

## DIRECTION 4.4

### Caring Communities that Support Wellness

Communities can be defined by the consideration they exhibit to their most vulnerable populations and by the manner in which they welcome newcomers. A caring community removes barriers that inhibit residents from meeting their basic needs for food, shelter, and good health. Other levels of government and a number of social service agencies play a role in this regard, but the Municipality itself will undertake initiatives and work actively with others to ensure successful outcomes. Residents can have a greater sense of wellness when they have access to fresh, nutritional food, and are supported with reliable, quality health services.

#### 4.4.1

#### Promote access to local food

Local food production and distribution can provide reliable, secure access to healthy food while helping build a sense of community. It can also help address the challenges associated with food delivery in remote areas of the region, making food more readily available and affordable. **The Municipality will promote local food production through land use policies and regulations that allow opportunities for growing, processing, and distributing food, such as backyard and community gardens, greenhouses, markets, and by preserving the limited agricultural land that exists in the region.** The Municipality will also support farmers' markets as social gathering places with the potential of attracting vendors and buyers from neighbouring communities and municipalities.

#### 4.4.2

#### Enhance assistance and support to people in need

Supporting vulnerable populations builds a stronger community. The Municipality will work in partnership with other levels of government and local agencies toward assisting and supporting the homeless and people in need through counselling services and social programs. The Municipality will also cooperate with local charity and faith-based groups to help provide for vulnerable populations. Furthermore, it will offer recreational programs and facilities to help address the needs of at-risk youth.