



IDEAS FOR ACTION

OUR BREAD, OUR FREEDOM

2nd - 16th October 2022

- Promote and protect biodiversity richness in our forests, our farms and our food to stop the destruction of the earth and the sixth mass extinction.
- Promote local, organic, healthy food through local biodiverse food systems and cultures and economies of care (farmers markets, CSAs biodistricts).
- Practice ecological agriculture based on integration of diversity of crops, trees and animals.
- Save, grow and reproduce traditional seed varieties to safeguard biodiversity in living seed banks.
- Create poison free zones, Gardens of Hope, and Gardens of Health in community gardens, institutions, schools, prisons, hospitals, everywhere in the cities and countryside.
- Support, regenerate and strengthen communities.

Demand that your local, regional or national government and international bodies stop:

- subsidizing industrial agriculture that creates a burden of disease, and redirect subsidies to agroecological and biodiverse systems, which protect the commons
- subsidies and further investments into fossil fuels, including fossil fuel based agricultural inputs, as real climate action.
- favoring industrial junk food and unhealthy food systems based on toxic and nutritionally empty commodities.
- monocultures, genetic manipulation of plants and factory farming of animals.
- deforestation, which is expanding exponentially through industrial monocultures. Forests are the lungs of the Earth.
- stop using Growth' and GDP as measures of the health of the economy and instead adopt citizens' wellbeing as a measure of the health of the economy.

Demand that your local, regional or national government and international bodies:

- introduce policies to assess the costs of damage to health and the environment caused by chemicals and enact the polluter pays principle.
- Enact the precautionary principle to put Health as priority over corporate interests with respect to chemical and pesticide use in food and agriculture.
- transition from globalization to localisation and introduce local circular economies, and local food economies.