

**SPECIAL EDITION - FOOD INSECURITY**

**FOR A DIGNIFIED  
AND SUSTAINABLE  
ACCESS TO FOOD**

**Dominique Paturel,  
for the creation of  
food social security**

**ATD, Secours Populaire,  
VRAC, Marguerite Network,  
Third feeding place,  
the chef Alain Alexanian...  
How do they fight  
the food fracture ?**

**Olivier de Schutter,  
rapporteur of the UN,  
about the cooperation of governances**

**SPECIAL EDITION REALIZED  
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# The Tout Va Bien

The TVB is one of the tools of the association Tout Va Bien, whose social objective is to spread solutions and knowledge with a positive impact on the environment, the individual, society and community life.

Inspired by the solutions journalism, TVB created in 2016 the idea of the initiative per kilometer. By transmitting the inspiring approaches of local actors, the association hopes to stimulate the desire to act close to home.

The newspaper is above all a citizen tool for collective reflection since every one has the right to write in its pages after a short training in journalistic writing and the signing of our editorial charter. By going through solutions made together, we hope to see a lot of ideas to reinvent tomorrow.

## The Dialogues en humanité

Created in 2002 in Johannesburg during the second Earth Summit, the Dialogues in Humanity were launched in Lyon in 2003 and since then have regularly proposed numerous activities whose common thread is to grow in humanity and develop a citizenship of the earth, a society of living well. According to them, we are invited to come out of the feeling of powerlessness and indifference in the face of the major challenges facing humanity, to weave links and bring to life the many initiatives, through encounters and «doing it together».

Every year, in dozens of different countries, personalities from various horizons, French and from around the world, as well as «wise men of daily life» from all continents are invited. To make it easier to speak, the organizers and speakers speak from their individual experiences. This particularity is at the heart of the approach, which allows everyone to «take off their caps». The golden rule of exchanges is based on listening and mutual respect. Children, teenagers, adults, parents, artists, community activists, business leaders, citizens of the world... Dialogues in Humanity is for everyone.

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#### Tout Va Bien, le journal qui réinvente demain

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# For a dignified and sustainable access to food

**T**he Covid 19 pandemic tragically revealed the vulnerabilities of our globalized food system; based on the industrial, hyper-specialized and productivist model, the agri-food system has made each country dependent on one another without ever anticipating what a break in one of the links of the chain would represent.

Everywhere, the demand for food aid is exploding. Families who were struggling to make ends meet are on the verge of falling into deep poverty. This is an alarming situation that could extend beyond the health crisis, an even more serious situation in developing countries where every 6 seconds a child under 5 dies from hunger or malnutrition.

Faced with this emergency, the Dialogues in Humanity organized for the first time an autumn session focused on the food issue in order to identify constructive initiatives in this area. These online days brought together leading speakers to highlight and support the many projects that are springing up everywhere.

### Co-construction and solutions from shared experiences

The DNA of the Dialogues is co-construction, the cross-fertilization of knowledge from lived experi-

ence, from the bearers of positive initiatives, for local and global solutions: through dialogue, this program traces the path between these different areas of expertise to find sustainable solutions to fight poverty.

First of all, it seems essential to learn the lessons of the pandemic when the entire food chain has been impacted and informal organizations have emerged here in Lyon. As this change takes place, it is also necessary to listen carefully to the testimonies of people living in even more precarious conditions.

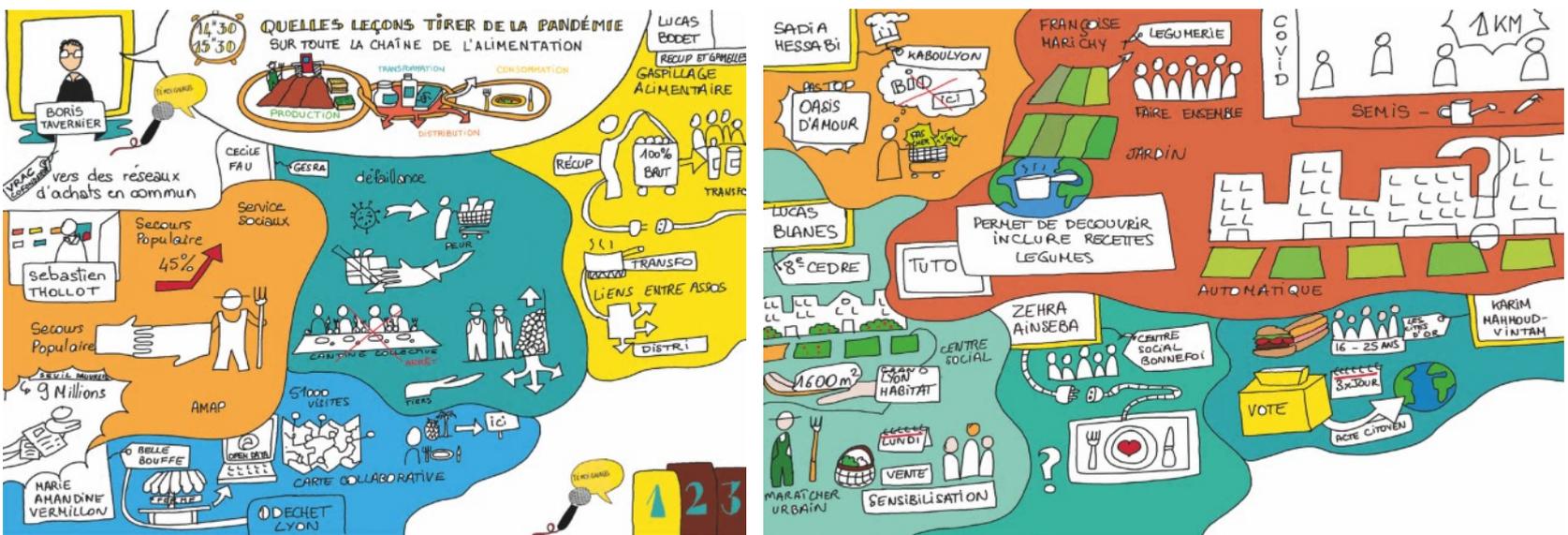
The exchanges allowed many themes to emerge: democracy, food justice, the right to food, information and awareness about food, food sovereignty, cooperation dynamics, food-based third places and so on. They were an opportunity to testify to the many experiments taking place in metropolitan France and elsewhere in the country: group purchasing, solidarity gardens, solidarity baskets, collective catering, food education, collective kitchens, third party food places...

These various analyses of initiatives have provided keys to understanding the obstacles to dignified and universal access to quality food. Concrete proposals exist to take control of food issues: by acting at the crossroads of agricultural, health, economic and environmental issues, we can effectively fight against food insecurity.

