

Unit 4.2.2 - Food Security, Food Sovereignty and Food Citizenship

Key Knowledge - 4.2.2

The relationship between food security, food sovereignty and food citizenship.

Key Skills

4.2.3

Debate the role of food citizenship and its relationship to food security and food sovereignty.

Key Terms and Definitions

Ethical concerns occur when a decision or activity conflicts with a person's moral principles.

Food citizenship occurs when people demonstrate food-related behaviours to support a food system that promotes equity and fairness and is economically, ethically, and environmentally sustainable.

Source: Wilkins, J. L. (Fall 2005). Eating right here: moving from consumer to food citizen. *Agriculture and Human Values*, 22(3), 269–273.

Food security refers to the idea that people always have enough safe and nutritious food available to them that meets their dietary, physical, and economic needs and food preferences, allowing them to live an active and healthy life.

Food sovereignty occurs when people have developed or are developing a food system that focuses on ecology and sustainability and enables them to choose the food they want to eat, where it comes from, and how it is grown.

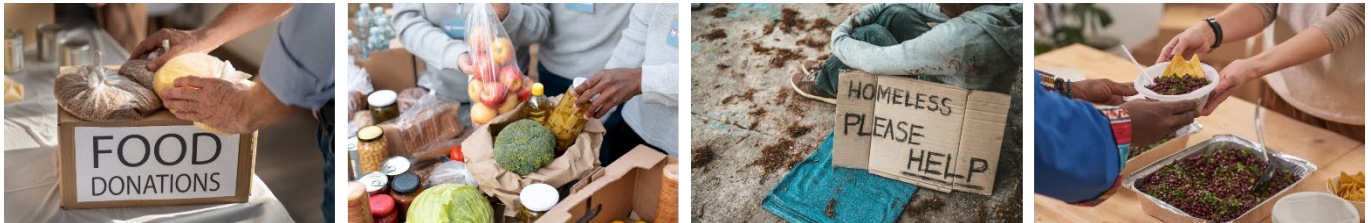
A **passive consumer** refers to an individual who purchases and uses goods and services without questioning or critically thinking about their origins, production processes, or broader impacts. Passive consumers typically base their buying decisions on factors like price, convenience, or habit.

Food Security, Food Sovereignty and Food Citizenship

Food Security

Food security focuses on food availability and people's ability to access food that adequately meets their nutritional and cultural needs, now and in the future. For food security to be achieved, we must work towards achieving each of the five interconnected dimensions listed below:

1. availability;
2. accessibility;
3. acceptability;
4. adequacy; and
5. stability.



For many, being food secure means they have access to adequate food at all times.

Food Sovereignty

Food sovereignty occurs when people have developed or are developing a food system where they can choose the type of food they want to eat, where it comes from, and how it is grown. Food sovereignty works in opposition to giant food manufacturers and food retailers by promoting ecological local and national economies. Food sovereignty empowers people like farmers, Indigenous land owners, farmers, and small-scale local producers to control their own food system rather than allowing government policies, major food retailers, and manufacturers to control it for them.

The six pillars of food sovereignty, developed at the Nyéléni 2007 Global Forum for Food Sovereignty in Mali, outline the following aspects of a food system that promotes sovereignty:

- **Focus on Food for People:** Food sovereignty prioritises people's right to access safe, nutritious, and culturally appropriate food. It rejects the idea of food as a mere commodity to be traded by large agricultural businesses.
- **Building Knowledge and Skills:** Food sovereignty emphasises the need to develop and preserve the knowledge and skills of food providers and producers. ;
- **Localising Food Systems:** Food sovereignty advocates for localised food systems that bring food providers and consumers closer together.
- **Valuing Food Providers:** Food sovereignty recognises and values the contributions of small-scale farmers, Indigenous communities, fisherman, and other food providers. It supports their rights, dignity, and well-being, challenging the exploitation often faced by these groups.
- **Building Food Sovereignty Networks:** refers to the establishment of connections and collaborations among different individuals and groups involved in the food system. These networks aim to strengthen solidarity and cooperation between small-scale farmers, consumers, activists, researchers, and other stakeholders who support food sovereignty.
- **Working with Nature:** Food sovereignty emphasises the importance of sustainable farming practices. It promotes farming methods that work in harmony with nature, conserve biodiversity, protect ecosystems, and reduce reliance things such as synthetic pesticides and fertilisers.

