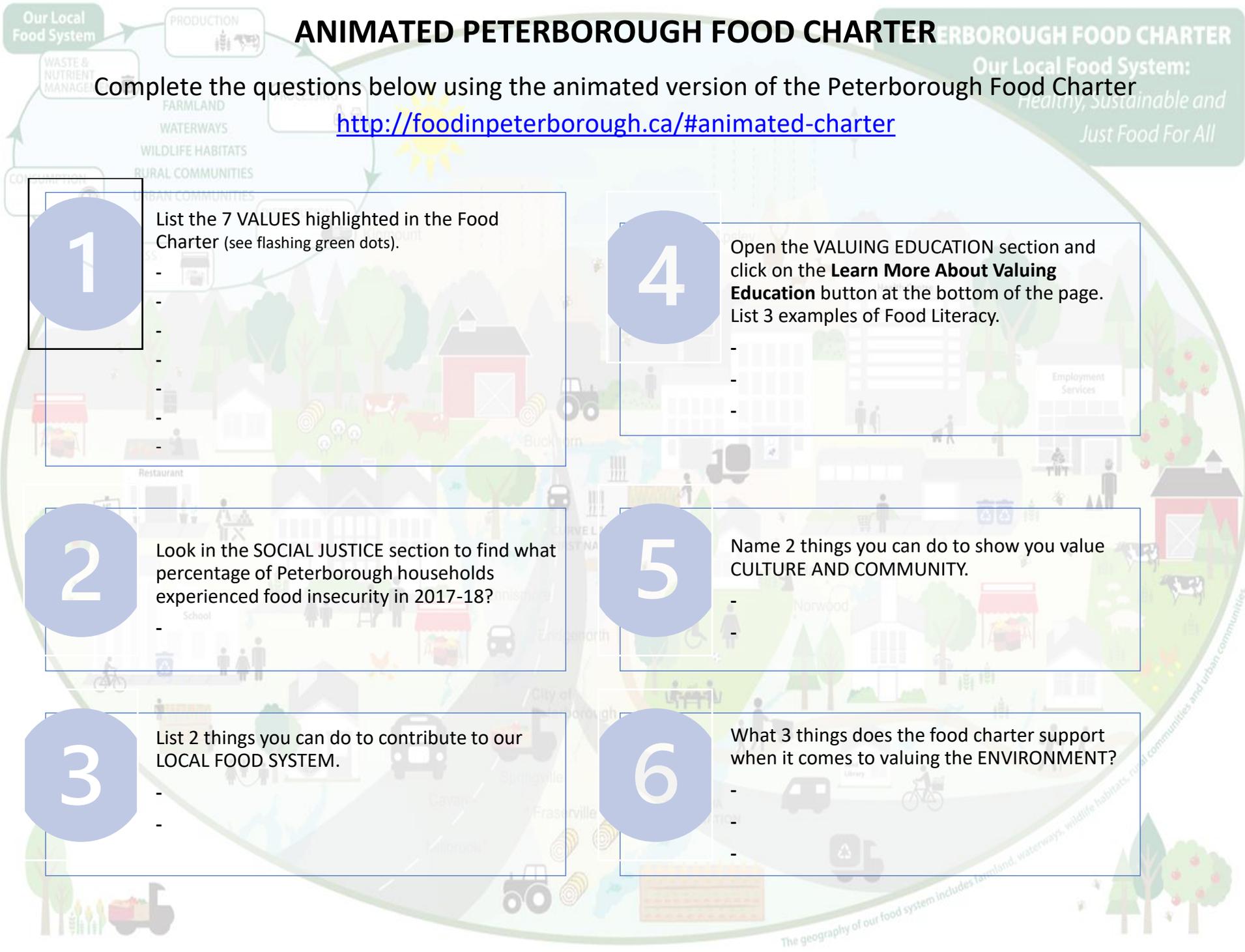
Using the Animated Peterborough Food Charter, click on the various pictures to find answers to the questions below. <http://foodinpeterborough.ca/#animated-charter>

