



Good Food Framework[©]

Unravel Your Food makes each rating by assessing how well each label addresses the Characteristics of Good Food[®] as laid out in this framework. These characteristics relate to our four focus areas: environment and wildlife, people, farmed animals, and reliability. In instances where no farmed animals have been involved in the production of labelled produce, our assessment reflects this.

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Characteristics of Good Food[©]

Environment and Wildlife

Characteristic	Outcome
<p>Clean Air, soil and water quality are nurtured, not polluted</p>	<p>Healthy ecosystems</p>
<p>Renewable Food production is powered by the sun/ renewable sources</p>	
<p>Compatible Food is produced in harmony with local wildlife, using practices that nurture, and do not harm wildlife</p>	
<p>Biodiverse Diversity of all species including microbes, plants, insects and all other animals is valued</p>	<p>Diverse and resilient ecosystems</p>
<p>Resilient Food is produced on a farm where a wide variety of different plants and animals, with high levels of genetic diversity, are farmed together. Farming in this way helps to keep soil and water healthy</p>	
<p>Circular Food is produced in harmony with biological cycles of water, carbon, nitrogen and phosphorus. Natural resources are continually recycled. They aren't wasted or used at all when scarce</p>	<p>Regenerating natural resources</p>
<p>Complementary Complementary species are farmed together, or species are planted in a particular order to benefit one another. Farming in a complementary way reduces the need for fertilisers, herbicides, fossil fuels and imported feed</p>	
<p>Minimal processing Where food is transported and processed, resources are not wasted, and processing food does not cause pollution</p>	<p>Minimal waste and pollution</p>
<p>Minimal packaging Zero packaging. Or if packaging is essential, it is easily reusable/biodegradable/recyclable and recycling instructions are clear and relevant</p>	
<p>Minimal air transport Food is clearly marked to show how it has been transported. And it's unlikely to have travelled by air</p>	

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Farmed Animals

Characteristic	Outcome
<p>Good habitat Plenty of space, to be able to rest in a natural position and move freely. The option to explore; to access their preferred level of light, warmth and comfort</p>	<p>Happy farm animals</p>
<p>Positive human interactions Reared by people who understand and address the animal's wants and needs</p>	
<p>Sociality The option to socialise with chosen companions; be part of a stable group of appropriate size and structure; parent their offspring; and be taught how to fend for themselves by older members of the group</p>	
<p>Nourishing diet A diet that meets their nutritional and physiological needs, while also being palatable (food they want to eat). Constant access to clean water</p>	
<p>Unharmful and un-modified bodies The outer layer (feathers, fur, scales, shell or skin) are free from excessive dirt. Both the outer and inner structure (bones, flesh, joints and muscles) are free of breaks, damage and (ideally) mutilations (e.g. docked sheep tails, or removed prawn eyestalks)</p>	<p>Healthy farm animals</p>
<p>Suitable breeds A healthy weight, with normal sized features (e.g. no abnormally large cow udders or chicken breasts) so the animals are strong and can feed, mate, move and play naturally</p>	
<p>Good health care Medical attention is essential if animals are unwell. Animals receive appropriate anaesthesia and pain management if mutilations are carried out. Happy and healthy animals are unlikely to be reliant on medicines, but preventative medicines — such as vaccines, are likely to be needed to keep animals healthy</p>	<p>Healthy and happy farm animals at all life stages</p>
<p>Care for all life-stages All animals including the parent animals and offspring experience a happy and healthy life</p>	
<p>Humane slaughter High quality, short distance transportation, combined with sensitive handling and low-stress slaughter for animals that are eaten and those that are no longer able to produce milk, eggs, etc.</p>	<p>No pain or suffering during harvest or slaughter</p>
<p>Sensitive harvesting Harvesting the food (e.g. eggs, milk, honey) is done in a sensitive way that causes minimal stress</p>	

Characteristics of Good Food[©] People

Characteristic	Outcome
<p>Healthy soil and water Plants (human food and animal feed) are grown in healthy soil and water that isn't reliant on chemicals</p>	<p>Healthy food for humans</p>
<p>Nutritious Food Food is minimally processed, seasonal where possible, and meets human nutritional and physiological needs</p>	
<p>Safe to eat Food is not contaminated with bacteria, viruses or parasites. If chemicals or antibiotics are used, safe limits are assured</p>	
<p>Healthy and safe work environment Farms are healthy and safe places to work, and live (when accommodation is provided)</p>	<p>Satisfied workers</p>
<p>Fair pay Workers are paid a living wage, and have clear legal contracts (e.g. written in plain language, in language the worker understands)</p>	
<p>Workers are valued Human and worker rights are upheld, workers are valued and do not experience discrimination</p>	
<p>Opportunity for education Workers have opportunities for continuous learning and development</p>	
<p>Healthy communities Farming has a positive effect on the air, land and water in areas where people live. Farms provide plentiful healthy food to their communities and beyond</p>	<p>Thriving and connected communities</p>
<p>Good livelihoods Farms employ people who live locally, farms are profitable and pay their workers a living wage. Local economic diversity and community resilience are enhanced</p>	
<p>Recognition of culture and heritage The culture and heritage of the people and place where food is farmed and sold are recognised, valued and understood by food producers and their customers</p>	
<p>Connectedness Local food is available. Community outreach and involvement are active building a sense of how food is produced and when it is in season</p>	

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Label Reliability

Characteristic	Outcome
<p>Independent inspections Farms have physical inspections, carried out by inspectors who are independent from the label</p>	<p>Credible standards</p>
<p>Appropriate timing Inspections are required to take into account the effects of seasonality</p>	
<p>Effective inspection process The label has a clear and effective process to alter frequency of inspections, and quickly identify and rectify issues</p>	
<p>Transparent standards Label standards are published publicly</p>	
<p>Transparent certification Changes to, or deviations from, the standards (short or long term) are published publicly</p>	
<p>Trained inspectors Inspectors receive relevant training and their competency is monitored</p>	
<p>Farm led monitoring and evaluation The label requires farms to monitor and evaluate outcomes relating to the environment and wildlife, humans, and farmed animals (where applicable)</p>	<p>Standards continue to drive improvements and delivers positive food system impacts</p>
<p>Independence The label requires independent inspectors to monitor and evaluate outcomes relating to the environment and wildlife, humans, and farmed animals (where applicable)</p>	
<p>Shared information Labels openly share, and analyse their findings as a way to increase understanding and enable improvements to the way food is produced</p>	



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