Source: <https://www.lankaweb.com/news/items/2021/10/12/climate-change-and-food-security-in-sri-lanka-towards-food-sovereignty/>

Various organisations are working towards food sovereignty in Australia. The Australian Food Sovereignty Alliance is one organisation led by ordinary Australians and farmers passionate about creating, managing, and choosing their own food systems.

[Click here](#) to find out more about this organisation the Australian Food Sovereignty Alliance.

Community gardens, direct-from-the-farmer initiatives, farmers' markets, and indigenous businesses promote food sovereignty by providing direct access to fresh, local produce. They empower communities to grow their own food and establish relationships with local farmers. These initiatives reduce carbon footprints, promote sustainability, and preserve cultural heritage. They also enhance food security by reducing reliance on global supply chains and increasing resilience during crises.

Examples of local food systems:



Farmers Markets'



Community Gardens



Direct from the Farmer



Indigenous Businesses

Similarities and Differences Between Food Security and Food Sovereignty

It is possible for a person to be food secure and have access to food that meets their needs but also lack food sovereignty. The concepts of food security and food sovereignty may seem very similar; however, some significant differences set them apart.

Food security does not consider the impact that producing and consuming foods has on the environment and the ethical implications of people's food choices. It is mainly concerned with ensuring people can acquire foods that meet their physical needs and food preferences and avoid hunger. A system of food sovereignty provides all those things, but it also aligns a person's ecological, ethical and environmental beliefs.

Food security does not distinguish where food comes from. When people seek food security, they are, more or less, looking to secure access to food that meets their needs. This food is often sought from large-scale corporations like supermarkets. Food sovereignty promotes local, small-scale food production where producers are paid a fair price for their product. In this type of food system, many people may purchase their food directly from food producers such as farmers or small-scale producers.

Food security mainly focuses on how people can access the food they need and how it can be distributed to them. Whereas food sovereignty focuses on people's right to decide where their food comes from and the kind of food system they access. It encourages people to actively engage with how and where they get their food.

Food security focuses on having a stable supply of quality food that meets people's dietary and cultural needs. Whereas food sovereignty promotes and supports people in having more control over their food system.

Food sovereignty enables and encourages people to acquire the knowledge, resources, relationships, and skills required to ensure that they will have a consistent and continuous supply of food. It promotes farming that is sustainable. Food sovereignty gives communities control over their food. This ensures everyone has reliable access to nutritious food, regardless of global market changes. It encourages growing a variety of crops, which supports biodiversity. Food sovereignty supports local food production, keeping money in local communities and helping to create jobs. It endorses farming practices that limit harm to the environment, unlike some industrial methods that can cause damage. It seeks to give control back to local communities, rather than big corporations or wealthy nations.

In summary, food sovereignty isn't just about food production—it's about justice, sustainability, and community resilience.

Watch this video to develop your understanding of food sovereignty: <https://youtu.be/Oz0dutiXmfc>

Watch this video to develop your understanding of the difference between food security and food sovereignty: <https://youtu.be/Tuq12mYuNu0>

Food Citizenship

Food citizenship occurs when people demonstrate food-related behaviours that support an economical and ethical-conscious food system. People who practice food citizenship consider the impact of their food choices at each stage of the food system.

They understand more than just the environmental and ethical consequences of their food buying decisions. They consider the impact of their food choices at each stage of the food system. They understand they are not consumers at the end of a food system but participants in the food system as a whole.

