



# Food sovereignty and Family Farming

## What is food sovereignty?

Food sovereignty is the right of every nation to keep and develop its own capacity to produce food, vital for food security at community and national level, in accordance to their own cultural diversity and variety of production methods



## Food Sovereignty aims at:

1. Ensuring an active rural environment, free of poverty
2. Keeps wealth in the farmers' hands
3. Respects the environment
4. Produces safe and quality food

## Seven principles of food sovereignty include:

### Food is a Basic Human

**Right:** Everyone must have access to safe, nutritious and culturally appropriate food in sufficient quantity and quality to sustain a healthy life with full human dignity.

### Agrarian Reform is required:

A genuine agrarian reform is necessary which gives landless and farming people – especially women – ownership and control of the land. The right to land must be free of discrimination on the basis of gender, religion, race, social class or ideology; the land belongs to those who work it.

**Protecting Natural Resources:** Food Sovereignty entails the sustainable care and use of natural resources, especially land, water, and seeds and livestock breeds. The people who work on the land must have the right to practice sustainable management of natural resources and to conserve biodiversity free of restrictive intellectual property rights. This can only be done from a sound economic basis with security of tenure, healthy soils and reduced use of agro-chemicals

**Reorganizing Food Trade:** Food is first and foremost a source of nutrition and only secondarily an item of trade. National agricultural policies must prioritize production for domestic consumption and food self-sufficiency. Food imports must not displace local production nor

depress prices.

**Ending the Globalization of Hunger:** Food Sovereignty is undermined by multilateral institutions and by speculative capital. The growing control of multinational corporations over

agricultural policies has been facilitated by the economic policies of multilateral organizations. Regulation and taxation of speculative capital and a strictly enforced Code of Conduct for TNCs is therefore needed.

**Social Peace:** Everyone has the right to be free from violence. Food must not be used as a weapon. Increasing levels of poverty and marginalization in the countryside, along with the growing oppression of ethnic minorities and indigenous populations, aggravate situations of injustice and hopelessness.

**Democratic control:** Smallholder farmers must have direct input into formulating agricultural policies at all levels. These rights form the basis of good governance, accountability and equal participation in

economic, political and social life, free from all forms of discrimination. Rural women, in particular, must be granted direct and active decision-making on food and rural issues

