

OUR FOOD SYSTEM IS UNDER ATTACK

Here is what you can do about it.

In Zambia, many farmers uphold agroecological principles rooted in traditional knowledge passed down through generations. These practices harmonise with natural systems, cultural traditions, and our community's needs. However, our local food system faces a serious threat. Industrialised agriculture is trying to transform our local food systems into a profit-driven market in which multinational corporations wield influence, shaping global and local laws to monopolise the food system and prioritising profit over farmers and consumers.

Here's how you can make a difference:

1. **Raise Awareness:** Spread the word about food system issues through social media, blog posts, and community events.
2. **Educate Yourself:** Stay informed about the challenges affecting our food systems. Knowledge is your greatest ally.
3. **Engage Decision Makers:** Contact local leaders, politicians, and influencers to advocate for sustainable food practices.
4. **Support Local Farmers:** Buy locally-produced food and support small-scale farmers in your community.
5. **Reduce Food Waste:** Make a conscious effort to reduce food waste and promote sustainable consumption.
6. **Join Advocacy Groups:** Connect with organizations focused on food system sustainability and collaborate for change.
7. **Vote with Your Fork:** Choose sustainable and ethically produced food options when you shop or dine out.
8. **Spread the Message:** Share your advocacy journey with others to inspire collective action.

Let us safeguard our food systems for a healthier, more sustainable future. Advocacy starts with you.