They raise awareness of the impact of industrialised agriculture on the environment. They actively promote and encourage others to become more aware of the ethical and environmental implications of their food choices and food systems.

Food citizens not only question how food is produced, consumed, and disposed of at each stage of the food system and the consequences of its production; they encourage others to do the same. Food citizenship is often described as a food movement. Individuals that are food citizens lead by example; they take action as individuals and groups of people across the food system to enact change.

Food citizens understand the ethical and environmental implications of their food choices or food systems. They promote food sovereignty through their actions, aiming to achieve food security for all sustainably and ethically.

The term “food citizen” generally refers to an individual who actively participates in shaping food systems, prioritises sustainable practices, and is conscious about the social, political, and environmental implications of their food choices. Food citizenship goes beyond the role of a consumer, emphasising proactive engagement and responsible choices.

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Not all food citizens are considered to be activists, the term activist usually implies a certain level of advocacy, public campaigning, or direct action. However, it is possible that some food citizens may engage in activist behaviours such as supporting local farmers, advocating for fair trade, participating in community gardens, fighting against food waste, or lobbying for better food policies.

Watch this video that gives an overview of what food citizenship involves: <https://youtu.be/gmR7N2Ko4jY>

When sourcing their food, a food citizens may ask themselves the following questions:



The Relationship Between Food Sovereignty and Food Citizenship

There is a close relationship between food sovereignty and food citizenship, with some people believing that food sovereignty cannot exist without food citizenship. For food sovereignty to occur, people must make the necessary changes to how they source, consume, and dispose of their food. They must consider the ecological consequences of their food choices and actively participate in and promote a food system that encourages and supports fairness for all. Where feasible and possible, food citizens practice and demonstrate these food behaviours in their everyday lives.

“Food citizenship” and “food sovereignty” are related concepts, but they are different.

Food Citizenship is about how a person makes choices about food. A food citizen thinks about where their food comes from, how it's made, and how their choices affect others. They try to support local farmers, eat sustainable food, and reduce waste.

Food Sovereignty is more about the big picture. It's about making sure communities, especially farmers, have control over how food is grown, sold, and shared. It's about supporting local food systems, treating the environment well, and making sure everyone gets a fair deal.

So, food citizenship is about the choices we make as individuals, and food sovereignty is about how food systems work in the whole community. Both ideas focus on being fair, sustainable, and thoughtful about food.

Watch these videos about how people are addressing food sovereignty and food citizenship by encouraging others to gain the knowledge and skills on how to grow their produce: <https://youtu.be/aVUco7-R04U> and <https://youtu.be/k22d6mv3kE8>

Indigenous Food Sovereignty and Food Citizenship

Indigenous Australians used the knowledge and skills they developed over thousands of years to create a food system that met their cultural, emotional, physical, social, and spiritual needs. They thoroughly understood the land, the seasons, and how to ensure a regular supply of food. They cared for the land by using traditional burning, fish and eel traps, and planting and storing plants for later consumption. This food system provided them with a highly nutritious, reliable, and sustainable food supply rich in biodiversity. As stewards of the land, Indigenous Australians achieved food security and sovereignty. They acted as food citizens by caring for their environment at every stage in the food system.

Unfortunately, food sovereignty and food citizenship has declined in Indigenous communities since white settlement. Through no fault of their own, Indigenous Australians have become less active in managing their food systems. Various individuals and community groups are working hard to restore Indigenous Australians' food sovereignty and food citizenship.

The indigenous food industry in Australia is expanding as more people are becoming interested in eating and using Indigenous ingredients in their cooking. It is essential that the native food industry is led by Indigenous individuals and communities that care for the environment using sustainable practices.