This cross-cutting issue must then integrate all the actors in the chain: producers, processors, distributors and consumers. It must foster cooperation between civic, public and private actors who are stakeholders in dignified access to quality food.

*The Dialogues in Humanity team*

© Frédérique Assal de Pole En Pomme



# Food insecurity:

## Definitions

### Sustainable food

Sustainable food is the set of food practices that aim to feed human beings in **quality** and sufficient **quantity**, today and tomorrow, in an **environmentally** friendly, economically accessible and **remunerative** way throughout the food chain.

Source : Ademe

### Food insecurity

A situation in which a person does not have guaranteed access to **sufficient, quality and sustainable food**, in accordance with his or her food preferences and **nutritional needs**, which may lead to or result from **social exclusion and disqualification** or an impoverished environment.

Source : Étude d'action du Labo de l'ESS Agir contre la précarité alimentaire en favorisant l'accès de tou-te-s à une alimentation de qualité



In France, **9 millions of people** rely on food aid to feed themselves.

**The World Food Programme (WFP), winner of the 2020 Nobel Peace Prize, helped 97 million people in about 88 countries in 2019.**



**43% of the world's population suffers from malnutrition in excess or by lack, i.e. about 3 billion people.**



**75 % of the world's food production depends on 12 plant and 5 animal species.**

**90 % of plant species and half of the domestic animal species have disappeared.**

**Global food demand generates between 22% and 37% of greenhouse gases.**

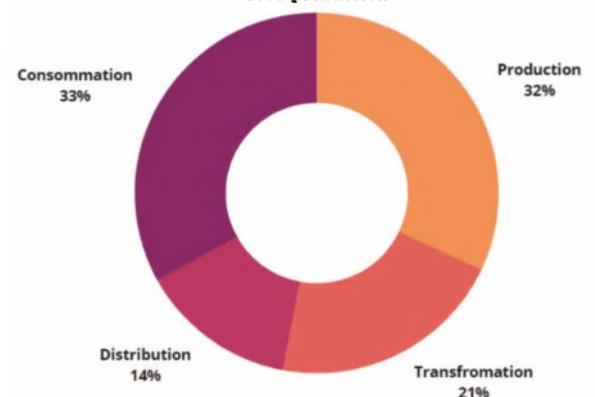
Source : FAO et I4CE

**Food waste represents, in the consumption phase, 30 kg per year per inhabitant in France in 2019.**

**2200 kilocalories** that's what it takes to feed a human being every day to live

To produce 2200 kcal per day, **200 kg of cereals or equivalent per inhabitant per year** must be produced. However, we already produce 330 kg.

Percentage of food waste at each step of food production



Source : Ademe

# 4

### causes of food insecurity :

- A globalized consumption model forgetting local specificities;
- A production pattern favoring exports;
- Household and national poverty;
- The information and institutional deficit on the subject.

Source : Rastoin et Gherzi (2010)

# The context in numbers

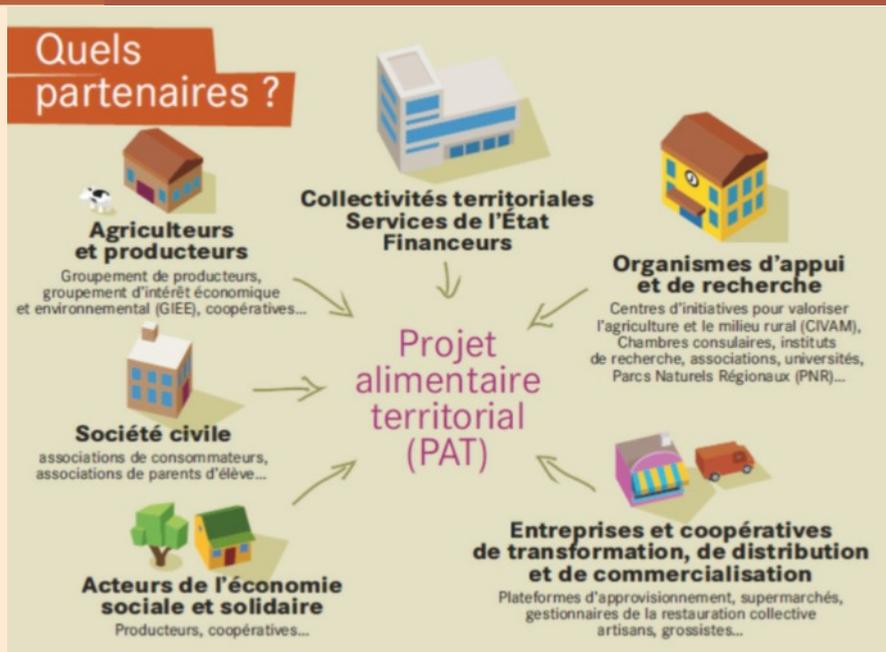
by Laurianne Ploix

## Transversality and territorial cooperation

### Territorial food programs (PAT)

PATs are developed in a concerted manner at the initiative of the actors of a territory. They aim to give a strategic and operational framework to partnership actions responding to social, environmental, economic and health issues. Food then becomes an integrating and structuring axis for the coherence of sectoral policies in this territory. They were introduced by the Law for the Future of Agriculture, Food and Forestry of 13 October 2014.

Source , *ministère de l'Agriculture*



### The 4 pillars to fight against food fracture

- **social and cultural**
- **economic**
- **practice**
- **citizens**

## 1,7 millions

**lives could be saved per year by eating more fruit and vegetables, according to the UN World Health Report.**

**In nutrition, we often talk about the 3 things Vegetal, True and Varied to ensure access to a healthy diet.**



## Back to local food

**95,4 % of the food consumed in a radius of 50km around Lyon is imported.**

**95 % of the local production is exported.**

**Agricultural production in the Lyon region would cover 93% of the inhabitants' food consumption.**

**30 %** of the «Grands Lyonnais» consume short circuits and/or organic products.

**Third feeding places, food aid including social integration are developing all around. Take for example social and solidarity groceries stores.**

Source : *Cahier des enjeux de la stratégie alimentaire du Grand Lyon*

# Olivier de Schutter: relocation, cooperation and transversality for a necessary food transition

**O**livier de Schutter, a Belgian legal scholar specialised in economic and social rights. He served as a special reporter for the United Nations on food access rights from 2008 to 2014. He is now a reporter on poverty and human rights. He co-chairs the International Panel of Experts on Sustainable Food Systems (IPES-Food). We asked him about the actions that should be implemented in

**TVB, Could you tell us about food policy councils? What are their actions and objectives?**

**Ods :** The idea behind food policy councils has emerged in the early 1980s in the United States, and then in Canada in the following decade. Today, this idea is emerging in Europe, particularly in the United Kingdom and Germany. The councils are forums that bring together the contributors of the local food systems: from the territory's inhabitants to school administrators, small producers and farmers' unions etc. They consist of places where we discuss how to redesign local agricultural and food systems to better guide politicians' decisions. These councils are the visible side of the current inclination towards democratising agro-food decision-making and not leaving those decisions to lobbies only.

