Women, historical creators of knowledge in agriculture and food, continue to produce 80% of food in the poorest countries, are currently the main guardians of biodiversity and crop seeds, being the more...
The movement for Food Justice is changing Food Apartheid. Armed with the notion that everyone has the right to eat healthy, food justice advocates engage in more locally grown food projects, sharing skills on how to grow, prepare and preserve food, while exposing the current food system’s unjust nature.

The Food Justice Movement is an international movement that is ultimately fighting for Food Sovereignty, where everyone has say in the kind of food systems they want. Food Sovereignty is Food Democracy, where healthy food is a right for everyone—not just for those who can afford it. Here is a list of Food Justice principles that Our Kitchen Table supports and promotes:

- Food Justice recognizes that the causes of food disparity are the result of multiple systems of oppression. To practice food justice we must do the work through an intersectional lens.
- Food Justice advocates must focus on working with the most marginalized and vulnerable populations: communities of color, communities in poverty, immigrants, children, our elders, women, people who identify as LGBTQ, those with disabilities and people experiencing homelessness.
- Food Justice require us to work towards the elimination of exploitation in our food system, both exploitation of humans and animals.
- Food Justice demands that we grow food in such a way that preserves ecological biodiversity and promotes sustainability in all aspects.
- Provide resources and skill sharing so that people can be collectively more food self-sufficient.

Eating Healthy Food is a Right! The current global food system must be resisted and dismantled. For more information on ways to practice Food Justice in your community, contact Our Kitchen Table.