

The Good Food Guide – designed to help anyone with a spark of interest in food to 'get involved' as quickly as possible

GOOD FOOD

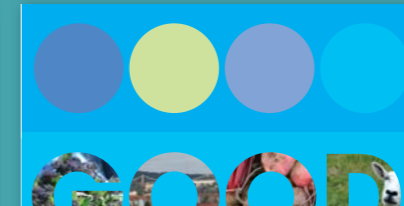
GROW SHOP COOK EAT! WASTE LESS LEARN MORE

GOOD FOOD FOR BRISTOL

Imagine you lived in a truly sustainable food city, renowned for the vibrancy and diversity of its food culture, and for a food system which, from field to fork, is good for people, places and the planet. A city where good food is visible and celebrated in every corner and where everyone has access to fresh, seasonal, local, organically grown and fairly traded food that is tasty, healthy and affordable, no matter where they live.

Picture a city where every school, hospital or care home, every restaurant and every public domain contains only delicious sustainable food, where good food celebrates diversity and thrives, where people of every age, and from every background, are developing skills in growing and cooking and are proudly involved in creating a vibrant and inclusive food culture in their own communities.

Would you want to live in a city like this? The reality is that this is an achievable reality for Bristol, and it involves all of us...



good food is vital to the quality of people's lives in Bristol. As well as being tasty, healthy and affordable, the food we eat should be good for nature, good for workers, good for local businesses and good for animal welfare.

Building on Bristol's rich food history and culture, this **Bristol good food charter** is designed to celebrate good food and to bring individuals and institutions together to increase the demand and supply of fresh, seasonal, local and organic food throughout the city.

If you believe that everyone should be able to enjoy good food, sign up to the principles in this Charter and commit to doing one thing to help make it happen.



OUR 5-A-DAY

If you're inspired by GOOD FOOD – food which is good for people, places and the planet – then this is the guide for you.

Our 5-a-day is the challenge that you commit to in order to help GOOD FOOD flourish in Bristol. All of these are things that you can do. **START NOW!** with a little bit of help from this guide.

- 1. Get growing your own herbs, fruit or veg on a windowsill, in your garden, or an allotment or help out at your local community farm or food project.
- 2. Buy more of your food from local, independent shops and traders.
- 3. Prepare meals from scratch using fresh, seasonal, local and organic ingredients.
- 4. Save for compost or try food or vegetable and compost any food that you can't use.
- 5. When you're learning about food, try a new recipe. Visit someone else's, take a course. Discover the city's diverse food culture. And meet new people!

15 How to eat local, seasonal, fresh & organic and a budget

20 What's in season

27 How to get growing

38 How to eat local, seasonal, fresh & organic in the kitchen

42 Where to learn more locally

44 Where to get volunteering

GET GROWING

Five things that the combination of horticulture and eating your own home grown fruit & veg – and it's also hard to match for freshness and flavour. So what's stopping you from getting growing?

I don't have enough space
All you need is a windowsill (p.42)
Or just a community plot to share your space (p.42)

I don't have enough time
You can join a community without (p.42) and in exchange for your membership fee and a small amount of work you get a share of the harvest. Or you can try growing plants that are easy to grow for your one-off window-sill growing.

I don't know how!
The best way to get started is to learn from others around you. By taking part in a volunteer session at an accessible allotment or other community growing site (p.42). Don't worry if you don't know your 48 from your 49 – the allotments are all over-subscribed.

The allotments are all over-subscribed
While it's true that there are long waiting lists in some parts of the city, there are several other alternatives. Take a look at the Council's Allotment Finder to see what's available near you (p.42).

the Bristol **good FOOD** charter

GOOD FOOD



the Bristol good FOOD charter

The principles of good food

good for people: everyone should have access to good food, sign up to the principles in this Charter and commit to doing one thing to help make it happen.

good for places: the public and policy-makers should support and value food enterprises that provide local jobs, prosperity and diversity, and treat workers well.

good for the planet: food should be produced in ways that respect the environment, use resources efficiently, and do not harm the planet.

We sign up to the Bristol good food charter. Please display your signed charter, and let us know at www.bristolgoodfood.org

Many years of volunteering on environmental projects, have given me a practical understanding of how hard-won funding can be made to stretch a very long way.

But a small budget need not mean a compromise on quality. All literature has to compete against a proliferation of other publications, and careful choices in design and print can make the difference between getting your message across or not.

Get Growing Garden Trail

Saturday 4 & Sunday 5 June 2016

Bristol's nearest fruit & veg growers open their garden gates and community plots for the 6th annual Get Growing Garden Trail

Get Growing Garden Trail open community gardens guide

Get Growing Garden Trail

A detailed map of Bristol showing various community gardens and growing sites. The map includes labels for various locations such as 'The Trench Garden', 'The Trench Garden', 'The Trench Garden', etc. The map is overlaid with a grid and various icons representing different types of growing sites.