Watch this video to learn about how one Indigenous community is ensuring that the farming practices they follow meet the principles of food sovereignty and that they are practicing food citizenship: <https://youtu.be/ja68aRzdGwq>

Watch this video to discover how the University of Queensland and the Queensland Government are working with Indigenous communities to enable them to produce commercial bush foods in an ethical and environmental way: <https://youtu.be/44KVOXiC2wE>

Written Activity One

Question Time

Food Sovereignty

1. What are the key characteristics of food sovereignty?

2. What are the six pillars of food sovereignty?

3. In what ways do community gardens, farmers' markets, direct from the farmer and indigenous businesses, promote food sovereignty?

4. How does food sovereignty go beyond food security?

5. How does the concept of food sovereignty intersect with Australian Indigenous communities?

Food Citizenship

6. What are the key characteristics of food citizenship?

7. What is the difference between being a food citizen and being a passive consumer in the food system?

8. Why is it important for food citizens to think about where their food comes from?

9. How does the idea of food sovereignty help someone become a better food citizen?

10. To what extent do you personally practice and embody the principles of food sovereignty and food citizenship in your own food choices and behaviours? Could you do anything else to be a better food citizen?

Written Activity Two

How Farmers' Markets Help the Environment

Watch this video: <https://youtu.be/f86BI7HcqBQI>

Class Discussion Questions

1. What are some of the benefits of buying local produce that were mentioned in the video?
2. In what ways does buying locally grown products support local farmers? How might this also help reduce greenhouse gas emissions?
3. Can you think of any potential drawbacks or challenges of buying local produce?
4. How would you compare the availability and quality of fresh and nutritious food from local farmers vs. supermarkets?
5. As part of the debate on buying locally sourced food versus supermarket food, what are some arguments you might make in favour of each option?
6. How can choosing to buy locally sourced food contribute to food sovereignty and food citizenship? What might be some obstacles to making this choice?
7. How do your current food choices and habits reflect your understanding of food citizenship?
8. What changes, if any, could you make in your own food choices to better support local farming and reduce your environmental impact? Why might these changes be important?
9. Are there any barriers that might prevent you from making these changes? How could these be overcome?
10. Can you think of any policies or initiatives that could encourage more people to buy locally grown produce and support local farming? What impact might these have on food sovereignty and food security?

Ready Set Research!

In small groups, spend 15 minutes researching some local food initiatives in your own community that promote food sovereignty and citizenship.

Report back to the class with your findings.

Written Activity Three

Exploring Food Sovereignty, Food Security, and Food Citizenship

1. In your own words, briefly define food security, food sovereignty and food citizenship.

Food Security

Food Sovereignty

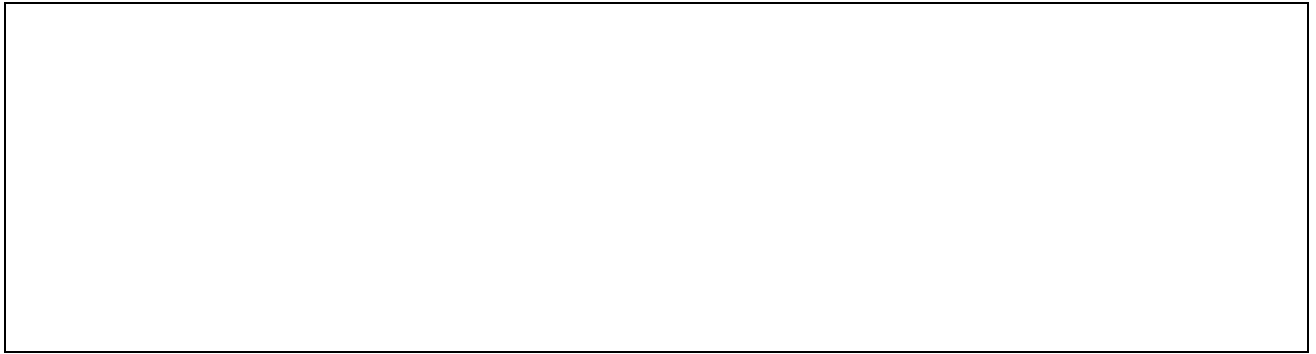
Food Citizenship

2. Explain how practicing food citizenship can contribute to achieving both food sovereignty and food security.

3. Provide one example of how individuals or communities can actively engage in food citizenship to promote food sovereignty and food security.

