



Istituto di Istruzione
"La Rosa Bianca - Weisse Rose"
Cavalese e Predazzo (TN)

EAT FAIR, ACT GREEN!

Let's discover how
to eat fair and healthy,
respecting nature.



CLASSE 3^a A
LICEO LINGUISTICO
A.S. 2023-2024

EATING LOCAL AND FAIR FOOD

All the benefits related to it.

Why should we eat locally produced food?

Eating locally produced food leads to many benefits:

- It guarantees the traceability of the food and gives a lot of information about its production.
- It supports small producers that can't afford to advertise as much as big companies.
- It reduces pollution since locally produced food doesn't require long-distance transportation.

How and where can we buy local foods?

We can buy local foods directly from the producer, we can go to farmers' markets or join Solidarity Purchasing Groups, Community Supported Agriculture or Participatory Supermarkets.

What does "short supply chain" mean?

It means eating the food produced locally, reducing intermediations between producers and consumers.

What is "fair food"?

Fair food is guaranteed, clean, healthy food, produced without exploitation, affordable and available for everyone.



AGROECOLOGY

Have you ever heard
of "Agroecology"?

What is Agroecology by FAO?

Agroecology is the science of applying ecological concepts and principles to manage interactions between plants, animals, humans and the environment for food security and nutrition.

How can we support Agroecology?

- Engaging local farmers and growers.
- Joining local vegetable box scheme.
- Buying organic products.
- Raising people awareness about agricultural practices, food production and the environment.

Why is Agroecology a sustainable alternative?

It helps to improve agriculture and food systems to oppose climate changes and land degradation, it reduces the loss of biodiversity and contributes to limit the cases of malnutrition and obesity.