The Bristol Good Food charter, produced for the Bristol Food Policy Council

Cardiff FOOD charter

Good food is vital to the quality of people's lives in Cardiff. As well as being tasty and affordable, food should be good for people, good for places and good for the planet.

Building on Cardiff's rich history at the heart of a nation famous for its food, this Charter is designed to celebrate and promote a vibrant and diverse food culture and to increase the demand and supply of fresh, seasonal, local and organic food throughout the city.

By promoting healthy, sustainable and ethical food as part of a thriving local economy, the Cardiff Food Charter will improve the health and wellbeing of residents and workers alike and create a more vibrant, connected and prosperous city.

If you believe that everyone should be able to enjoy good food, sign up to the principles in this Charter and commit to doing one thing to help make it happen.

What you can do

- As an individual**
 - Grow more of your food from local producers and independent food enterprises and markets.
 - Grow more of your own food in a window-sill, on a balcony or in a community plot.
 - Grow more fresh food locally using fresh, seasonal, local and organic ingredients.
 - Save for compost or try food or vegetable and compost any food that you can't use.
 - When you're learning about food, try a new recipe. Visit someone else's, take a course. Discover the city's diverse food culture. And meet new people!
- As a business or institution**
 - Grow healthy and sustainable food to your customers or employees, partners or staff.
 - Grow food that supports your business or institution's values and mission.
 - Grow more fresh food locally using fresh, seasonal, local and organic ingredients.
 - Save for compost or try food or vegetable and compost any food that you can't use.
 - When you're learning about food, try a new recipe. Visit someone else's, take a course. Discover the city's diverse food culture. And meet new people!

Walking tours

Cardiff Food Charter Walking Tour

Cardiff Museum, Cardiff, Wales, CF10 1DD

11th June 2016, 10.00am - 11.30am

Cardiff Museum, Cardiff, Wales, CF10 1DD

11th June 2016, 10.00am - 11.30am

The Cardiff Food Charter, produced for the Soil Association

Egwyddorion bywd da

Iechyd a lles am bawb

Economi lleol llywyddiannus

Cynaliadwydd Amlygchdedol

Cymunedau cryf ac agos

Tegwch yn y gadwyn fwyd

The principles of good food

- Health and wellbeing for all**
 - Food production should contribute to the health and wellbeing of all people in Cardiff.
 - Food should be produced in ways that respect the environment, use resources efficiently, and do not harm the planet.
- A thriving local economy**
 - Food production should contribute to the local economy in Cardiff and Wales by helping more Welsh food and supporting local food enterprises.
 - Food should be produced in ways that respect the environment, use resources efficiently, and do not harm the planet.
- Environmental sustainability**
 - Food production should contribute to the environment in Cardiff and Wales by helping more Welsh food and supporting local food enterprises.
 - Food should be produced in ways that respect the environment, use resources efficiently, and do not harm the planet.
- Resilient, close-knit communities**
 - Food production should contribute to the community in Cardiff and Wales by helping more Welsh food and supporting local food enterprises.
 - Food should be produced in ways that respect the environment, use resources efficiently, and do not harm the planet.
- Fairness in the food chain**
 - Food production should contribute to the fairness in the food chain in Cardiff and Wales by helping more Welsh food and supporting local food enterprises.
 - Food should be produced in ways that respect the environment, use resources efficiently, and do not harm the planet.

community



Local Food Week Southville Bedminster & Ashton
22-30 October 2008

LOUNG
TICKET OPERATING
Quality
More Sweet
Natural

Local Food Week in Southville, Bedminster & Ashton guide to events and participants

events

Monday 22 October
Get growing!
Visit Bedminster Centre to learn how to grow your own vegetables and herbs. Includes a tour of the allotment and a hands-on session. 10.30am-12.30pm. Free. Bookings essential. 0117 942 2424

Wednesday 24 October
Vegetarian Local market
A group of volunteers come together to produce a market of fresh, locally grown produce. 10.30am-12.30pm. Free. Bedminster Centre, 100 Southville Road. 0117 942 2424

Thursday 25 October
North Street Green Fair
A group of volunteers come together to produce a market of fresh, locally grown produce. 10.30am-12.30pm. Free. North Street, 100 North Street. 0117 942 2424

Friday 26 October
Apply Day
A day for local businesses to apply for the Southville Green Map. 10.30am-12.30pm. Free. Bedminster Centre, 100 Southville Road. 0117 942 2424

Saturday 27 October
Drop-in sessions at the Natural Nursery
Drop-in sessions for parents and children to learn about nature and the environment. 10.30am-12.30pm. Free. Natural Nursery, 100 Southville Road. 0117 942 2424

