Every time we DECIDE what TO EAT

we are also choosing TO TAKE CARE OF or TO DESTROY our planet

It accumulates, privatizes and concentrates land in few hands.

10 companies control
75% of the seed market.

It speculates with food prices.

Food become merchandise.

Industrial production of food

Excessive consumption of food

1 of 3 of foodstuff ends up in the rubbish WHILE... 1 of 9

people is suffering from hunger.

1 of 12 adults is obese.

Producing 1kg
of beef is equivalent to

16kg of cereals.

1/3
of the arable land is eroded by monocultures.

75% of crop diversity has disappeared.

Environmental impacts

1/3

greenhouse gases are caused by food production.

Agriculture uses

70% of the available fresh water.

FAMILY FARMING IS KEY TO SUSTAINABLE DEVELOPMENT

More than 80% of the world's farms produce on a small scale.



Family farming is linked to all the Sustainable Development Goals (SDGs), representing 72% of the Agenda 2030 targets.



#connectfoodpoverty

Learn about the case of Vereda Chaparrito, Colombia (REPAM) "They want to take away our land, take us away, not let us work or plant our crops".

JUDGE: ANALYSE THE FACT



Whenever food is thrown out it is as if it were stolen from the table of

the poor. Laudato Si' 50

ACT: COMMIT TO A SUSTAINABLE AND RESPONSIBLE FOOD

Eat more fruits, vegetables, less meat and dairy.

Waste less.

Choose fair trade products.

responsible consumption and promote it.

Educate for

Avoid processed and plastic-packaged products.

Practice seasonal and proximity diet.

Know where your food come from.

Join consumer groups.

There are many more proposals. Visit
www.enlazateporlajusticia.org/en and look for the FOOD
document
#CuidaPlanetaCombatePobreza



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