4. Discuss why it is important for individuals to promote local food.

Consider the potential benefits and impacts on the well-being of local communities and the environment.



5. Research an ongoing project or initiative related to food sovereignty, food security, or food citizenship.

a. Summarise the project and explain how it addresses these concepts.



b. Discuss the potential impact and outcomes of the project on people's health and the health of the planet.



6. Describe one action you can take to promote food sovereignty, food security, or food citizenship in your community or daily life.



Practical Activity One

Exploring Local and Indigenous Foods Tasting Event

In this activity, you will sample a diverse range of indigenous foods from all around the world, explore their cultural significance, and develop an understanding of the role these foods play in promoting food sovereignty.

Instructions:

1. Sample small portions of each food item on display and note any flavours, aromas, or textures that stand out to you.

Some of these foods could include:

Spices and Seasonings	Grains and Legumes	Fruits and Vegetables	Dairy and Non-Dairy Products	Sauces and Condiments	Meat
Garam masala Harissa Za'atar Indigenous spices	Quinoa Couscous Black beans Adzuki beans Kangaroo grass (seeds)	Mango Dragon fruit Bok choy Okra Warrigal Greens	Paneer Greek yogurt Coconut milk Feta cheese Queso fresco	Soy sauce Fish sauce Chimichurri Tamarind paste	Salami Kangaroo Tandoori Chicken Chorizo

2. Class discussion:
 - How did the tasting experience influence your perception of the indigenous foods from all around the world?
 - What cultural stories or traditions might be associated with the foods we sampled?
 - How do these foods contribute to food sovereignty in communities or regions worldwide?
 - What challenges might indigenous food systems face, and how can we support their sustainability?
 - How can we incorporate these foods into our diets in order to promote food sovereignty and cultural preservation?
3. Reflection:
 - Write down one thing you learned or one action you plan to take after this activity.

Practical Activity Two

Practicing Food Citizenship

In this activity, you will be encouraged to explore the concept of food citizenship and identify ways to be responsible and ethical food citizens while preparing a recipe.

Brainstorm ways you can be good food citizens while making the recipe below.

Here are some prompts that may help you brainstorm.

- Where can we source the ingredients for this recipe in an ethical and sustainable manner?
- How can we reduce energy use and food waste while preparing this recipe?
- Are there any alternative ingredients we could use to support local farmers?

Recipe: Kangaroo Cornish Pasties	
Pastry Ingredients:	
175g plain flour ¼ teaspoon salt	85g unsalted butter, cold and cubed 60ml cold water
Filling Ingredients:	
100g kangaroo mince ½ onion, finely diced 1 cup frozen vegetables (Woolworths Essential Brand) 2 tablespoons barbecue or tomato sauce	¼ teaspoon dried thyme Salt and pepper, to taste 1 egg, beaten (for egg wash)
Instructions:	
<ol style="list-style-type: none"> 1. Preheat the oven to 200°C and line a baking tray with baking paper. 2. In a large bowl, combine the flour and salt for the pastry. Add the cubed butter and rub it into the flour mixture using your fingertips until it resembles fine breadcrumbs. 3. Gradually add the cold water, a little at a time, and mix until the dough comes together. Form the dough into a ball, wrap it in plastic wrap, and refrigerate for 20 to 30 minutes. 4. In a mixing bowl, combine the kangaroo mince, vegetables, sauce, dried thyme, salt, and pepper. Mix well to evenly distribute the ingredients. 5. On a lightly floured surface, roll out the chilled pastry dough to a thickness of about 3mm. 6. Using a round pastry cutter or a plate as a guide, cut out circles of pastry, approximately 15-18cm in diameter. 7. Place a spoonful of the filling onto one half of each pastry circle, leaving a border around the edges. 8. Fold the other half of the pastry circle over the filling to enclose it. Press the edges together firmly to seal and crimp the edges using your fingers or a fork. 9. Place the pasties onto the prepared baking tray. Cut a small slit or poke a hole in the top of each pasty to allow steam to escape. 10. Brush the tops of the pasties with beaten egg for a golden finish. 11. Bake in the preheated oven for 35-40 minutes or until the pasties are golden brown and the filling is cooked through. 12. Remove from the oven and let the pasties cool slightly before serving. 	

