



## RAINCOAST BREADS

### NORTHERN OCEANIC FOOD MANIFESTO

The Northern Oceanic cuisine manifesto is rooted in the belief that food should be simple, natural, and wholesome, with a focus on locally-sourced, seasonal ingredients. Through sustainable and ethical production practices, Northern Oceanic cuisine aims to preserve the environment for future generations. The cuisine also pays respect to the cultural traditions and practices of the North Oceanic region, while also encouraging innovation and experimentation to create new and exciting culinary experiences.

Our goal, as Northern Oceanic chefs, is to establish a culinary identity that is fixed in our region's time and place, and can be held in the same regard as the finest kitchens around the globe.

Here are the ten principles of our North Oceanic Food Manifesto:

**Purity:** We believe in using simple, unprocessed, and natural ingredients in our food. We will source ingredients that are free from additives, preservatives, and synthetic chemicals.

**Seasonality:** We believe that food tastes better when it is in season. We will prioritise using ingredients that are local and in season to ensure the freshest and most flavourful dishes.

**Ethics:** We believe in ethical practices in all aspects of our food production, from sourcing ingredients to preparing and serving dishes. We will prioritise working with producers and suppliers who share our values of fair trade, animal welfare, and sustainability.

**Health:** We believe that food should nourish and sustain our bodies. We will prioritise using wholesome and nutrient-dense ingredients to create delicious, balanced, and healthful dishes.

**Sustainability:** We believe in protecting and preserving the environment for future generations. We will prioritise working with local and sustainable producers, minimising food waste, and reducing our carbon footprint.

**Quality:** We believe in the importance of quality ingredients, preparation, and presentation. We will prioritise using the highest quality ingredients, preparing dishes with care and attention to detail, and presenting them in a way that honours the food.

**Respect:** We believe in respecting the cultural traditions and practices of the North Oceanic region. We will prioritise incorporating indigenous and immigrant culinary traditions, while also exploring new and innovative approaches to North Oceanic cuisine.

**Collaboration:** We believe in working collaboratively with other food businesses, organisations, and policymakers to create a more sustainable and equitable food system. We will prioritise building partnerships and networks that support our shared values.

**Transparency:** We believe in being transparent about our food production practices, from sourcing to preparation. We will prioritise sharing information with our customers about the origins and quality of our ingredients, as well as our sustainability and ethical practices.

**Innovation:** We believe in the power of innovation to create a more sustainable and delicious food future. We will prioritise exploring new culinary techniques, ingredients, and approaches to Northern Oceanic cuisine that align with our values of purity, seasonality, ethics, health, sustainability, and quality.