

**#BiteSizedChange**

*Youth Voices for  
Sustainable Food*



**Enabling a global, fair,  
and ecological transition**

[youngfairtradeadvocates.org](http://youngfairtradeadvocates.org)



# #BiteSizedChange

Youth voices for sustainable food

Our campaign, "**Bite Sized Change: Youth Voices for Sustainable Food**," seeks to reignite awareness of the need for sustainable food systems globally. We emphasise the transformative potential of small actions, symbolised by our campaign title, to achieve significant change collectively and incrementally.

# #BiteSizedChange PRESENTS: YOUTH VOICES FOR SUSTAINABLE FOOD



project page



## WHY #BITESIZED CHANGE?

The EU's Sustainable Food Systems legislative framework, part of the Farm to Fork Strategy, aimed to hasten the transition to sustainable food systems in the EU by the end of 2023 but faces current postponement.



## DID YOU KNOW THAT...?

Our campaign, "**Bite Sized Change: Youth Voices for Sustainable Food**," seeks to reignite awareness of the need for sustainable food systems globally. We emphasise the transformative potential of small actions, symbolised by our campaign title, to achieve significant change collectively and incrementally.

## Who ARE THE YFTAS?



The YFTAs are a diverse group of EU young individuals (18–30) who are calling for a global, fair, and ecological transition. With the ambition to reform the current socio-economic system which endangers the lives of billions of people, we have spent the last two years meeting with politicians, conducting dialogues with the Global South, and preparing policy papers.

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# #BiteSizedChange PRESENTS: ETHICAL FOOD



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## WHAT IS ETHICAL FOOD?



It revolves around the moral implications of our food choices affecting humans, animals and the planet. It highlights concerns such as environmental harm, exploitative labour practices, cruel treatment of animals in the food industry.



## DID YOU KNOW THAT...?

→ 77% of soybeans is not produced for human consumption, but for meat dairy production

→ In Latin America there is an area called the "Soya Republic" in Argentina, Uruguay, Paraguay, Bolivia, Brazil.

→ This situation is devastating the ecosystem and biodiversity

## What CAN WE DO?

→ Ethical food is needed in order not to exploit animals, ecosystems and the people →

→ Shift towards a plant-based diet

→ As part of society, we can raise awareness on these topics and ask for political actions



## What DOES THIS LEAD TO?

→ There are consequences on local and indigenous people who are forced to flee and relocate from their lands. →

→ Small farmers lose their jobs, swept away by big landowners

## DEFORESTATION



# #BiteSizedChange PRESENTS: AGROECOLOGY



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A conversation with David Olmo & Olivier De Schutter



## WHAT IS AGROECOLOGY?

→ A blueprint for an alternative food and farming system, it allows farmers to work with nature and develop their own solutions to problems

→ It emphasises production and environmental balance

→ Agroecological farmers prioritise short marketing channels and direct sales to connect with consumers

### WHAT IS WRONG WITH TRADITIONAL FARMING MODELS?

→ Price volatility associated with inputs such as pesticides, fertilisers and seeds→

→ Inadequate incomes for small farmers →

→ Limited purchasing power and urban poverty, leading to food insecurity→

→ Environmental degradation

## What

### BENEFITS DOES AGROECOLOGY LEAD TO?→



→ Reduction of production costs for small farmers by minimising reliance on expensive inputs like pesticides, fertilisers, and seeds→

→ Promotion of affordable, high-quality food by limiting the use of inputs→

→ Support of the realisation of the right to food by ensuring food security and availability→

→ It benefits everyone involved, including the farmer, workers, and consumers

# #BiteSizedChange PRESENTS: GOING PESTICIDES FREE



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## WHAT ARE PESTICIDES?



Pesticides are chemical substances used in agriculture to control pests and diseases that threaten crop yields. However, their residues persist on harvested produce, making their way onto our dinner tables.



## 2023

the EU extended the use of glyphosate despite safety concerns and lack of consensus among member states.

This decision contradicted the goal of sustainable farming outlined in the Farm to Fork strategy. It faced opposition from the industrial agriculture sector, which employed tactics to undermine green farming reforms.



## 35.000.000



The pesticide industry is incredibly wealthy. They've spent over € 35 million lobbying the European Union since 2020 when it introduced a round of green measures for farming, which would have had big impacts for the pesticide sector.