Reflection and Discussion:

Share how you acted as a good food citizen when making pasties with your classmates.

Practical Activity Three

Food Citizenship in Our School Community

In this activity, you will better understand the behaviours and attitudes towards food citizenship in your school community. By identifying the most common actions and areas that may require improvement, we can develop strategies and initiatives to promote responsible food choices and enhance our commitment to sustainable and ethical food practices in our school.

1. Survey as many students as possible.
2. Graph the results of the survey.
3. Discuss the following questions:
 - Based on the survey results, what were the most common actions or behaviours related to food citizenship among the students in our school community?
 - Were there any surprising findings or patterns from our school's survey data regarding food citizenship?
 - Which specific areas or actions related to food citizenship received the highest engagement or importance among the students?
 - Were there any areas where students lacked awareness or engagement regarding responsible food choices and sustainable practices?
 - Based on the survey results, what actions or initiatives could be introduced or promoted in our school community to enhance our commitment to sustainable and ethical food practices?
 - How can we raise awareness and encourage greater participation in our school's existing initiatives or programs related to food citizenship?
 - What creative ideas or strategies can students suggest to promote responsible food choices and sustainability within our school community?
 - How can we foster a culture of inclusivity and cultural diversity in our school's food choices and practices, considering the importance of cultural appreciation and trying new foods?
 - What role can students play in advocating sustainable and ethical food practices within our school and the broader community?
 - How can we collaborate with local organizations, farmers, or businesses to further promote sustainable and ethical food practices in our school community?

Food Citizenship Survey

1. What year level are you in?
 - ☐ Year 7
 - ☐ Year 8
 - ☐ Year 9
 - ☐ Year 10
 - ☐ Year 11
 - ☐ Year 12
2. How often do you bring a packed lunch or snacks from home to school?
 - ☐ Always
 - ☐ Most days
 - ☐ Some days
 - ☐ Rarely
 - ☐ Never
3. When choosing food for your packed lunch or snacks, how important are the following factors to you?
(Rank from 1 to 5, with 1 being "Not Important" and 5 being "Very Important")
 - ☐ Nutritional value
 - ☐ Sustainable sourcing and production
 - ☐ Supporting local or organic food options
 - ☐ Packaging and waste reduction
 - ☐ Cultural diversity and trying new foods
4. How often do you purchase food from the school cafeteria or food vendors on or near the school campus?
 - ☐ Daily
 - ☐ Multiple times a week
 - ☐ Once a week
 - ☐ Rarely
 - ☐ Never
5. How important are the following factors to you when choosing food from the school cafeteria?
(Rank from 1 to 5, with 1 being "Not Important" and 5 being "Very Important")
 - ☐ Healthiness and nutritional value
 - ☐ Variety of options, including vegetarian and vegan choices
 - ☐ Affordability
 - ☐ Sustainable and ethical sourcing
 - ☐ Availability of allergen-free options
6. Are you aware of any initiatives or programs in our school that promote sustainable and ethical food practices?
(e.g., composting, school garden, food drives)
 - ☐ Yes, I am aware of them and actively participate.
 - ☐ Yes, I am aware of them but do not actively participate.
 - ☐ No, I am not aware of any initiatives or programs.

