



# My Food is African GMO Free Zambia Our Seeds Our Heritage

# Seed Sovereignty

## Stop UPOV Farmers Rights My Seed is African

Seed sovereignty embodies the fundamental right of farmers to save, exchange, sell, and use seeds from their own harvests. It empowers local communities to regain control of their food systems and nutritional security. It assures local knowledge and the ongoing conservation and development of agro-biodiversity.

### Why Seed Sovereignty Matters

- Seed sovereignty enables the cultivation of diverse locally adapted crops. This supports agricultural resilience to pests diseases, and droughts.
- Local farmers are stewards and owners of their own food and farming systems and are not dependant on aid or multinational corporations.
- By nurturing diverse crops, communities reduce dependency on external inputs and ensure a more consistent and secure food supply.
- Seed sovereignty safeguards heirloom seeds and their related traditional knowledge passed down through generations and respects indigenous ways of life.

### What Can You Do to Protect Your Seed Sovereignty?

- Support local farmers and markets by buying locally-produced food and diversifying your own diet!
- Participate in local seed exchanges to preserve and share traditional crop varieties and local knowledge.
- Stay informed about where your food comes from, what's in it, and who controls it.
- Get involved in local actions for supportive food policies
- Vote with your fork and support political candidates who prioritize food sovereignty and agroecology
- Use your purchasing power to support what is aligned with your values.

**Joining farmer cooperatives, associations, and networks amplifies our voices and enables collective bargaining power. Connect with the Zaab network today!**