## WHAT ARE THE RISKS LINKED TO PESTICIDES?

→ Pesticide exposure has led to cases of acute and chronic effects→

→ Children are particularly vulnerable to pesticide effects on the nervous system and other organs

→ Low-level pesticide exposure during pregnancy or childhood can lead to neurodevelopmental deficits and disorders like autism→

→ Limiting pesticide application and drift is crucial to mitigate these health risks, as long-term exposure is associated with chronic diseases like asthma, allergies, cancer, and kidney/liver diseases.

## KEY RECOMMENDATIONS



- Limiting pesticide application to mitigate health risks
- Explore pesticide alternatives – natural technology, redesigning practices for a safer, more sustainable agricultural future
- Transition to agroecology

# #BiteSizedChange PRESENTS: GLOBAL FOOD SYSTEMS



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## WHAT ARE GLOBAL FOOD SYSTEMS?

Global Food Systems are very complicated systems. Nowadays, many countries depend on these international flows as they don't have full food sovereignty. Around 80% of countries rely on international trade flows.

## WHAT IS THE ISSUE?

→ The current **EU CAP** (Common agricultural policy) will not enable us to meet the target of 1.5 °C while the agricultural sector is directly responsible for 12% of global emissions.→

→ There's a problem in the distribution of subsidies as **80%** of subsidies go to only **20%** of beneficiaries.

→ The CAP favours an **industrial agricultural model** instead of sustainable business models.



## We are calling for:

→ A change in the Common Agricultural Policy - Right now, things are very unequal:20% of the 20% of the EU's biggest farmers receive 80%of the CAP of the CAP - Let's reverse this!

→ Normalising EU environmental and social standards during the negotiation of FTAs,favouring practices favouring producers with sustainablepractices. practices.→

→ Creating a forum for discussions with local farmers and consumers so thatpeople can learn about people can learn about where their food comes from, and the people who grow it.

## WHAT CAN WE DO TO PROMOTE SUSTAINABLE CONSUMPTION PATTERNS?

→

→ **Governments** can design and apply policies that favour sustainable food production systems and consumption→

→ **Individuals** can inform themselves by reading the labels, choosing local products and look out for products that are fairly produced.→

→ The **EU** can offer supportive measures to producers who privilege fair and sustainable production practices for people and the planet.

# #BiteSizedChange PRESENTS: GLOBAL ADVOCACY



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## WHY ARE WE DOING GLOBAL ADVOCACY?

→ We advocate globally to address issues in our food systems like labour exploitation and pollution. By urging policymakers to enact fair and sustainable food legislation, we're pushing for positive change worldwide →

→ Bringing communities together to design their "nutri-verse" enables prioritising local producers, fostering "glo-cal" support for local food systems. Leveraging partnerships and dialogue among stakeholders is crucial, with food serving as the connecting link across sectors

## DID YOU KNOW THAT...?

→ There's actually 1.5 times the amount of food needed to feed everyone on the planet.

→ We still see that over 828 million people still lack access to a consistent source of nutritionally adequate food across the world

"It all boils down to how resources are allocated and whether Equity is prioritised throughout all aspects of the food supply chain"



**Shreyaa Venkat**  
World Food  
Forum Youth  
Policy Board

# HOW CAN YOUNG PEOPLE DO GLOBAL ADVOCACY AND WHY SHOULD THEY?

Fabian Richter  
EU food policy coalition



“Join a **youth organization**, more and more NGOs have a youth wing doing advocacy programs. Be aware of petitions that are out to share this with your friends and family



Julia Wild  
YFTAs



“Try to find a like-minded group of people in your city or town or wherever you are, also online.”



Cristal Cedeño  
YFTAs



“Change obviously takes time, especially in policy making, but only **together** we can truly make a change”



Shreyaa Venkat  
World Food Forum Youth Policy Board



“With **active listening** comes the importance of storytelling that centers Community Voices and highlights every aspect of the food supply chain”



Rachid Khenissi  
Young European Socialists



“The future is ours, but dissatisfaction with policies, rising costs, climate inaction, and growing inequalities persists. It's tough to speak out but crucial to make our voices heard and push for change. Not fighting for it would leave me uneasy.”







**YOUNG**

**FAIR TRADE ADVOCATES**

## QUESTIONS & INFORMATION

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🌐 [youngfairtradeadvocates.org](http://youngfairtradeadvocates.org)

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