

Why do we need this movement?

Everyone has the right to food that is fresh, nutritious, and affordable. The current food system controlled by the 1% ignores this right, leaving millions of Americans in food insecure households. It is time to **take back** our food system and make it one that meets the needs of ***all*** people.



How can YOU become involved?

1. Find a **community garden** around your area and get involved.
Don't have one?
2. **Start one!** Reach out to community organizations, friends, neighbors, and **share your vision**.
3. Check out online resources such as The Food Project's **Urban Agriculture Manual** that details how to start and run a productive and effective urban food plot.

<http://thefoodproject.org/books-manuals>

Food Sovereignty:

food

of

for

by

the people



What is Food Sovereignty?

Food sovereignty advocates for a food system rooted in:

democratic decision making

community and regionally controlled food production

care for the environment

to dismantle the unjust corporate food system that puts *profits* over people and nature.

How do we **beet** the corporate food system?

1. Recognize our **power** as citizens to create the change we want to see.
2. Get connected to our communities and **build solidarity** with others.
3. **Take action!** Grow our own food, sign petitions, have conversations, organize meetings, get involved in local politics – any small step can bring *big change*.



Growing our power



Community food production grows *food for democracy*. By growing our own food within our communities, we **take a stand** against oppression and provide opportunities to uplift our neighborhoods, gain valuable knowledge, and **have our voices heard**. This simple act has the power to transform not only our own lives, but also the larger food system,