**TVB, Why is food democracy important in our times?**

**Ods,** I think it's important because we realise that without more transparency in decision-making and without those decision-makers being held accountable by the public, we risk letting the agricultural and food decisions be only focused on short-term periods and on keeping the current system implemented. It's important to provide an immediate response to any appearing crisis. These decisions are often taken hostage by the major players in the agro-industrial sector, in particular large agricultural and food companies that control the connection circuit between the farmer and the consumer.

So, food democracy is necessary in order to be able to inject long-term perspectives, to broaden political imagination and to do something other than being steered in the current of agro-food systems; all of this will allow to identify the necessary transition, given the unsustainable characteristics of the choices that have been made so far.

**TVB, What are the challenges facing these objectives?**

**Ods :** The main challenge is that we need to adopt more relocated and sustainable food systems in terms of production, processing and distribution, while taking into account the fact that many families depend on low-cost access to food. Transitioning into a sustainable system must not penalise low-income households. I think that's the biggest challenge and one of the reasons we're still dependent on low-cost food right now. Consumers today do not pay the real cost of food.

This cost is paid by taxpayers, whether due to environmental effects, public health effects or social effects linked to the disappearance of small or medium-sized farms. These costs are paid by society as a whole and not by the consumers. So we must gradually adopt a system that promotes sustainable production, giving access to quality food at an affordable price. It's a very complex transition.

**TVB : Could you tell us more about the "From Farm to Fork" strategy?**

**Ods,** It's a food strategy proposed by The European Commission on May 20th 2020, as one of the strategies to help roll out the Green Deal made in December 2019. The idea behind this food strategy is to adopt more equitable and sustainable food systems for both producers and consumers. One of the goals of these strategies is to transform ¼ of EU farmland into organic agriculture by 2030. The biggest challenge is to align the different sectors' policies that influence our food systems. For example, trade policies and Common Agricultural Policies are not on the same page regarding this strategy.

**TVB, What would you like to see changed in order to improve access to sustainable food?**



© Jean-Marc Ferré/UN Photo

**Ods** : I would like to highlight 3 key words :

»**Relocating**

For 5& years. we've been prioritising the economies of scale, long supply chains and the specialisation of each region by deepening the international division of agricultural and food industries in the name of efficiency. Unfortunately, this leads to increasingly problematic situations, both because some regions realize that they produce very little of what they consume and consume very little of what they produce, which is not good for their resilience in case of a downturn. But also because, from an agronomic point of view, this insistence on large markets is problematic. There should be diverse farming systems and a wide variety of production in a given territory

»**Consistency**

In terms of agriculture, environment, health and trade, the strategies put in place are not consistent with one another. It is necessary to adopt a cross-cutting strategy that aligns these different sectoral strategies with each other.

» **Coordination between different sectors of governance**

What we have today are territories that need to relocate and renew the links between consumers and local producers. At the European level, the re-territorialization is not supported. which means the different sectors of governance are not aligned with each other.

**TVB, Do you have examples of territorial cooperation that work locally or internationally?**

**Ods** , In this regard, there are some citizen initiatives led by independent associations that have their own projects, and I think that they don't wish to be coopted. The difficulty for a metropolitan area is to make this citizen energy grow without absorbing it. And I believe that the big challenge is to remove the obstacles in order for these initiatives to develop; for example, connecting supermarkets with families in precarious situations, through a system of redistribution of unsold products. The difficulty is that in an area in which there inevitably are initiatives that are resistant to a sort of grouping from above, one must act with great tact and respect the self-organization of associations.

The cities that impressed me the most are Ede, a Dutch city near Wageningen and Brighton. UK. These are cities that have adopted transition strategies over 4, 5, 6 years allowing for more green alternatives for consumers

Shahi

# Dominique Paturel, for the creation of food social security

**D**ominique Paturel is a researcher in the Social Innovation through Action Research Laboratory (LISRA in French). A member of the Food Democracy collective, she provides solutions for sustainable access to food.

**TVB, At the Dialogues en Humanité event last November, you talked about a misunderstanding between the concept of food democracy and food justice. could you explain?**

**DP** : Food justice is based on Anglo-Saxon models that don't have the same laws as in France. In the United States, it's the jurisprudence that shapes the law. It's made

out of the debates that become pivotal in the shaping of democracy. In France, it's not because hundreds of thousands of people join the AMAP, that this leads to making a law. For 20 years, the number of collectives and alliances with the public authority has multiplied. Yet, the right to food access is not further respected. A food democracy would be an idea of a common law to transition from food assistance to allowing access to food for all the inhabitants of France.

**TVB, What is the difference between food democracy and food sovereignty?**

**DP** : The concept of food sovereignty emerged in 1996 as a challenge to the first World Food Summit. La Via Campesina, an alliance of international farmer organisations, disagrees with food security in terms of production and quantity. It wants to promote the conditions of producing

## Solutions mentioned

food that does not fit into the globalised system and that concerns the majority of peasantry on an international level.

Through this concept, the right for governments to have control over production, processing and distribution is emerging in a way that people feed themselves while taking into account the cultivations.

A few years later, the concept of food democracy appeared in Nordic countries, against the background of a food system and governments who could no longer legislate acts to ensure food access for their citizens. It's still the case today.

**TVB , What solutions have you considered?**

**DP :** Creating food social security. It would embody a universal and an equal access to food of sustainable agriculture for all inhabitants. It would be based on economic democracy with fundings from social contributions going hand in hand with an arrangement of production, processing, distribution and consumption. The governance of this system requires a significant participation from the inhabitants to regain control over local food chains and systems.

**TVB , At what scale could we start building this**

**project**

**DP :** The scale on a regional level is interesting. It allows us to have a clear enough vision of what's happening on the territory. There should be a local public food service that deals with the regulations issue.

**TVB , What is the current limit for establishing food social security?**

**DP ,** We must keep developing ideas on macro-economic domain, calculating contributions for example. But also building local initiatives with systemic and political methods. There are many projects emerging but are not growing because of this gap. Food social security is a need for a utopia based on a past reality, lived at the end of the Second World War. So it could be adjusted to today's needs.

