

How to Transform Our food System

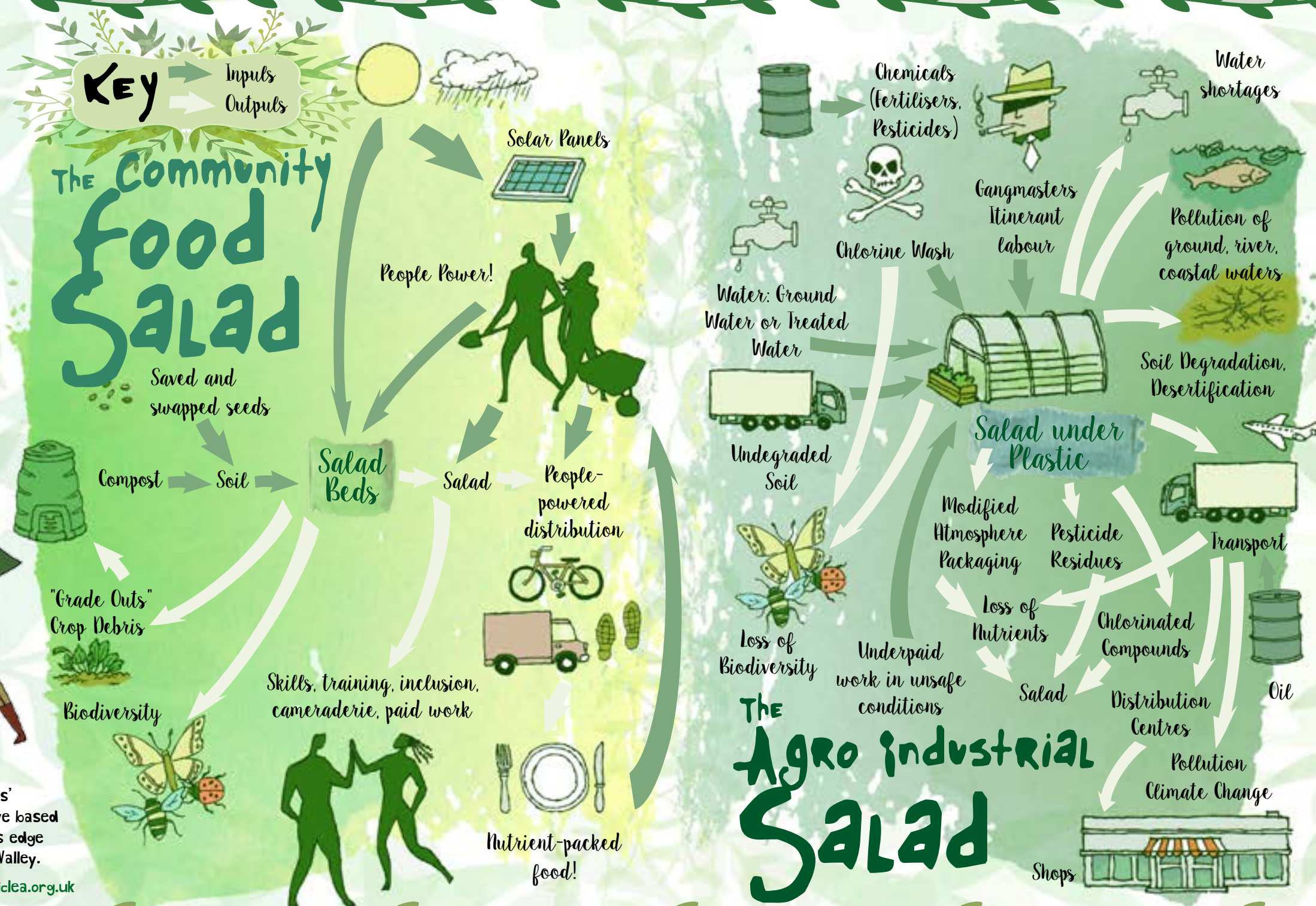
Definition of food SOVEREIGNTY

Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.



Organiclea is a workers' co-operative based on London's edge in the Lea Valley.

www.organiclea.org.uk



Six pillars of food SOVEREIGNTY

- 1. FOCUSES ON FOOD FOR PEOPLE** - right to sufficient, healthy and culturally appropriate food for all individuals, peoples and communities
- 2. VALUES FOOD PROVIDERS** - supports the rights of all food providers that cultivate, grow, harvest and process food
- 3. LOCALISES FOOD SYSTEMS** - puts providers and consumers at the centre of decision-making on food issues
- 4. PUTS CONTROL LOCALLY** - can use and share them in socially and environmentally sustainable ways which conserve diversity
- 5. BUILDS KNOWLEDGE AND SKILLS** - builds on the skills and local knowledge of food providers and their local organisations that conserve, develop and manage localised food production and harvesting system and passing on this wisdom to future generations
- 6. WORKS WITH NATURE** - seeks to heal the planet so that the planet may heal us; and, rejects methods that harm beneficial ecosystem functions

How to Begin at Home

- **CLEAR GROUND** Ask questions about your food, where does it come from? Who grows it?
- **SOW SEEDS** Start conversations about food politics and policy with friends and family
- **KEEP IT ALL WATERED** Support your local organic veg box scheme-- farmers market or CSA.
- **PROTECT AND SURVIVE** Look out for events & campaigns that support community food and food sovereignty; defend gardens and allotments under threat

- **PLANT OUT** Grow something you love and something your neighbours love; reclaim neglected land with some friends.
- **OBSERVE AND INTERACT** Subscribe to newsletters and get involved with Community Food Growers Network, Landworker's Alliance, and The Land Magazine.
- **PRESERVE AND FEAST AND CELEBRATE** Get together with other community food growers at May Day, Harvest Festival, Equinoxes, Solstices