

## The Coexist Community Kitchen Food Sourcing Policy

Here at The Coexist Community Kitchen we are interested in open dialogue about food politics and sourcing. It is important to consider and engage in conversation around food production and sourcing, so that we can develop well-informed choices together.

We also feel that it is important to understand the constraints that financial situations can pose on us, which can ultimately impact people's food choices.

With this in mind, we endeavour to support our users in sourcing ingredients from local businesses, and making sustainable food choices.

Guidelines for tutors, groups and individuals using the community kitchen:

- We can support you in buying bulk dry goods and produce from our trusted suppliers such as Essential Trading and The Community Farm.
- We encourage you to shop at independent and local Bristol shops. There are a range of small shops including Radford Mill Farm Shop and Licata Deli on Picton Street, and Gloucester Road also nearby.
- Although we would not stop people from shopping at supermarkets, we would urge you to consider the environmental and social impact of certain products and on the shop's location.
- It is important to try to seek ways to source our ingredients responsibly, we therefore ask you to buy free-range meat and dairy products, and sustainable fish.

Overall, we would urge you to choose the products that are not just the cheapest in cost, but that are of better quality, better support the producers, the environment, and keep our bodies healthy.