7. Have you engaged in any personal actions related to food citizenship? (Check all that apply)

- ☐ Bringing reusable containers or water bottles to school
- ☐ Participating in food drives or donations
- ☐ Reducing food waste at home or at school
- ☐ Advocating for sustainable food practices
- ☐ Supporting local farmers or businesses
- ☐ None of the above

8. In your opinion, what areas in our school community should be improved to promote responsible food choices and enhance our commitment to sustainable and ethical food practices?

9. Do you have any additional suggestions, ideas, or comments related to food citizenship in our school community?

Thank you for participating in this survey!

Summary Activity

Food Security, Food Sovereignty and Food Citizenship

What is the main idea about this key knowledge & key skill? (Two or three sentences in your own words)

Define each of the terms listed below:

Food
security

Food
sovereignty

Food
Citizenship

What are the similarities between food security, food sovereignty and food citizenship?

What are the differences between food security, food sovereignty and food citizenship?

Is food citizenship necessary for the health of people and health of the planet?

Agree

Disagree

Exam Preparation

Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

1. The concept of food citizenship can be best described as:
 - a. The idea that people always have enough safe and nutritious food available to them that meets their dietary, physical, and economic needs and food preferences, allowing them to live an active and healthy life.
 - b. When individuals purchase and use goods and services without questioning or critically thinking about the impact on their health or the health of the planet.
 - c. When people have developed or are developing a food system where they can choose the type of food they want to eat, where it comes from, and how it is grown.
 - d. Engaging in food-related actions that promote the health of individuals and the health of the planet.
2. Which of the following best describes how businesses can contribute to promoting food sovereignty?
 - a. By sourcing their ingredients from local farmers and supporting regional food systems.
 - b. By engaging in international trade partnerships that prioritise large-scale agricultural operations.
 - c. By outsourcing production to countries with lower labour and environmental standards.
 - d. By marketing and promoting highly processed and genetically modified food products.
3. The concepts of food security and food sovereignty may seem very similar; however, some significant differences set them apart.
 - a. Food sovereignty is primarily concerned with addressing hunger and malnutrition on a global scale, whereas food security focuses on addressing local or individual food needs.
 - b. Food sovereignty prioritises the involvement of multinational corporations and large-scale agricultural operations, whereas food security emphasises supporting local and small-scale food producers.
 - c. Food security primarily focuses on ensuring access to an adequate quantity of food for individuals and communities, while food sovereignty emphasises the right of individuals and communities to determine their own food systems.
 - d. All of the above.
4. Which of the following best describes the relationship between food sovereignty and food citizenship?
 - a. Food sovereignty and food citizenship are two distinct concepts with no significant relationship.
 - b. Food sovereignty and food citizenship are interchangeable terms that refer to the same concept.
 - c. Food sovereignty and food citizenship are similar concepts; the main difference is that with food citizenship people action the principles of food sovereignty.
 - d. Food sovereignty focuses on local and national food systems, while food citizenship emphasises global food issues and international cooperation.
5. What is an example of indigenous communities in Australia engaging with the concept of food citizenship?
 - a. Seeking government assistance for increased access to imported food products.
 - b. Resisting traditional food practices and adopting Western dietary patterns.
 - c. Limiting community involvement in decision-making processes related to food production and distribution.
 - d. Participating in community-led agricultural projects and promoting sustainable farming practices.

Short Answer Questions (15 marks)

Question 1 (4 marks)

Explain the differences between food security and food sovereignty. 4 marks

Question 2 (4 marks)

Explain the differences between food sovereignty and food citizenship. 4 marks

Question 3 (7 marks)

- a. Outline two types of decisions a good food citizen might make for the health of the planet. 2 marks

- b. Outline two types of decisions a good food citizen might make for the health of people. 2 marks

- c. Justify whether being a good food citizen can make an impact on the health of the planet or the health of people. 3 marks