

# FOOD JUSTICE

We all need healthy and affordable food to keep our bodies alive. Unfortunately, today not everyone has access to this necessity. There are people who are experiencing **food insecurity**, which means they do not have physical, social and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life. There can be food insecurity with and without **hunger**. In addition, the people who work to harvest, prepare and serve our food do not always face **fair** treatment. **Food justice** is about fresh/healthy/affordable food and fair wages and treatment of those who harvest, prepare and serve it.

The food justice movement works not only for **access** to healthy food for all, but also examines the structural roots of these disparities — and works for **racial and economic justice**, too because people of color are the most severely impacted by hunger, poor food access, **diet-related illness** and other problems with the **food system**.

A food justice lens also looks at questions of culturally appropriate food, ownership and control of land, credit, knowledge, technology and other resources; the state of labor of food production; what kind of food traditions are valued; how colonialism has affected the food system's development and more.

A related concept is that of **food sovereignty**, defined as people's right to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. The idea of food sovereignty was developed by the international peasant group [La Via Campesina](#), which claims 200 million members worldwide.