



RURAL
WOMEN
IN ACTION

Zero Hunger

Food Sovereignty

the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems

Food Security

the right of all people, at all times, to have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life

Food Security is the goal
Food Sovereignty tells us how to get there

6 Principles of Food Sovereignty:

Focus on
Food for People

Build Knowledge
and Skill

Localise
Food Systems

Work with nature,
not against it

Put Local Control over
produce and land

Value Local
Food Producers

La Via Campesina, 2008, Food Sovereignty for Africa <http://viacampesina.net/downloads/PDF/Brochura_em_INGLES.pdf> p.2
Food and Agriculture Organisation, 2003, Trade Reforms and Food Security <<http://www.fao.org/3/a-y4671e.pdf>>