

*Capsule 5 – Food Autonomy – April 2014*

## ***Taking Action!***

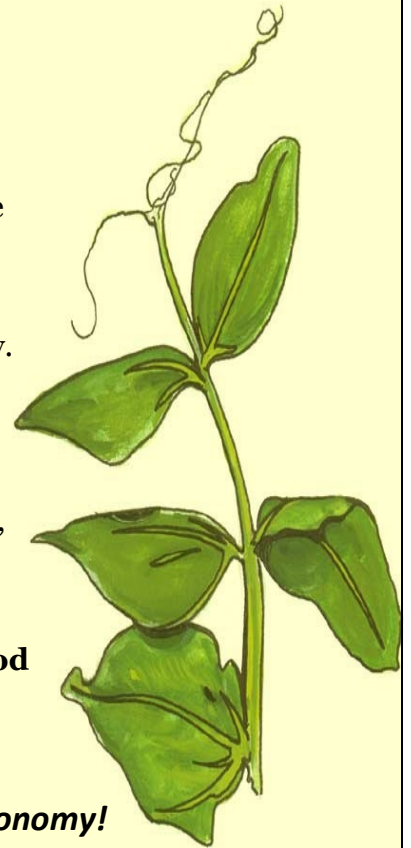
On the road to food autonomy, **a range of actions and methods** can be deployed to build and claim your right to food.

These methods include community gardens, collective kitchens, buying groups, solidarity grocers and making your purchases locally and equitably.

By employing these methods, it is possible to **take concrete steps** towards the **realization** of true food autonomy.

And by getting into action, we can **build a network of solidarity** which, in turn, strengthens and develops our ability to act both individually and collectively.

Together, we are empowered to take collective action **to demand our food rights** and **our right to food**.



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