

## FOOD SECURITY & SOUVEREIGNITY

Food security is having enough food to maintain a healthy and productive life today and in the future.

**Food sovereignty:** means that all the people in the country have access to adequate food at all times, leading a normal and active life. It also means that the people are in control of decisionmaking in what to grow, when to grow, to preserve the seeds of their crop and for what price to sell their crop.



***Kitchen:***

RDO motivates farmers to use the unused land nearby their kitchen for generating their own vegetables. To grow the first vegetables they can collect seeds from the seed wealth centre. The fresh vegetables will contain more nutrition than the previously used market vegetables. A surplus income generation out of the vegetables. By preserving the seeds from their kitchen garden, people are able to maintain the garden. Within the group of women they exchange seeds to diversify their kitchen garden and to maintain the local seeds.

***Seed Wealth Centre:***

RDO initiated a collective seed wealth centre and after initiating a committee became responsible. The aim is to preserve seeds, promote local crops and multiply the seeds. The centre started by collecting seeds from local farmers as a starting point. All programme members are able to collect seeds by paying 25 rs annual contribution. At the time a member has grown their crop, they have to give back to the centre double the amount of seeds. The effect for farmers is that they are able to grow more and diversify their growing crops. The centre is also used for the kitchen gardens.