

DTES Kitchen Tables Nutritional & Food Quality Standards



The Downtown Eastside Right to Food Philosophy upholds the Human Rights of DTES Residents to abundant, local, fresh and nutritious food that is available across the neighbourhood and delivered in a dignified manner.

The DTES Kitchen Tables Nutritional & Food Quality Standards are guided by and rooted in the DTES Right to Food Philosophy.

Eat and Serve food that is **Fresh and not moldy, stale, damaged or past due.**

Eat and Serve **Whole foods and reduce processed foods.**

Eat and Serve a **Variety of foods for the love of food and to increase nutritional impact.**

Eat and Serve healthy, **Omega Rich Fats in nuts, seeds, fish, olives and avocados.**

Eat and Serve **Whole Grain foods with lots of fibre, like **Brown** rice, bread and pasta.**

Eat and Serve food with **Water and drink more water throughout the day and night.**

Relax and **Enjoy Eating while eating alone or socializing with others.**

DTES Kitchen Tables 7 Food Solutions

No. 1 Nutritional & Food Quality Standards

No. 2 Menu Development & Recipes

No. 3 Food Procurement

No. 4 Food Preparation & Processing

No. 5 Food Distribution

No. 6 Professional Food Industry Expertise

No. 7 Greening DTES Kitchens