

FOOD SOVEREIGNTY



***“GIVING PEOPLE
GREATER KNOWLEDGE
ABOUT, ENGAGEMENT
IN, AND CONTROL OVER
THE FOOD IN THEIR
COMMUNITIES”***

FOOD SOVEREIGNTY



- Food Democracy
- Food Skills
- Food Education



FOOD DEMOCRACY



- Communities having democratic control over all aspects of their food.
- In a truly democratic food system, people know where their food comes from and how it is produced and distributed, and have influence over those factors.

FOOD DEMOCRACY



- Organizations
- Local Businesses
- Community Shared Agriculture (CSAs)
- Neighbourhood Action

FOOD SKILLS



- Food sovereignty requires that all people have the skills to grow, cook, and preserve food.



FOOD EDUCATION



- We need much greater citizen literacy about food issues. We need to put a priority on sharing information with as many people as possible about how our food system works, what are the consequences, and how we can improve things together.

FOOD SOVEREIGNTY



- **Gaps and Opportunities**

- Create more opportunities for collaboration around food system issues
- Empower individuals and groups to create more community networks (neighbourhood markets, buying clubs, community gardens, expanded CSA models)
- Change policies to change food from being a commodity to being essential to individual health and healthy communities
- Build stronger links between local farmers and local (small) retailers – majority of food is still imported/processed and gives consumers a false sense of food democracy
- Increase local processing to increase seasonal supply
- Provide more ways to access local, whole foods
- Provide more education about the food system and food choices
- Track and share progress (roundtable website?)