Sunday 28 October
Let's get Cooking!
A day for local businesses to apply for the Southville Green Map. 10.30am-12.30pm. Free. Bedminster Centre, 100 Southville Road. 0117 942 2424

Monday 29 October
Green Curry Night
A night for local businesses to apply for the Southville Green Map. 10.30am-12.30pm. Free. Bedminster Centre, 100 Southville Road. 0117 942 2424

Tuesday 30 October
Vegetarian Local market
A group of volunteers come together to produce a market of fresh, locally grown produce. 10.30am-12.30pm. Free. Bedminster Centre, 100 Southville Road. 0117 942 2424

traders

Riverside Garden Centre
Riverside Garden Centre is the heart of the Southville Green Map. We offer a wide range of plants, flowers, and garden furniture. 100 Southville Road. 0117 942 2424

El Mirocin
El Mirocin is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Tabacco Factory
Tabacco Factory is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Southville Deli
Southville Deli is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Parsons Bakery
Parsons Bakery is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Bob's Barbecue
Bob's Barbecue is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Bob's Deli
Bob's Deli is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Bob's Bakery
Bob's Bakery is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Adrian's Fruit Shop
Adrian's Fruit Shop is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Class Designs
Class Designs is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Greenhouse
Greenhouse is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Widmill Hill City Farm
Widmill Hill City Farm is a specialist in organic and natural products. 100 Southville Road. 0117 942 2424

Greater Bedminster green map
Ashton Gate, Ashton Vale, Bedminster, River Ashtone, Redcliffe, Southville, Victoria Park, Widmill Hill



Greater Bedminster Green Map (A2 folds to DL) using and adapting the Green Mapping system conventions

Handy hints for warmer homes

There are loads of things you can do to take control of your energy use, make your home warmer and coster and keep your bills down. Don't be a stum landlord to yourself!

What you can do this weekend

Check your heating and hot water
Check your boiler, radiators, and hot water tank. 0117 942 2424

Check your insulation
Check your loft, cavity wall, and floor insulation. 0117 942 2424

Check your windows
Check your window frames and seals. 0117 942 2424

Check your doors
Check your door frames and seals. 0117 942 2424

Check your roof
Check your roof for leaks and damage. 0117 942 2424

Check your garden
Check your garden for leaks and damage. 0117 942 2424

Check your car
Check your car for leaks and damage. 0117 942 2424

Check your bike
Check your bike for leaks and damage. 0117 942 2424

Bedminster Energy Group's Handy hints for warmer homes

24 things you can do

1. Get a reusable shopping bag
Every household in the UK receives an average of 120 plastic carrier bags each year. Most of these will find their way into landfill bins, where they may take 100 years to rot. But a carrier bag will last for years. The Sustainable Southville Project has produced a reusable cotton shopping bag, featuring an illustration of Southville. Bags are available from the Southville Centre and from some local shops including The Southville Deli, Health Unlimited and Riverside Garden Centre.

2. Recycle more
Recycling helps to keep rubbish out of landfill sites and incinerators. The domestic black bin collection in Southville will accept:

- Cardboard boxes (flat and unflattened)
- Aluminium foil
- Plastic bottles and containers
- Plastic tubs and containers
- Plastic jugs and containers
- Plastic buckets and containers
- Plastic tubs and containers
- Plastic jugs and containers
- Plastic buckets and containers

3. Stop the junk
Southville is connected to the rest of the world by the railway, the bus, and the car. But it's not connected to the rest of the world by the rubbish. The Southville Centre has a free service to help you get rid of your junk. Call 0117 942 2424.

Green Guide to Southville, Bedminster & Ashton

34 THINGS YOU CAN DO

4. Grow more of your own
If you are a gardener, you can grow your own vegetables and herbs. This will help you to save money and to eat fresh, healthy food. For more information, see the Southville Green Map.

5. Be a rotter
Nearly half of the waste that goes into the household waste stream is made up of rottable materials. This waste can be composted and used as a natural fertilizer for your garden. For more information, see the Southville Green Map.

6. Do your milk delivered
The Southville Green Map has a list of local milk delivery services. For more information, see the Southville Green Map.

7. Get a bike
The Southville Green Map has a list of local bike hire services. For more information, see the Southville Green Map.

8. Cut down your car use
A car is a much cheaper alternative to a bicycle. For more information, see the Southville Green Map.

Green Guide to Southville, Bedminster & Ashton



Healthy City Week programme for the Bristol Green Capital Partnership

HEALTHY CITY WEEK 2016 #HealthyBristol HEALTHY CITY WEEK 2016

LIVING WELL FOR LONGER

66 Healthy City Week 2016 will bring you some of the most exciting and inspiring activities in Bristol. From a range of events, we'll make a clear case for prevention to improve health, reduce illness and support your recovery for all living conditions, food, accessible and affordable, promoting good relationships, and understanding the relationship between the conditions of physical and environmental health and personal health.