*Théo Tzéléoglou*

# Dominique Picard : « Ensure access to quality food »

**D**ominique Picard, from the **Laboratoire de l'économie sociale et solidaire (ESS)** and the **Dialogues en humanité network**, shares with us some solutions to fight against food instability, drawing inspiration from the local initiatives she encountered during her study on the subject.

**TVB : What prompted the SSE Lab to work on this issue ?**

**DP :** The SSE Lab opened a project on the subject of sustainable agriculture and food in 2017 at a time

when these issues were becoming major topics in society. I would remind you that at the same time, the government set up the General Food Summit, which over a few months brought together several hundred actors from various backgrounds (professionals and representatives of the agricultural world, NGOs, research laboratories, institutional representatives, etc.) to discuss the conditions for an agro-food transition recognized as necessary and urgent. Workshops gave rise to numerous proposals, a number of which found expression in the EGALIM law (law for the balance of commercial relations in the agricultural and food sector and healthy, sustainable and accessible food to all) promulgated on 30<sup>th</sup> of October 2018. It is in this context that the SSE Lab decided to focus its study on issues of access for all to quality food.



**TVB , What does the ESS study to which you refer mentioned during the Dialogues en Humanité. recommends ;**

DP , Today. the gght against food instability involves a major factor : food aid. In a context such as the one we know, we can see that it responds to an urgent need. On the other hand, it becomes a problem when it turns into an unique and recurring response9We insist on the fact that we must go further and allow food insecure people to come out of a situation of humiliating assistance for many. During the study, we encountered many initiatives which show the way but which are still not very visible and poorly coordinated in the territories, unlike the food aid networks. It is also these initiatives giving back the space and the power to act to the people concerned that were particularly highlighted during the Dialogues.

**TVB, Do you recommend an access for all to a quality food. what would be the conditions to achieve this ;**

DP : It is of course necessary to work on the conditions of accessibility which are of different types ,

economic (purchasing power, in particular), practical food offer available in the place of life. for example), social and cultural (conviviality and respect for culinary traditions), citizen (information available, collective organization, etc.). The challenge is to be able to respond in a comprehensive and concomitant manner to all of these conditions. But we also insist on the need to radically take into account two other issues : the quality of food products for obvious health reasons. Eating healthy can significantly reduce a number of diseases which particularly affect the most vulnerable , obesity. diabetes, cardiovascular diseases, in particular. This is why organic products must take an increasingly important place on our plates and be made accessible to everyone. The second issue, which concerns us all, concerns the need to change our eating habits because they have a significant environmental impact. But for this, collective mutual aid will be necessary to deploy because we are all in a learning situation !

**TVB , Is there a preferred organizational method to create dignified and sustainable access to food ;**

DP : It is necessary to act in a systemic manner, that is to say to create the conditions of coordination, cooperation and governance adapted to provide complementary responses, according to the different forms of food insecurity and the different types of territory. There is no single answer, it is the hybridization of actions, resources, human resources, which will form the relevant food strategies, possibly relying on mechanisms such as territorial food projects or territorial poles. of economic cooperation from the ESS. And without doubt giving priority to the right to experimentation.

*Théo Tzélépoglou*

# Adapting to low budgets

**F**inancial difficulties represent an obstacle in face of developing healthy and sustainable food access, both for families and associations. according to Sébastien Thollot, Secretary General of Secours Populaire du Rhône.

**Being > imaginative when cooking <**

In 1806. ATD Fourth World's health laboratory published a study named How to Eat with Dignity and

Sustainably for 57 euros per Month? 57 euros is the average leftover budget for a person in households benefiting from social minima. i99 the amount left over each month for daily expenses such as food.

Micheline Adobati. an ATD Fourth World activist from Nancy adds, When you are in poverty. you are imaginative in the kitchen9 We do things we didn't think we could do. The basket consists of pasta, rice, potatoes. milk. sugar. flour and tuna9 Therefore. it is necessary to adapt while dealing with the many prevention messages, sometimes guilt-ridden, that recom-

## Campaign « Solidarity baskets » in Lyon 7

### Solutions mentioned

One of the local initiatives found by Secours Populaire was set up in the 7th district, in Lyon. In conjunction with the AMAP Auvergne-Rhône-Alpes network, Secours Populaire launched the « Baskets for Solidarity » operation. Every week, thirty people benefit from baskets made up by a local producer at a reduced price of 2 or 3 euros. While the beneficiaries must make a six-month commitment to the AMAPs for this type of basket, the Secours Populaire offers a one-month commitment. Eventually, the association intends to set up visits to farms as well as workshops to raise awareness about healthy and sustainable food.

« We do what we can, not what we want », says Béatrice Mouton, an ATD Fourth World activist from Lyon.

The ATD Fourth World report recommends using food gardens, group purchases or associative aid to access dignified and sustainable food.

### Going forward step by step

In the Rhône department, Secours Populaire distributes 119,000 food aid units every year. « We try to meet the needs with products of medium or long consumption, but there is a paradox between providing these 119,000 food aids and providing healthier and more sustainable food which is, in fact, more expensive. Introducing fruit and vegetables everywhere is impossible with our budget. » observes Sébastien Thollot, Secretary General of the Rhône Federation.

To meet the big needs at low cost, while exploring ways to improve nutrition, the structure has chosen very local initiatives, for a limited number of people.

« Healthy and sustainable food circles have been launched for excluded people. Cart operations in supermarkets are a form of donation that meets our needs, but we need to find solutions to reintroduce fresh fruit and vegetables, seasonality and cooking », explains Sébastien Thollot. « The important thing is not to focus on a number of people, we know that it is not accessible to everyone. But we have to move forward in steps to reach certain audiences in the long term. »

Sustainable food is a project that will therefore have to be a long-term one.

*Mathilde Amen*

# The emergence of third places for food

**A**ll over France, third feeding places are being created. These spaces dedicated to food issues are based on the notion of «working together», solidarity and cooperation to fight against food insecurity.

