

The Four Pillars of Food Autonomy

Food autonomy is founded on four fundamental concepts:

Access for all people to a sufficient quantity of quality food and to food resources, at a reasonable cost.

Power in the form of the ability to produce or purchase, with full dignity, a variety of healthy foods that are also to our taste. This requires being well-informed and well-equipped to make good choices.

Respect for nature, the environment, communities, neighbourhoods and lifestyles. This requires eco-responsible management of resources and fairness in the way these resources are shared among everyone.

Action This involves implementing a variety of methods, both collectively and individually, towards the achievement of real food autonomy. It also implies empowerment and self-reliance in a spirit of respect for others and your surroundings.



Working together towards a common vision of food autonomy!

