



What is Policy?

Policies can be laws, rules, regulations, guidelines, principles, or directions.

They say:

What is to be done Who is to do it How it is to be done

Policy occurs at various levels and points of interaction

Personal policy is the set of standards you use to guide your own decisions and actions

Organizational policy guides how organizations and businesses operate

Public policy guides how federal, provincial and municipal governments operate and address specific issues or problems

How can we influence policy?

Whether your acting to influence policy on your own, as part of a group, or as part of a formal food policy organization, the process is the same.

Step 1 Know your issues, your goals and your opposition

Step 2 Know the policy process and the policy makers

Step 3 Engage stakeholders and develop networks. Make connections between different people and different groups.

Step 4 Take action!