« The concept of third places refers to the outside, to the human community. It's the third place, the one which comes after home and work », explains Pauline Scherer, sociologist at the LERIS (Laboratory of Studies and Research on Social Intervention) of Montpellier. « Third places are about food democracy, sustainability of the food

system and cooperation. Proximity, unconditional and sustainable welcome are also important ideas. We need to understand the question of nutrition in regards to financial and social factors. »

### » Raising awareness about food «

In Nouvelle-Aquitaine, the association of Les Râteleurs works on the concept of food third places, and defines itself as a « permanent education center for sustainable nutrition » in the city of Sainte-Foy-la-Grande. For the agronomist Eric Prédine, one of the founders, « food is very private. Often, we are ashamed of what we eat, we don't want to share with others. The goal of Les Râteleurs is to raise awareness about sustainable food, without any kind of judgment. »

With inclusive methods, the association has taken several actions, such as shared gardens or cooking workshops. » We went door to door to raise awareness and get in touch with isolated persons. Cooking workshops helped us to create bonds of trust. Then, we just talked about what was needed « says Eric Prédine. During the lockdown, the association handed out home-made soup, to fight against isolation and any difficulties related to the lockdown. «The power to give and to receive with dignity is very important for the social cohesion of the area.», explains the agronomist.

### Towards a more resilient territory

Les Râteleurs also wishes to benefit from its territory, especially the unused equipment. The association has also negotiated to have access to an educational kitchen used only 20 hours per week. « It was very difficult.», regrets Eric Prédine. « There is a cultural barrier, it's something that wasn't done before. The equipment wasn't used at its maximum capacity and it was available all around the area. Based on its successful experience, the Gironde department is now actively working on a better use of public equipment, for the general interest.»

Now, the association is working on setting up a place for sustainable food called Maison des Services à l'Alimentation Durable. This third place aims to create a food system from resilient territories, being both a showca-



sing space, including a welcoming area, meeting and storage rooms - to public and private spaces where equipment can be used for cooking or educational workshops. «There will be workshops and insertion sites in market gardening and cannery», explains Eric Prédine. Beyond a single third place, Les Râteleurs wishes to develop a set of third places based on regional opportunities.

Mathilde Amen

## Marguerite Network, projects for teens

**The Marguerite Network supports teachers in their projects taking place in several middle and high schools in the Auvergne-Rhône-Alpes region. Mainly active in Lyon Metropolis and in the Ain department, the association offers to put students at the center of the implemented projects. This provides a way to reconnect young people to their territory, their food and make them play an active role in their daily lives. We spoke with**

### TVB, Could you present the Marguerite Network?

NC, It's an association that supports middle school teachers in setting up projects educating about food industry and agriculture. The Marguerite project is a way to put kids in the spotlight and to view them as contributing citizens, not just consumers. Led by teachers from different domains, the project responds to territorial issues and adapts

to the needs of each school. The idea is to also take into account young people's current concerns. The project is linked to their daily life and the territory in which they live. Contrary to nutritional education instructions, such as "eat and move", we try to get young people to think and choose for themselves.



**TVB, Could you explain the concept of agricultural and food education ?**

NC : Agricultural and food education is a notion that has emerged with the network's first project. It focuses on 2 main objectives: to raise awareness among young people on the different levels of food systems and to train teachers; to encourage initiatives and to encourage food and social justice. It's a way to link young people to their environment, their consuming patterns and to help them discover how food systems work.

**TVB, Could you tell us about the different actions introduced in the city's middle schools ?**

NC : At Henri Barbusse Middle School in Vaulx en Velin, and after observing the omnipresence of sodas in young people's diets, a project was set up, Sugar Killer. The idea emerged with the use of 'Selfood' (combining 'self' and 'food'). This method consists of taking photos of one's own meals, all of which makes it possible to analyse the students' eating habits. A survey on the role of sugar in the food industry was launched in collaboration with Thierry Boutonnier. The young people took part in this investigation, calling the manufacturers themselves to ask questions.

At Elsa Triollet Middle School in Venissieux, AMAPs were set up. It's a way to respond to the lack of short circuits in the area and to involve young people in doing concrete actions.

As for Les Iris Middle School in Villeurbanne, a food labeling project was set up in which scope statements were created by the students and their teachers. At the end of the year, a lunch is scheduled containing only ingredients that respect what's stated in the scope statements.

**TVB, What are the obstacles facing your actions ?**

NC : Setting up a project requires a lot of involvement from the teachers and a lot of work to provide support from the association. At the moment, with the health instructions constantly changing, the teachers are exhausted and it is difficult to support all of them with our current staff. In addition, we lack visibility. Since we work with teachers, we do not have on-the-ground contacts. It's a difficult work to explain and to show its importance to funders.

**TVB, In your opinion, how should we act to attain food access for all ?**

NC, To ensure access to food for all, we need everyone's involvement. We must ask for everyone's opinion, even the youngest of them and to not underestimate their power and their desire for change. In order to have a systemic approach to the food industry, we need to solicit all the contributors, even those who seem the most resistant because they too have something to add.

Maryam Hamdadi

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# Alain Alexanian, from the plate to the field

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**A**lain Alexanian is a starred chef who likes to break codes and rethink food in varied and sustainable ways. President of the Lyon Bio-Resource association, he works with the Grand Lyon to help the world of catering to evolve.

**TVB : Can you introduce yourself and your actions in favor of sustainable food ?**

AA : I am Alain Alexanian, starred chef and president of the Lyon Bio Ressources association. To promote sustainable food, I am trying to rethink the way we look at food on a daily basis. The seasons change and biodiversity adapts, so we must in turn adapt our practices. To do so, we must listen to people, take into account the different ways of eating and find solutions. In order to raise awareness among as many people as possible, I have written a book entitled The Art of Eating Well Organically and I work with groups of children.

**TVB : Can you explain what is Lyon Bio-Ressource ?**

AA : it is an association that brings together several eco-responsible regional partners around the creation of a circular and territorial food resource chain. The association has three main objectives, to fight against food waste, to promote short circuits and to reduce the production of food waste. We decided to transform what was previously considered as garbage into bio resources. There is a lot of education to be done in the restaurant business regarding bio-waste management. The idea behind our initiative is also to highlight the efforts made by certain structures. Many establishments have merit but lack recognition or visibility. We encourage restaurants that serve seasonal vegetables and homemade meals and that are involved in sorting their waste. With composting, we go from the plate to the field, feeding the earth, which will then feed us.

**TVB : How did you come up with this thought on sustainable food ?**

AA, As a chef, we often have to go to the market. There,



I am in contact with the producers, we discussed and exchanged about the products, their origin and their seasonality. I realized that there was a real difference in the taste of their products, but also the importance of the contact with the farmer. Nowadays, our diet is very restricted, we always eat the same vegetables, meats and processed products. This lack of diversity is due to intensive agriculture which to produce more has reduced the number of seeds used and the animal species raised. It seemed to me essential to raise awareness about food and in particular the importance of varying what we eat.

