

For municipalities where healthy eating is easier

Municipalities play a key role in improving access to healthy, sustainable, and local food for their populations. By leveraging their expertise in local economic development, environment, urban planning, and recreation, they help improve food security, support short supply chains, and create food environments that are more conducive to health.*



How to make a difference?

1. Strengthen food security by improving economic and physical access to healthy foods

- Expand the availability of collective and community gardens.
- Create edible landscaping that both beautifies and nourishes, such as fruit trees, berry bushes, or herb planters.
- Support and promote community food organizations.
- Create food-sharing spaces, such as community fridges.
- Facilitate the establishment of solidarity-priced grocery stores or food co-ops.
- Allow front yard vegetable gardens in residential areas.

2. Provide healthy and sustainable food in municipal settings

- Prioritize healthy food options in municipal facilities and at events, as much as possible through short or local supply chains, while remaining financially accessible.

3. Create healthy food environments for youth

- Adopt zoning bylaws to limit the establishment of fast-food restaurants near schools.

Get inspired, take action!

Food security

- The Regional County Municipality of Matanie has developed a **food security action plan** aimed at strengthening food access across its territory.
- Sainte-Agathe-des-Monts has enhanced its **community garden** by expanding its size, ensuring universal accessibility, and improving the space's comfort with a water fountain, shade trees, and picnic tables.
- A resolution template is available to encourage the implementation of concrete initiatives to improve food security (coming soon).
- A resolution template is available to help municipalities commit to **facilitating citizen-led agriculture** within their territory.

Food offerings

Two tools are available to support municipalities transform their food offerings:

- The **guide for adopting municipal food policies** provides examples of existing policies and initiatives for inspiration, along with key steps to support their implementation and ensure their success.
- The **guide for promoting healthy hydration in municipal sports and recreation** facilities suggests improving the accessibility and visibility of water fountains while encouraging the use of reusable bottles. It also recommends limiting the availability and visibility of sugary drinks in sports venues.

Zoning

- A **resolution template** is available to help municipalities regulate the establishment of fast-food restaurants within their territory.



Want to learn more about these priorities
and initiatives?

Visit collectifvital.ca | **Healthy Municipalities**

For more information, contact: **Association pour la santé publique du Québec • aspq.org** | 514 528-5811 | info@aspq.org

© All rights reserved 2025