|   | Answer       | Score      |
|---|--------------|------------|
| 1. How many VALUES are highlighted with green dots in the Peterborough Food Charter?  |              | /1         |
| 2. What picture is used to represent the VALUING THE ENVIRONMENT section?   |              | /1         |
| 3. <b>True or False?</b><br>From 1976 to 2016, Peterborough County lost 741 or 44% of farm businesses, while the average farm size increased from 175 acres to 215 acres. |              | /1         |
| 4. Click on the VALUING ECONOMIC STABILITY section and list 3 products produced by Peterborough farms.  |              | /3         |
| 5. What does the Food Charter suggest people can do to help support and VALUE EDUCATION?  |              | /1         |
| 6. <b>True or False?</b><br>In the VALUING HEALTH section it says that the foods we eat impact our physical health and wellness, AND our mental health and well-being.    |              | /1         |
| 7. The CULTURE AND COMMUNITY section talks about how healthy eating is more than the foods we eat. Canada's Food Guide recommends eating with others as part of a _____.  |              | /1         |
| 8. Starting with <i>Production</i> , what are the 6 actions involved in our local food system cycle?  |              | /6         |
|   | <b>TOTAL</b> | <b>/15</b> |



## Answers- Peterborough Food Charter Scavenger Hunt

1. 7
2. Sunflower
3. TRUE
4. Food, flowers, and fibre.
5. Involve children and youth in growing and preparing food, OR volunteer or donate to your local school's student nutrition program.
6. TRUE
7. Healthy lifestyle
8. Production, Processing, Distribution, Access, Consumption, Waste & Nutrient Management



# ANIMATED PETERBOROUGH FOOD CHARTER

PETERBOROUGH FOOD CHARTER  
Our Local Food System:  
*Healthy, Sustainable and  
Just Food For All*

Complete the questions below using the animated version of the Peterborough Food Charter

<http://foodinpeterborough.ca/#animated-charter>

1

List the 7 VALUES highlighted in the Food Charter (see flashing green dots).

- 
- 
- 
- 
- 
- 
- 

4

Open the VALUING EDUCATION section and click on the **Learn More About Valuing Education** button at the bottom of the page. List 3 examples of Food Literacy.

- 
- 
- 

2

Look in the SOCIAL JUSTICE section to find what percentage of Peterborough households experienced food insecurity in 2017-18?

- 

5

Name 2 things you can do to show you value CULTURE AND COMMUNITY.

- 
- 

3

List 2 things you can do to contribute to our LOCAL FOOD SYSTEM.

- 
- 

6

What 3 things does the food charter support when it comes to valuing the ENVIRONMENT?

- 
- 
- 

The geography of our food system includes farmland, waterways, wildlife habitats, rural communities and urban communities.

# ANSWERS - ANIMATED PETERBOROUGH FOOD CHARTER

<http://foodinpeterborough.ca/#animated-charter>

1

List the 7 VALUES highlighted in the Food Charter (flashing green dots).

- Environment
- Local Food System
- Health
- Education
- Social Justice
- Culture and Community
- Economic Sustainability

4

Open the VALUING EDUCATION section and click on the **Learn More About Valuing Education** button at the bottom of the page. List 3 examples of Food Literacy.

- Knowing about food.
- Feeling confident about choosing, preparing and eating food.
- Having food skills.

2

Look in the SOCIAL JUSTICE section to find what percentage of Peterborough households experienced food insecurity in 2017-18?

-14.5%

5

Name 2 things you can do to show you value CULTURE AND COMMUNITY.

- Use food as a way to connect with others.
- Get the whole household involved in cooking and eating together.

3

List 2 things you can do to contribute to our LOCAL FOOD SYSTEM.

- Learn about important research and about local food and farming.
- See what the National Farmers Union local chapter is doing to support local food production through policy.

6

What 3 things does the food charter support when it comes to valuing the ENVIRONMENT?

- Farming practices and food production that promotes environmental stewardship.
- Minimizing negative environmental impacts of the food system.
- Practices that improve soil, water and air quality for sustainable food production.