### *TVB : How do you introduce nutrition to children?*

AA : I try to get them to ask questions, to make it an exchange and not a lecture. I explain to them, for example, that the stomach is like a second brain made up of neurotransmitters and that it reacts to what we feed it. If they ask me if eating tacos is good for the stomach. I wouldn't say no, but why not add a little parsley to it to give it a new experience? Of course, you have to be careful about the ingredients you use, especially the chemical inputs in the vegetables. but that's not all. The way you cook is also important. Eating the same thing over and over again, even if it's natural steamed vegetables. is not necessarily the solution. Variety is important.

*Maryam Hamdadi*

## Local initiatives that promote access to healthy eating

**A**ccess to quality, fair-trade and healthy products may be difficult for families and people in precarious situations. To help these families have the healthiest possible diet, there are creative and solidarity-based initiatives that aim to fight against food injustice.

### *Vrac, a collective purchasing network*

The Vrac network is a project that aims to fight against inequalities of consumption in poor neighborhoods and to make local and organic products accessible to the greatest number of people at a reasonable price. Its mission is to build purchasing groups of inhabitants according to their demands.

Vrac receives orders for products from its members, re-groups them, and thus reduces the intermediaries between producers and consumers. By favoring short circuits, the inhabitants of a working-class neighborhood have access to quality food at a reduced price.

### *Baraka Cooperative, the urban farm*

The Baraka cooperative project started on a wild land, later transformed into an urban farm. It is a food third place in

Roubaix that connects market gardeners and creates a self-harvesting space that allows families in precarious situations to have access to fresh products at a lower cost. This initiative not only brings the producer closer to the consumer, but also the farm closer to the jungle of buildings.

### *Cocagne Network, sustainable products*

The Cocagne Network initiative was born out of the Territorial Pole of Economic Cooperation (PTCE) of the Aurdoucq Region. It is committed, in several ways, to providing more independent and healthy food to people in precarious situations. The solidarity baskets, for example, are baskets of organic vegetables produced by the Jardin Cocagne gardens and intended for low-income families.

The products are grown by employees who are in the process of social integration. They are then distributed directly to consumers without passing by large groups. Solidarity for farmers excluded from mass production methods, for people in social reintegration programs, as well as for consumers who cannot afford local and organic products.

These associations are inspiring, innovative and are part of the useful actions to continue to develop more sustainable food systems.

*Shahi*

# AMAP, solidarity with the producers

**T**he AMAP, for association to maintain a peasant agriculture, of the Auvergne-Rhône-Alpes network, works on solidarity with peasant farmers and people facing food insecurity. We collected the testimony of **Bénédicte Pelloux, Accessibility Officer and Jean-François Baudin, President of the AMAP AuRA network.**

**TVB : What are the issues for local farmers, and how can we work on it ?**

Farmers are facing several issues :

- Climatic risks, which are becoming more frequent (hail, drought, flood, extreme temperatures) and weaken activities and production.

- » Difficulties accessing land for young farmers. Sometimes, they need several years to access land to work in good conditions.

- The laws which are not always suitable for peasant and organic agriculture. The pressure of some rules, for example on sanitary controls, can weaken the farms and sometimes lead to stopping the activities. The 'organic' certification is expensive, and the multiple controls which come with it are paid by those who have good practices rather than those who damage our environment. Organic production is not a trend nor a whim but a necessity.

The solidarity in the AMAP is essential : whatever happens, farmers already sold part of their production to engaged consumers acting in solidarity. Risks and benefits are shared in the AMAP, which can set up pools to help a farmer who needs help.

Today, demand in organic products is rising and the supply can't keep up. It is urgent to create more jobs in agriculture.

**TVB : How can the AMAP help the most precarious ?**

Solidarity is the most important thing in the AMAP. The question of accessibility for everyone to healthy and sustainable food is the third principle. Therefore, several actions are set up to help people who suffer from food insecurity by providing fruits, vegetables, bread, eggs. These actions can be baskets of goods or creating partnerships with local societies to fund crates of vegetables. Since 2019, the network works on this question with AMAP students. Students are sometimes distant from the issues of agriculture and sustainable food, and it raises the question of the baskets' prices in the AMAP.

There are several principles for the AMAP who wish to create partnerships with local actors :

- Partnership with a social structure or a solidarity society such as Secours populaire or Restos du coeur)

- Subsidised contracts where two thirds of the baskets is taken care of

- » Welcoming people who suffer from food insecurity in the society, the same way as any other person

- » Participation in the AMAP's activities, deliveries, talking with farmers, sharing recipes, and so on

Since the beginning of the sanitary crisis, some AMAPs are involved in emergency actions to give baskets to local societies. Patrols to distribute food are created for example, or food deliveries for the elderly and carers. The AMAP, a collective of engaged citizens, proved to be not only resilient, but supportive.

*Laurianne Ploix*





## Recup & gamelles, to fight against food waste

**L**ucas Bodet is project leader at **Recup & gamelles**, a society which fights against waste all along the food chain by creating local partnerships and raising awareness. He explained to us what is at stake with food waste and what his society does.

We use cooking to raise awareness because it is almost a universal tool. Waste is there all along the food chain, and every actor has a part in reducing it. One solution or one action can't make a difference, we need to build collective projects. For example in a neighborhood, the territorial collectivity, social landlords, residents, societies and merchants need to work together.

**TVB : What are the solutions for a sustainable access to food ?**

LB : Food has lost its sustainability, and became less accessible. The solutions are to be found in actions all around the territory : raising awareness on the knowledge of food, eating less meat, short circuit, waste production. We need to increase the resilience of our food system, make our supply of raw product grow, boosting cooking creativity. With food waste, several things are at stake : agriculture system, waste system, health system, distribution system...

Laurianne Ploix

**TVB : What is at stake with food waste today ?**

LB : In France, we need to work to achieve the goals set up by the Garot law and the Pacte National de Lutte contre le Gaspillage Alimentaire, which is a decrease in waste of 50% by 2025. Fiscal advantages for food donation are double-edged because they don't address on the real issue, the fact that our society is built on the principles of over-consumption, over-production and therefore waste. There is not enough logistics solutions, especially in the agriculture sector. For some actors, decreasing waste is increasing the value of unsold products which are considered as organic waste, and used to make energy. For us, it is essential to rise above this notion of unsold product, to make it first an edible resource.

**TVB : What do you do to meet the challenges ?**

LB , Recup & gamelles works on several aspects in the fight against food waste :

- Recapturing unsold products
- Raising awareness to these challenges with cooking workshops, zero waste buffet etc
- Supporting the actors towards a transformation of the food system



# Breakdance to sensitize young people to healthy food

**D**uring the *Dialogues en humanité* last November, Azdine Benyoucef from the Second Souffie company, the dancer Naomi Lombo and the breakdancer Arnil Niguon shared their relationship with food as artists and athletes, as well as their power to sensitize young people from working class neighbourhood.

