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179 Boylston Street, 4th floor  
Boston MA 02130 USA  
email:  
info@GrassrootsOnline.org  
tel: 617.524.1400  
fax: 617.524.5525

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## Food for Thought and Action: A Food Sovereignty Curriculum

*Food for Thought and Action: A Food Sovereignty Curriculum* is a remarkably useful popular education tool. It offers a practical way to strengthen a growing food sovereignty movement that includes consumers, farmers, environmentalists and faith communities. Building from the experiences of literally millions of grassroots activists world-wide, *Food for Thought and Action* challenges us to fix our broken food system.

— Michael Pollan, Author of *The Omnivore's Dilemma* and *The Botany of Desire*  
It's been said that "you are what you eat." In the face of a global food crisis, it's clear that we've been forced to swallow far more than what's on our plates. Our global food system is terribly broken, with nearly a billion hungry people around the world. Millions more are forced from failed farms as industrial agriculture privatizes and despoils our water, soil and biodiversity. Policies such as the U.S. Farm Bill and the North American Free Trade Agreement, have, in large part, brought us to this place.

How can we respond to such a massive and urgent problem? The answer, according to small farmers, farmworkers, fishers, consumers, environmentalists and indigenous peoples throughout the world, is food sovereignty. And to generate an informed and vibrant movement for food sovereignty, we must first understand how the food system works, its failures, and the hopeful alternatives that are blossoming throughout the world. *Food for Thought and Action: A Food Sovereignty Curriculum* does just that.

The curriculum is divided into **four modules**: one each for consumers, faith and anti-hunger groups, environmentalists and farmers. This collection of education-for-action exercises and factsheets has been developed by Grassroots International and the National Family Farm Coalition to help build the food sovereignty movement in the United States.

This curriculum emphasizes informed activism. Our greatest hope is that these teaching tools help swell a global movement which advocates for a radically transformed food system — where family farmers enjoy the right to feed their families, sell in local markets, and care for the environment, where consumers have access to healthy, reasonably-priced, local foods.

The curriculum is free. You can download one module at a time, the fact sheets or the entire curriculum on the [download page](#). To help us know how it is used, we ask that you please register below. We also encourage you to spread the word about this curriculum to others who are concerned about the food crisis and are ready to take action.

### Food for Thought and Action: A Food Sovereignty Curriculum

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