



GMO Free Zambia Seed Sovereignty Our Seeds Our Heritage **My Food is African** Stop UPOV Farmers Rights My Seed is African

The My Food Is African campaign aims to increase public awareness and demand for healthy, safe, and nutritious local foods and supportive public policies.

In a globalized world where industrialized food systems often dictate what is considered delicious and nutritious, the campaign wants to change perceptions about addressing food security in Africa. My Food is African grounded in the principles of agroecology and food sovereignty.

The campaign calls on Africans to retake control of their food systems and celebrate the diverse, rich, and healthy traditional African diets that have nourished us for generations.

Why Grow, Eat, and Buy Local?

- Local food is part of who we are, our identity, our culture, and our history.
- The global industrial food system is wasteful, inefficient, and unsustainable. It is driving climate change and making us sick.
- Local diverse food systems provide sustainable, healthy food that is culturally appropriate.
- Buying healthy, safe, and nutritious Zambian food promotes local economic development and profitable farming, especially for women farmers, creating resilient communities.
- Local diverse food systems restore soils, ecosystems, and biodiversity, and treat the earth more ethically.

How You Can Take Part

- Grow, buy, and eat Zambian food.
- Promote the consumption and production of local crops grown sustainably through agroecology.
- Grow your own food agroecologically - it's healthier
- Vote with your fork and support political candidates who prioritize food sovereignty and sustainable agriculture.
- Use your purchasing power to support small-scale farmers who produce local foods aligned with your identity and values.

Uphold your right to safe, nutritious and sustainable food!