Street art and sports are gateways to think about food for young people, as several experiences in Lyon show. For instance, at the Louis Pergaud school in Vénissieux, school children were involved in a choreography, play and music project with Azdine Benyoucef from the Second Souffie compagny and their teacher, Nadia Bachmar. It was about raising awareness on food, through a physical activity to help the children understand the importance of healthy food. According to Nadia Bachmar, “the interesting thing in this project is to involve the children in a citizen approach and to work on health, physical and mental. Physical and cultural activities bring well being and self-worth, through group work”.

« *We are not pointing fingers* »

« *There are several points we're working on, explains Azdine Benyoucef. We know that in*

*working class neighbourhood, there is junk food. at the beginning we are not talking about food et we are not pointing fingers. We show choreography performances, and that food is a part of a system of contents. performances. It's through passion that we can make a difference.*»

That is what happened for Naomi Lombo, a dancer from Lyon who teaches dance. « *It made me realize that there are health practices to have. I was always snacking on cakes, and I understood that having a physical activity doesn't allow you to eat junk food. By teaching, I realized that I didn't have enough energy.*» Same thing for Arnil Nguon, 5th international breakdancer: « *I work out 5 times a week, for 3 hours. I have to eat healthy to be able to do that.*»

« *Some children who were there when we talked about food brought some things home*»

For Azdine Benyoucef, breakdance's popularity will be amplified with the Olympic Games in 2024 and can be a lever to talk about food, even with children. « *For Azdine Benyoucef, breakdance's popularity will be amplified with the Olympic Games in 2024 and can be a lever to talk about food, even with children.*»

Dancers can be a source of inspiration for young people. Azdine Benyoucef offers to go further, « *Some high level dancers could be sponsored by ethical brands, rather than beverages brands which are bad for our bodies.* »

Raphaëlle Vivent

From left to right, dancers Naomi Lombo & Azdine Benyoucef.



# *Their ideas to act*



## **Linking environmental justice and social justice**

**Emie Joly. activist ATD Quart Monde**

The young people of ATD Fourth World Lyon have created a Fourth World Popular University on the theme of sustainable development where the question of dignified food was debated. For the day of the Refusal of Misery (October 17) they organized an event to link social and environmental justice.

## **Sharing Experiences and put them in common**

**Florence Le Nuzlec. Les Ripostes alimentaires**



« The Riposte alimentaire Grand Lyonnais approach is an open, contributory project to share our experiences and make the local dynamics around food resilience clearer. before, during and after the COVID-19 crisis in the Spring of 2020. It is based on an open contributory platform under YesWiki (and sharing existing local initiatives, while seeking to encourage the emergence of new projects led by citizens. It is part of a global Food Response approach coordinated between several territories to date. in addition to the Greater Lyon area. Brittany and the Val d'Oise. and the emerging Yvelines). It converges in this with the CRISALIM project imagined as a national network of local communities committed to a healthier, sustainable and accessible food. It is based on the « Creative Response » projects, particularly territorial ones. Linked by a common approach, they are open spaces of cooperation to learn together from the crisis, promote solidarity, share initiatives and prepare for the future. These communities of open practices, animated in a logic of commonality. cooperate with each other and share their productions under a CC BY SA default license »



## **Thinking about multidimensional, territorial,**

**Damien Conaré. Chaire Unesco Alimentations du monde**

« Food is multi-dimensional, so the policy must be made with the actors of the environment, health, education, social, solidarity and regional planning spheres. It is a great wealth but it is also very complex. The Territorial Food Projects (PAT) help to build such networks »

## **Making everyday choices**

**Karim Mahmoud Wintam. Les Cités d'Or**



« There are few or no harmless acts in our daily lives. Eating, choosing short circuits, choosing seasonal products rather than imported products. it is a way to recover from one's daily life and the societies in which we live. These are choices that can make a difference on a small scale »

# How to act ?

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## Consume responsibly

Without putting too much pressure on yourself for giving yourself too many lessons, there are some tips to consume more responsibly.

You can consume local, seasonal, organic and at a fair price with the help of the different labels that guarantee these specificities.

You can download the Toogoodtogo apps to collect unsold items from the merchants around you, at a reduced price. For 3 € you get an average basket of 01 €. Or download the Yuka app to find out what's in the products you buy by scanning their barcodes.  
[www.toogoodtogo.fr](http://www.toogoodtogo.fr)  
[www.yuka.io](http://www.yuka.io)

You can recycle your expired, unsold food with tips to be found on the Recupffgamelles or Disco Soup website.

You can create a compost or vermicompost to turn your waste into a resource. Find tips with Eisenia or Zero Waste Lyon.  
[www.eisenia.org](http://www.eisenia.org)  
[www.zerodechetlyon.org](http://www.zerodechetlyon.org)

## Helping the most precarious

You can go shopping in a social and solidarity grocery store. You will pay a certain price and people in difficulty will pay another price and will be accompanied in a personal project. Find the directory of social and solidarity grocery stores in the region with the GESRA group.  
[www.gesra.org](http://www.gesra.org)

You can eat in a solidarity canteen such as the Petites Cantines or the Escales Solidaires d'Habitat et Humanisme. You pay a price that allows a person in need to pay less.  
[www.lespetitescantines.org](http://www.lespetitescantines.org)  
[www.habitat-humanisme.org](http://www.habitat-humanisme.org)

You can become a volunteer in an association that organizes marauds or meal distribution such as the Restos du cœur, the Foyer Notre Dame des sans-abri, etc.

[www.rhone-restosducoeur.org](http://www.rhone-restosducoeur.org)  
[www.fnds.org](http://www.fnds.org)

## Support local producers

Belle Bouffe and Zéro Déchet Lyon have created a map that lists the places to eat local or organic food and independent shops in the Lyon metropolitan area. Find it on [www.bellebouffe.com](http://www.bellebouffe.com)

You can join an AMAP to receive products from a local producer or go to the farm drives around you, to the locavores grocery stores or to La Ruche who says yes.  
[www.reseau-amap.org](http://www.reseau-amap.org)  
[www.lell-market.fr](http://www.lell-market.fr)  
[www.lebiocal.fr](http://www.lebiocal.fr)  
[aiden-soldaire.com](http://aiden-soldaire.com)  
[www.laruchequiditoui.fr](http://www.laruchequiditoui.fr)

You can support the transition of farmers to organic farming or their access to property with the associations Fermes d'avenir and Terre de Liens.  
[www.fermesdavenir.org](http://www.fermesdavenir.org)  
[www.terredeliens.org](http://www.terredeliens.org)

## Sow and plant to feed you

You can sow and plant things that will be edible and accessible to all with the association Les Incroyables Comestibles or thanks to the vegetalization permits of your cities.  
[www.lesincroyablescomestibles.fr](http://www.lesincroyablescomestibles.fr)

You can join a shared garden to plant your own fruits and vegetables. The Pistyles association has developed a directory of shared gardens.  
[www.pistyles.eu](http://www.pistyles.eu)

This list of ideas is far from being exhaustive, do not hesitate to look around your home...

