



FOLLOW
REAL FOOD SYSTEMS
ON SOCIAL MEDIA



@realfoodsystems



@RealFoodSystems

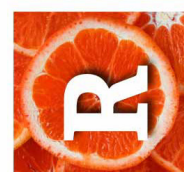
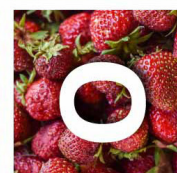
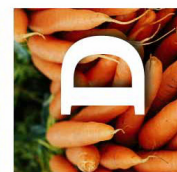


Real Food Systems



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for individual & planetary health



WHO WE ARE

Real Food Systems is an advocacy platform of actionists committed to addressing the planetary emergency through sustainable food systems as a #1 solution to climate and interrelated crises. We incite awareness of food issues, to ignite behaviour change in our relationships with food and action on international and societal levels.

Our vision is a transformed and sustainable future, where plant-based, whole food is the foundation for human and planetary health.

REAL FOOD SYSTEMS YOUTH AMBASSADORS

Our **Youth Ambassador Programme** inspires action, providing young people across the world who are passionate about food and climate, tools and a voice to help design a sustainable, healthy future. They represent all corners of the world, engaging in schools, communities and the global stage. A few examples:



PRAMISHA THAPALIYA, Nepal

Youth advocate, UN Food Systems Summit and agriculture.

MICHAEL AHIMBISIBWE, Uganda

Organic farming and community delivery. Michael speaks in many platforms advocating for climate-friendly agriculture and equity for food and jobs.



JENNIFER McMENIGALL, UK

Nutrition and food policy. She has been fundamental in leading our RFS social media.

PLANETARY EMERGENCY

Food systems are responsible for:

- 80% of **deforestation** and **biodiversity loss**;
- 30% of all greenhouse gases leading to **climate change**.

At the same time:

- There are food inequities and **hunger** in some places, and **obesity** in others.
- 1/3 of food production is either **lost** in production or **wasted** during consumption.

WHAT IS REAL FOOD?

1. It **nourishes** producers, communities and the Earth.
2. It **respects** human health, animals, social justice, and the environment.
3. It's as close to its **natural** state without alteration.

SOLUTIONS ARE OUT THERE

We need to reconnect with Real Food in both production and consumption. **Solutions are happening** and simply need to become **mainstream**.

Join the Real Food movement!