



In Defense of Real Food

World Food Day 2022

Real food is how our bodies are interconnected to the web of life on Earth.

Real food is nutrient dense, comes from living soil, living water, sunlight and the contribution of thousands of interconnections between living beings.

Real food works with the inherent interconnections of plants and animals as essential elements of a healthy agroecosystem. It protects the life of all beings on Earth and also nourishes our health and wellbeing.

But since the beginning of industrialization, real foods have been slowly replaced with nutritionally empty, artificial, chemical-laced junk, masquerading as food.

This is thanks to the destruction of small farmers, local food communities, and food sovereignty in favor of corporate power.

Today the consequences of this are shown in the explosion of noncommunicable, and metabolic diseases, on one side, and on the other a growing number of people affected by malnutrition and hunger.

The same diseases that are affecting people are also affecting the Earth as pollution, mass extinction, and ecological collapse causing climate change.

But now we are finding agribusiness chanting along with what food movements have been saying for years: the system must change.

Now the very ones who have perpetuated the Earth's destruction are saying no more animal suffering, no more nutrient deficiency, no more climate problems thanks to carbon trade offs, new GMOs, digital agriculture and lab-made foods.

**This is the push for food without farmers,
and farming without the Earth.**

It represents the next corporate takeover of food systems in the final elimination of real farming through digital agriculture, and elimination of Real Food through lab-made synthetics.

The fight now extends beyond just small farmers v.s. industrial factory farming.

It's now real food v.s. man-made synthetic, fake foods.

It's nutrient-dense, regenerative foods grown with care v.s. corporate digital dystopia.

“A food system that destroys biodiversity by depriving other beings of life, also deprives a large part of humanity of the rightful share of food, their right of life and right to health. We can begin cultivating health through the food we grow and eat. Eating is an act of communication. In eating we communicate with the earth, the farmer, and those who transform our food.”

— Dr Vandana Shiva

This World Food Day, we call for the defense of Real Food.

The Real Food that comes from the care of a small farmer's hands.

The Real Food that connects us all to the flow of life.

The Real Food that gives us a chance to rejuvenate the earth, our food economies, our food sovereignty and our food cultures through biodiversity-based agroecology.

Read the full article at the link in bio...