



Take the **GOOD FOOD WEST NORTHANTS PLEDGE**



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Take the Pledge!



A food pledge is a journey towards a healthier you, a more sustainable planet, and a kinder world.



By making small, meaningful changes like eating more plant-based foods, reducing food waste, supporting local shops and farmers, or avoiding processed foods, you can make a big impact. Every meal is an opportunity to shape a better future.



Take me straight to Sign Up
[GoodFoodwNorthants](#)

The Individual's Pledge

Discover what you can do to help improve the way you eat for yourself and the planet



Ways to get involved

- **Choose Local and Seasonal Foods:** Opt for fruits and vegetables that are in season to reduce the carbon footprint associated with transportation.
- **Reduce Food Waste plan Your Meals:** Make a shopping list and stick to it to avoid buying more than you need.
- **Store Food Properly:** Use airtight containers and keep your fridge organized to extend the life of your food
- **Compost:** Turn food scraps into compost to enrich your garden soil
- **Opt for Plant-Based Meals Incorporate More Plants:** Try to include more vegetables, fruits, legumes, and whole grains in your diet.
- **Meatless Mondays:** Dedicate one day a week to eating plant-based meals.
- **Minimise Processed Foods Buy in Bulk:** Purchase grains, nuts, and seeds in bulk to reduce packaging waste.

Ways to get involved...

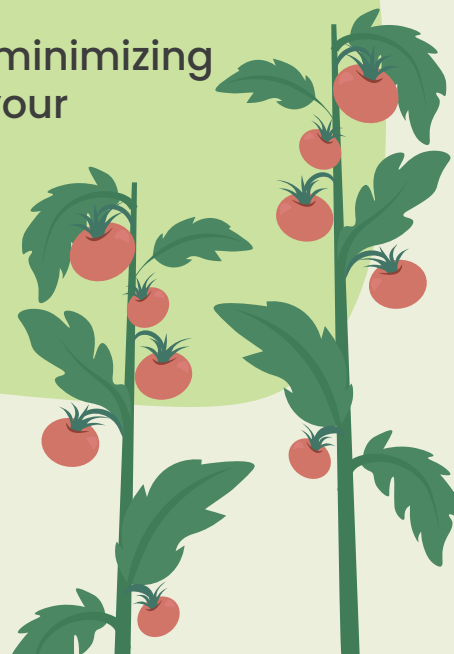


- Cook from Scratch: Prepare meals at home using whole ingredients to avoid processed food
- Support Ethical Brands
- Grow Your Own Food Start a Garden: Even a small herb garden can reduce your reliance on store-bought produce.
- Community Gardens: Join a local community garden to grow your own food and connect with others.
- Educate Yourself and Others Stay Informed: Read up on sustainable food practices and stay updated on new developments.
- Share Knowledge: Encourage friends and family to make sustainable food choices too. Take this to work and get them involved.

By committing to a food pledge, you can:

- Help to improve your health and wellbeing
- See you are making a contribution to change
- Reduce Food Waste: Make a positive impact by minimizing food waste, see the financial benefit it make to your income.
- Protect the Planet: Reduce your environmental footprint and combat climate change.

**Promote the movement.
Think global act local!**





Inspiring Pledges for Community Groups

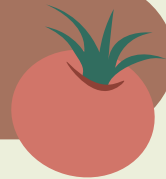


If you are part of social club, school or any kind of community group.

Working together can be great for motivating and inspiring one another.



Ways to get involved



- Support a Community Foodbank/larder: Help reduce food waste and share surplus food with those in need.
- Learn About the Food Foundation's Peas Please Initiative: Discover how to increase vegetable consumption and support local growers.
- Explore Food for Life: Engage with programs that promote healthy, sustainable food in schools and communities.
- Get Involved with your local grow cook eat champion: Support this local project in its mission to fight food poverty and food waste, share recipes and use what we have.
- Opt for Plant-Based Meals Incorporate More Plants: Try to include more vegetables, fruits, legumes, and whole grains in your diet.
- Meatless Mondays: Dedicate one day a week to eating plant-based meals.
- Participate in a Food for the Planet Campaign: Join forces with others to promote sustainable food practices.



By committing to a food pledge, you can:

- Help to improve everyone's health and wellbeing in the community using good food.
- Support Local Farmers: Strengthen local economies and promote sustainable farming practices.
- Reduce Food Waste: Make a positive impact by minimising food waste in your community.
- Protect the Planet: Reduce your environmental footprint and combat climate change.



Inspiring Pledges for Community Groups

- **Coolfood Pledge:** Commit to a science-based approach to reduce the climate impact of food.
- **Take the Planet Pledge:** Serve food that's better for people and the planet.
- **Healthy Food in Health Care Pledge:** Partner with local farmers and suppliers to boost the availability of locally sourced food.
- **Community Supported Agriculture (CSA) Pledge:** Encourage CSAs to join the Healthy Start scheme and support local vegetable production.

Ready to make a difference?

Let's work together to create a more sustainable and equitable food system!



Get staff involved

Exciting Pledges to Make a Difference for business's

Benefits of Taking the Food Pledge:

- Enhance workplace health and well-being with nutritious food.
- Support local food businesses and promote sustainable farming.
- Minimize food waste for a positive impact.
- Reduce your environmental footprint and combat climate change.

Ways to get involved:

- Join **WNSFN**: Let us share your story, and promote your business on its food journey
- Annual Progress Reports: Share your achievements with others through the network
- Promote Sustainable Choices: Use your company's influence to promote sustainable food choices in your way in sustainable food.



Other pledges your business could use

- **123 Pledge**: Take the bold step to halve food loss and waste by 2030.
- **Coolfood Pledge**: Slash the climate impact of the food you serve and make a real difference.
- **The PLEDGE on Food Waste**: Lead the charge in reducing food waste and setting new standards.
- **Champions 12.3**
- **UN Environment Programme (UNEP)**
- **Food and Agriculture Organization of the United Nations (FAO)**
- **WRAP**
- **WWF**
- **Rabobank**

Share Knowledge: Encourage friends and family to make sustainable food choices too. Take this to work and get them involved.



Join the movement today

1. Fill out our '[contact us](#)' page.
2. Let us know what pledge you are going to do
3. Follow us on socials to keep up to date with what's happening
4. Share the message and get others involved!



Are you ready to take the pledge?

Chat to us at: hello@goodfoodwnorthants.org