

Capsule 3 –Food Autonomy – March 2014

## ***The Power to Choose ...***

Means collectively **being informed** about the basic food principles that enable us to make food choices that are good for our health, match our budget and suit our personal tastes.

It means **transparency** and **clarity** when it comes to food product standards and food quality. This means knowing how and in what conditions food is produced and being able to understand food labels. Is a food item genetically modified, organic, halal, kosher, or locally produced?

The power to choose also involves **sufficient purchasing power** to be able to make good food choices, at all times and with full dignity.



***Working together towards a common vision of food autonomy!***

