





Food Systems Lite Guide

Making food fair, healthy & earth-friendly – for everyone





What's the Big Idea?

We want to fix food systems so they:

-  Help the Earth
-  Feed everyone
-  Are fair and inclusive
-  Bounce back during hard times

We're working together with farmers, youth, Indigenous communities, and leaders from all over the world.


Our 4 Core Values

Value	What it means
 Sustainability	Grow food in ways that help nature & fight climate change.
 Equity	Make sure everyone gets a fair share, especially those often left out.
 Resilience	Be strong through hard times like floods or price shocks.
 Transparency	Be open & honest so people trust the food system.

4 Big Changes to Make a Difference



Shift the Money

Move money from harmful farming to helpful farming

- Pay farmers to grow food that helps the planet.
- Fund tools like water-saving systems & soil care.
- Example: Costa Rica gave farmers money to protect forests 


Share the Knowledge

Make sure farmers can learn from each other

- Use community apps, SMS, radio, and local storytelling.
- Combine traditional wisdom with new tech.
- Example: Kenyan farmers used SMS to grow more milk  

Same Rules, Fair Rules

Get countries to agree on good food policies

- Work together with the UN and others on shared rules.
- Help small farmers trade fairly across borders.
- Example: African countries united to improve food policies 

Community Leadership

Let communities lead the way

- Half of the leadership team comes from Indigenous & local groups.
- Support youth & women to lead food projects.
- Example: In Chile, Indigenous farmers helped decide how to spend \$200M 🌽

🚀 Our Goals by 2035

- 🥗 Cut hunger in half
- 🌱 30% of the world's farms use regenerative methods
- 🧑🌾 5 million farmers trained
- 💬 Local voices lead food decisions
- 📊 Tools to track what's working

📅 Timeline (Quick Glance)

Year	What Happens
2025	🌱 Start pilots, train 50k farmers, set up local teams
2026	📜 Align food policies in 30+ countries
2027	💰 Raise \$10B & reach 125M people
2028	🔄 Shift subsidies, grow training hubs
2029	🎉 Full rollout in 50+ countries

👤 Meet Aisha (A Real-Life Story)

Aisha lives in Mali. She farms millet 🌾

- She got SMS alerts about rain 🌧️
- Learned from elders + new tools
- Her harvest grew 15%, and she now shares tips with others in her community.

🧠 Want to Get Involved?

- ✅ Start with the **Seed Kit**: [Download here](#)
- 📖 Read real farmer stories
- 🌐 Join local groups working on better food
- 💬 Talk with elders, youth, and neighbors about food!

❤️ Why It Matters

Because food is about more than eating. It's about:

- 🧬 Culture
- 🌿 Nature
- 👥 Community
- 🌍 Our shared future

Let's grow a better world—**together**.