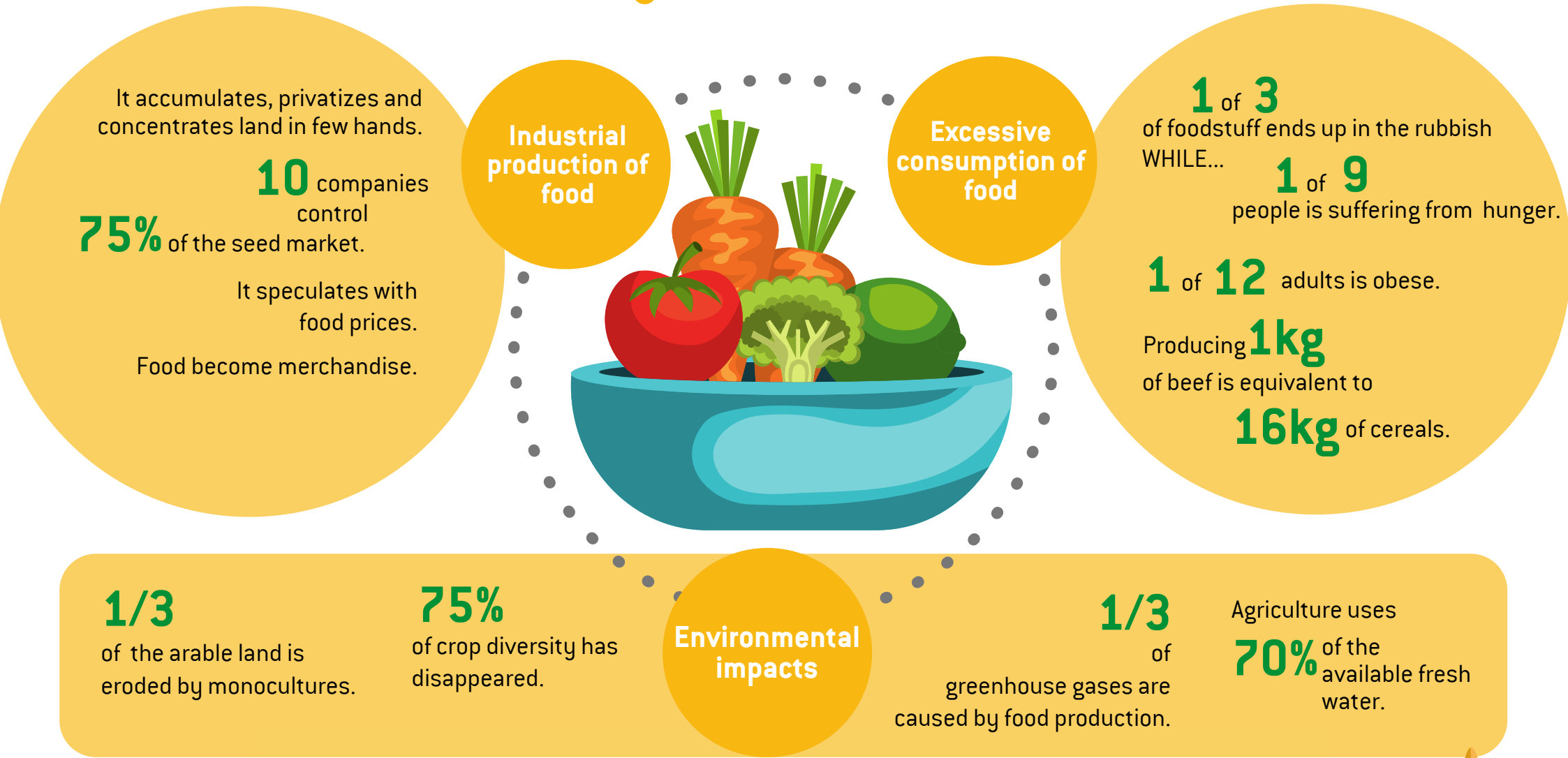


FOOD



Every time we **DECIDE** what **TO EAT** we are also choosing **TO TAKE CARE OF** or **TO DESTROY** our planet



FAMILY FARMING IS KEY TO SUSTAINABLE DEVELOPMENT

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



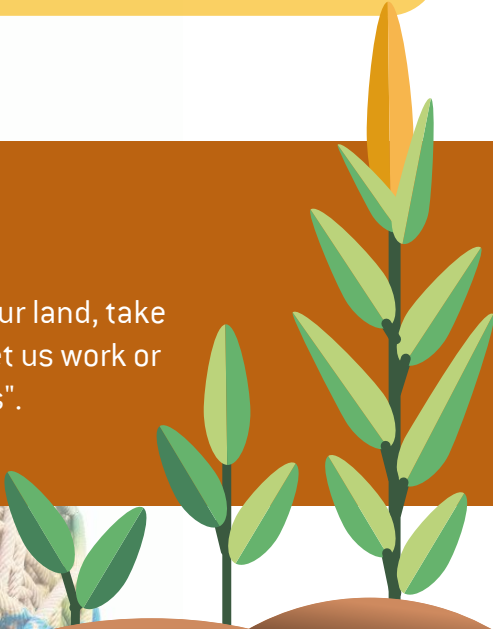
Family farming is linked to all the Sustainable Development Goals (SDGs), representing 72% of the Agenda 2030 targets.



#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

“Appreciate the diversity of our world.
Green Decalogue

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.
- Educate for responsible consumption and promote it.
- 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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