This is a week as well as a 12 year difference in life expectancy, and a 10 year difference in healthy life expectancy between the most affluent and most deprived parts of the city. Only half of us are in good health, and we're spending more on health care than we are on prevention. We're spending more on health care than we are on prevention. We're spending more on health care than we are on prevention.

WORKPLACE WELLBEING WEEK

Be a part of something BIG! Workplace Wellbeing Week is a 12 day programme of activities to help you and your organisation to improve your health and wellbeing. It's a chance to learn from others, share your own experiences and make a difference to your organisation's health and wellbeing.

RADIO SHOWS & WEBINARS

If you are unable to attend events in person, listen out for Healthy City Week on the radio and sign up to our webinars.

GET INVOLVED

Be a part of something BIG! Workplace Wellbeing Week is a 12 day programme of activities to help you and your organisation to improve your health and wellbeing. It's a chance to learn from others, share your own experiences and make a difference to your organisation's health and wellbeing.

HEALTHY CITY WEEK 2016 #HealthyBristol HEALTHY CITY WEEK 2016

SATURDAY 15 OCTOBER

LAUNCH EVENT

Healthy City Week 2016 will bring you some of the most exciting and inspiring activities in Bristol. From a range of events, we'll make a clear case for prevention to improve health, reduce illness and support your recovery for all living conditions, food, accessible and affordable, promoting good relationships, and understanding the relationship between the conditions of physical and environmental health and personal health.

HEALTHY CITY WEEK HUB AT STROODE BANK

Be a part of something BIG! Workplace Wellbeing Week is a 12 day programme of activities to help you and your organisation to improve your health and wellbeing. It's a chance to learn from others, share your own experiences and make a difference to your organisation's health and wellbeing.

WALKING WITH FRIENDS

Be a part of something BIG! Workplace Wellbeing Week is a 12 day programme of activities to help you and your organisation to improve your health and wellbeing. It's a chance to learn from others, share your own experiences and make a difference to your organisation's health and wellbeing.

SATURDAY 15 OCTOBER

Freedom to Buy & Sell

Be a part of something BIG! Workplace Wellbeing Week is a 12 day programme of activities to help you and your organisation to improve your health and wellbeing. It's a chance to learn from others, share your own experiences and make a difference to your organisation's health and wellbeing.

HealthTech Bristol Makes It

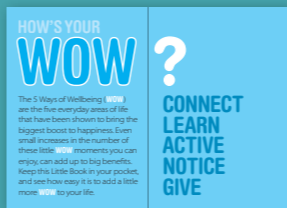
Be a part of something BIG! Workplace Wellbeing Week is a 12 day programme of activities to help you and your organisation to improve your health and wellbeing. It's a chance to learn from others, share your own experiences and make a difference to your organisation's health and wellbeing.

All Under the Power 2016

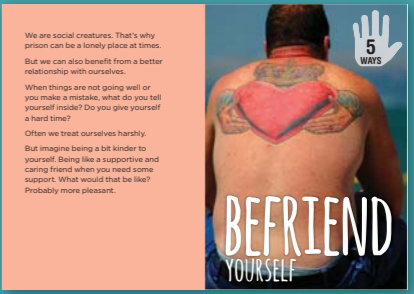
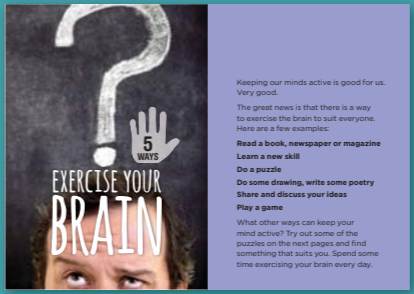
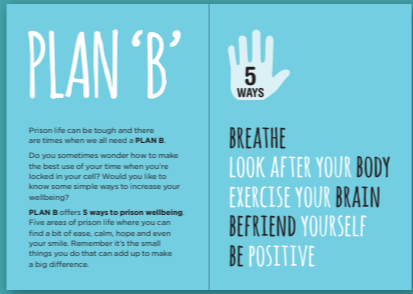
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health & wellbeing

Development work on how to convey the 5 Ways to Wellbeing to a very general audience. The finished publication was a tiny A7 pocket-sized guide.



Development of a version of the booklet for prisoners. This A6 booklet was customised for people with very limited options available to them, and contained lots of exercises and actions that they could do 'then and there' - making the publication very self-contained.



Further development of a version of the booklet for older people, with activities and examples designed specifically for that age group to identify with.

