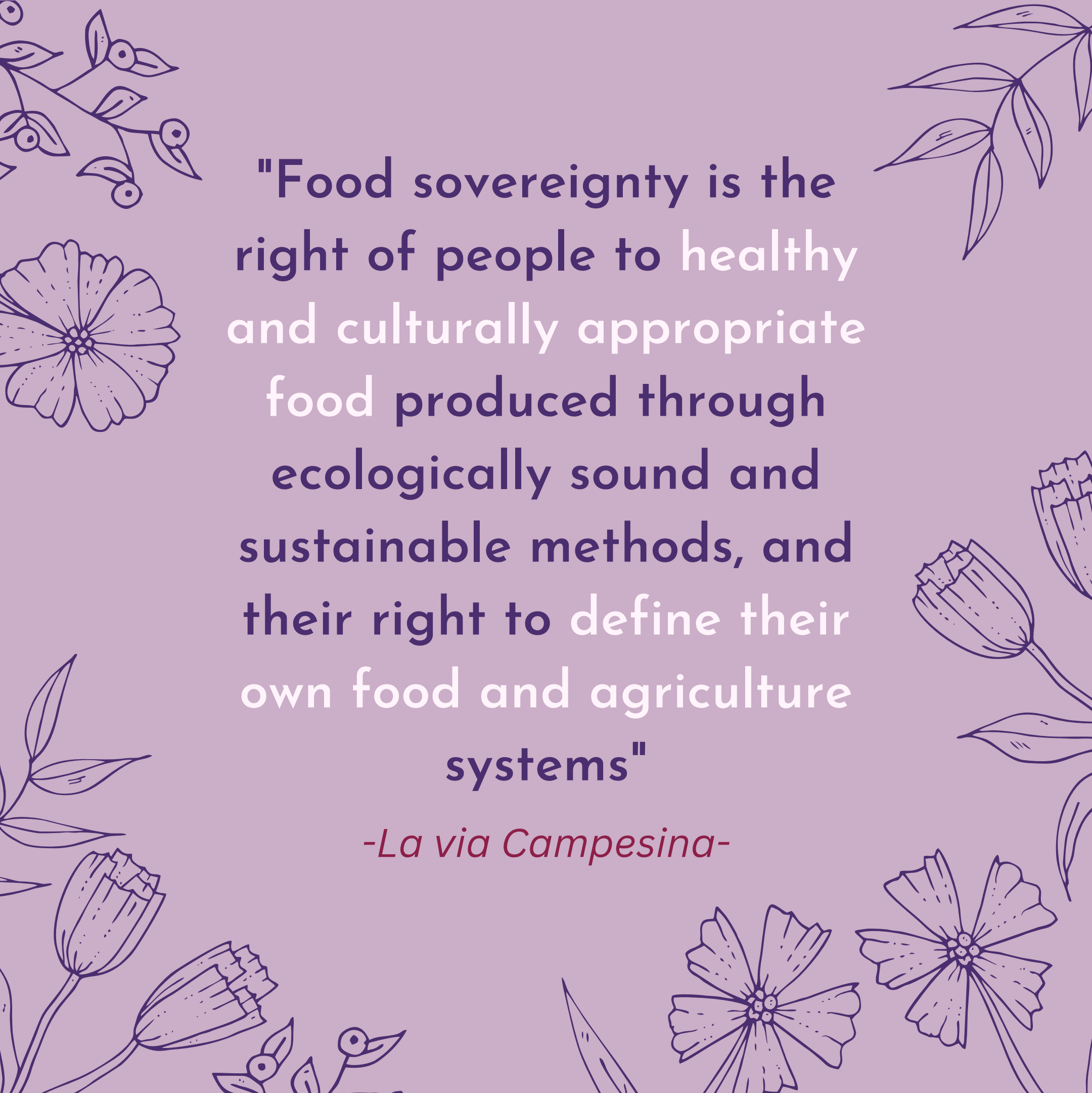


# FOOD SOVEREIGNTY





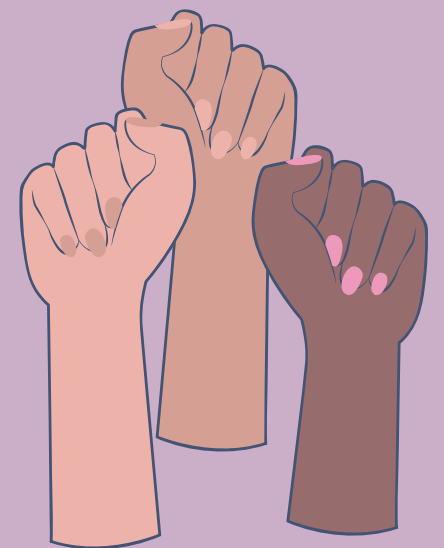
**"Food sovereignty is the right of people to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems"**

*-La via Campesina-*

# Definition:

Food sovereignty as a concept was coined in 1996 from La Via Campesina as a peoples' response to the multiple crisis of food, agriculture and human well being.

Food sovereignty goes much further than a critique of agricultural production alone. It questions the structure of the entire food system.



# 7 Principles of Food Sovereignty:

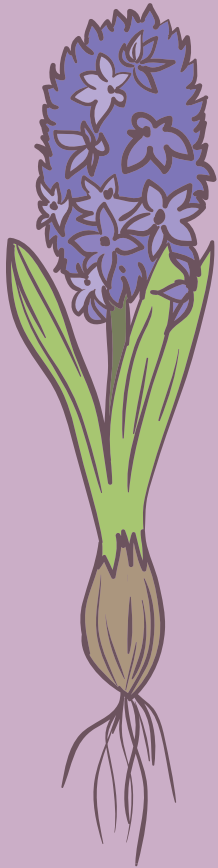
## 1. FOCUSES ON FOOD FOR PEOPLE

- Puts people's need for food at the centre of policies
- Insists that food is more than just a commodity



## 2. BUILDS KNOWLEDGE AND SKILLS

- Builds on traditional knowledge
- Uses research to support and pass this knowledge to future generations
- Rejects technologies that undermine or contaminate local food systems



### 3. WORKS WITH NATURE

- Optimizes the contributions of ecosystems
- Improves resilience

### 4. VALUES FOOD PROVIDERS

- Supports sustainable livelihoods
- Respects the work of all food providers

### 5. LOCALIZES FOOD SYSTEMS

- Reduces distance between food providers and consumers
- Rejects dumping and inappropriate food aid
- Resists dependency on remote and unaccountable corporations



## 6. PUTS CONTROL LOCALLY

- Places control in the hands of local food providers
- Recognizes the need to inhabit and to share territories
- Rejects the privatization of natural resources



## 7. FOOD IS SACRED

- Recognizes that food is a gift of life, and
- not to be squandered
- Asserts that food cannot be commodified

**Food sovereignty is a key element  
for regenerative healthcare.**

We are on a mission to spread  
awareness amongst  
health professionals about the  
connexion between soil-human health.

**Join us in our mission!**



**Coalition of Health Professionals  
for Regenerative Agriculture**