# Resources to go further

## To think about governance and territorial cooperation

**INRA's Yuna Chiftoleau's publications on sustainable food systems and short circuits**

[www.cairn.info/publications-de-Chiftoleau-Yuna-013159.htm](http://www.cairn.info/publications-de-Chiftoleau-Yuna-013159.htm)

**The study Food and proximity »Players' games and territories under the coordination of Patrick Mundler and Juliette Rouchier**

[www.cairn.info/alimentation-et-proximites--9791027500826.html?WTsrc=cairnSearchAutocomplete](http://www.cairn.info/alimentation-et-proximites--9791027500826.html?WTsrc=cairnSearchAutocomplete)

**The book Construire des politiques alimentaires urbaines with in particular Damien Conaré. Secretary General of the UNESCO Chair on Food for the World**

**The example of Baraka's cooperative. third place of transition, in Roubaix**

[cooperativebaraka.fr](http://cooperativebaraka.fr)

**The association Les Râteleurs promotes food sovereignty in the territories by developing scientific, economic, technical, educational and training activities \_shared gardens in working-class neighborhoods, etc**

[www.lesrateleurs.org](http://www.lesrateleurs.org)

**The Cocagne Network produces organic vegetables and fruits certified Organic Agriculture with people in social integration**

[www.reseaucocagneasso.fr](http://www.reseaucocagneasso.fr)

## In the Grand Lyon

**Discover the Territorial Food Program \_PAT( of the area of Lyon.**

<https://patly.org/>

**Find resources about the situation of the territory**

[https://blogs.grandlyon.com/developpementdurable/gles/180608/Cahier\\_Enjeux\\_Strat\\_Aliment\\_Grand\\_Lyon\\_COMPLET\\_270519.pdf](https://blogs.grandlyon.com/developpementdurable/gles/180608/Cahier_Enjeux_Strat_Aliment_Grand_Lyon_COMPLET_270519.pdf)

## To consume better

**Group of social and solidarity grocery stores in Rhône» Alpes Auvergne \_GESRA(**

[www.gesra.org](http://www.gesra.org)

**Register of AMAPs in France \_weekly baskets from local producers(**

[www.reseau-amap.org](http://www.reseau-amap.org)

## To fight against food insecurity

**The work of Dominique Paturel on Food Social Security**

<https://revue-sesame-inrae.fr/securite-sociale-de-lalimentation>

**The report of ATD Quart Monde *Feed ourselves when we are poor.***

<https://www.atd-quartmonde.fr/wp-content/uploads/2016/07/Se-nourrir-lorsquon-est-pauvre.pdf>

**The report of Olivier de Schutter for the United Nations**

<https://news.un.org/fr/story/2020/08/1074692>

**Study from the laboratory of the ESS.**

<http://www.lelabo-ess.org/precarite-alimentaire.html>

**The journal Précarité alimentaire , what role for social work i with in particular the experimentation of Pauline Scherer within Secours Populaire d'Occitanie**

<https://www.cairn.info/revue-forum-2018-1.htm>

**The Inserm report Inégalités sociales de santé en lien à l'alimentation et l'activité physique in which Nicole Darmon discusses the cost and nutritional quality of food**

<https://www.inserm.fr/information-en-sante/expertises-collectives/inegalites-sociales-sante-en-lien-avec-alimentation-et-activite-physique>

**The association VRAC. to buy organic grouped and cheaper**

[vrac-asso.org](http://vrac-asso.org)

## Raising awareness on sustainable food

**The activities and guidance of the Marguerite network in middle and high schools**

[reseau-marguerite.org](http://reseau-marguerite.org)

**Anis étoilé's tools and educational approaches**

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

**Recup ffGamelles' tips to fight against food waste**

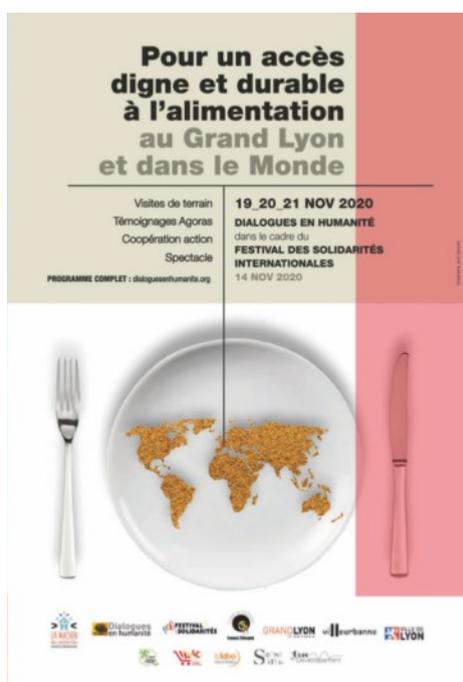
[www.recupetgamelles.fr](http://www.recupetgamelles.fr)

**Collaborative cooking and gardening with the Légumerie**

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

## Find the notes taken by La Myne during the event

Ask the PAD to have access to it or visit the Dialogues en Humanité website



The association and the network of Dialogues in Humanity continues this project of work and reflection on food and nutrition security, women's empowerment and climate resilience to find south-south solutions.

If you want to know more, you can write to them at [asso@dialoguesenhumanite.org](mailto:asso@dialoguesenhumanite.org)

More infos : <http://dialoguesenhumanite.org/>

## To keep in touch

You have a question, a suggestion, a wish, contact us at [contact@toutvabienlejournal.org](mailto:contact@toutvabienlejournal.org)

You want suggest a subject, an idea, looking for solutions with us, contact us at [comiteredac@toutvabienlejournal.org](mailto:comiteredac@toutvabienlejournal.org)

You want to run a Decrypt'Info workshop, Create your journal or a cine-debate with us, contact us at [actionsocioculturelles@toutvabienlejournal.org](mailto:actionsocioculturelles@toutvabienlejournal.org)

You want to schedule an event to discover solutions with us or spread our journal or become one of our partner, contact us at [partenariats@toutvabienlejournal.org](mailto:partenariats@toutvabienlejournal.org)

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