



Recommendations for Surviving the Global Food Crisis: Creating a Just and Sustainable Food System

Preamble:

We are now at a pivotal point in the creation of our global food system. We must make a decision one way or the other: to change our choices for the better or continue down the destructive path we are on. Making a just and sustainable food system must entail cooperation across perspectives, including the production, processing, distribution, retail, and consumption of our food. It is our responsibility to create the ideal food system, one in which everyone, regardless of race, income, age, or gender, has access to affordable, healthy, sustainable food. We, the Montessori adolescents of the world, believe that with this action plan, we can change the way food is made, processed, distributed, and consumed. Every day your food choices affect the future of our food system. Will you join us in trying to make the right ones?

- Encourage the replacement of current government subsidies with subsidies for mixed planting, crop rotation and other methods of sustainable food production.
- Let animals and plants grow according to their natural processes.
- Take care of yourself and preserve the nutritional value of food by eating it in its simplest form.
- Always Seek Knowledge (ASK) for the common good and yourself by becoming aware of where your food comes from and what is in it.
- Encourage grocery companies that sell a variety of “good”, cultural, fresh, healthy, sustainable, affordable, food to open stores in food deserts.
- Work towards the enactment of just global standards for food distribution.
- Advocate for the implementation of taxes on unhealthy/unnecessary food items whose profits are used for increasing access to food via food charities and research on creating a more sustainable food system.



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- Incorporate student preparation of meals into school curriculum (to empower students through hands on experiences).
- Make healthier, more sustainable, and more diverse food choices. Vote with your mouth; express your opinion through what you consume.

Want to join the movement? Join us on Facebook under “International Montessori Adolescent Summit” to learn more about how you can vote with your mouth.