

Food Sovereignty

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<p>I have eaten food that I grew</p> <p>_____</p>	<p>I have been to my local farmers' market</p> <p>_____</p>	<p>I can name 1 GM food on grocery shelves</p> <p>_____</p>	<p>I have a garden</p> <p>_____</p>	<p>I have organized a public event on food justice</p> <p>_____</p>
<p>I can name 1 major seed company</p> <p>_____</p>	<p>I know the name of a small-scale or organic farmer</p> <p>_____</p>	<p>I have traditional food knowledge in my family</p> <p>_____</p>	<p>I have studied nutrition and healthy eating</p> <p>_____</p>	<p>I know why it's good for the soil to plant soy or chick peas</p> <p>_____</p>
<p>I have the right to sufficient, healthy and culturally appropriate food</p> <p>_____</p>	<p>I have met or am a Via Campesina member</p> <p>_____</p>		<p>I know how food aid dumping can hurt farmers</p> <p>_____</p>	<p>I can define "resilience"</p> <p>_____</p>
<p>I think ecological agriculture is the solution to the climate and energy crises</p> <p>_____</p>	<p>I love to cook</p> <p>_____</p>	<p>I can demonstrate the best way to take a seed from a tomato</p> <p>_____</p>	<p>I have been to a farm in a developing country</p> <p>_____</p>	<p>I don't buy fish from industrially overfished waters</p> <p>_____</p>
<p>I don't like Aramark in our schools</p> <p>_____</p>	<p>I can say potato in at least three languages</p> <p>_____</p>	<p>I know why the WTO & FTAs threaten food sov</p> <p>_____</p>	<p>I can name 1 wild-collected food in Canada</p> <p>_____</p>	<p>I have tried a 100-mile diet –</p> <p>_____</p>