

# ACTIVIST GUIDE

OUR FOOD  
OUR FUTURE

WE ARE HUNGRY FOR JUSTICE

How to get active for a fair food system



**NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL,  
COMMITTED, CITIZENS CAN CHANGE THE WORLD. INDEED, IT  
IS THE ONLY THING THAT EVER HAS.**

**- MARGARET MEAD -**

**GET ACTIVE!**

**...WE PUT TOGETHER SOME IDEAS HOW.**



## IDEA 1

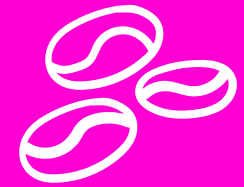
# THE RISKY STICKERING

Find out about "problematic products" whose production violates human rights, destroys the environment or products that are considered "climate killers". You can use the information on the Internet ([ourfood-ourfuture.eu/the-cost-of-our-food/](http://ourfood-ourfuture.eu/the-cost-of-our-food/)) or do your own research.

Go to your local supermarket or discount store with stickers or post-its. They should contain a message like "Attention! This product contains human rights violations!"

Find the "problematic products" and put the stickers on them. Be sure to follow our "safe stickering" instructions.

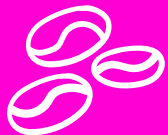
→ Risky sticking is even more effective when done as a flash mob with many activists!



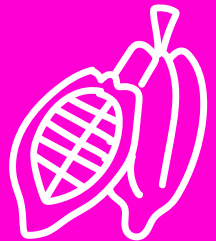
# ***SAFE STICKERING INSTRUCTIONS***

**Disclaimer: We are no lawyers. This means we are not allowed to offer legal advice! Every person who does the Sticking is responsible for her/his own behaviour.**

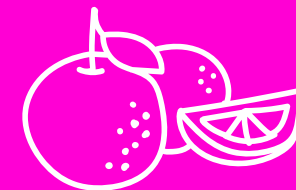
**If you could eat it – don't glue it! Do not put stickers on unpacked food like fruits or vegetables, only stick them on packing material.**



**Please be careful not to damage the goods!**



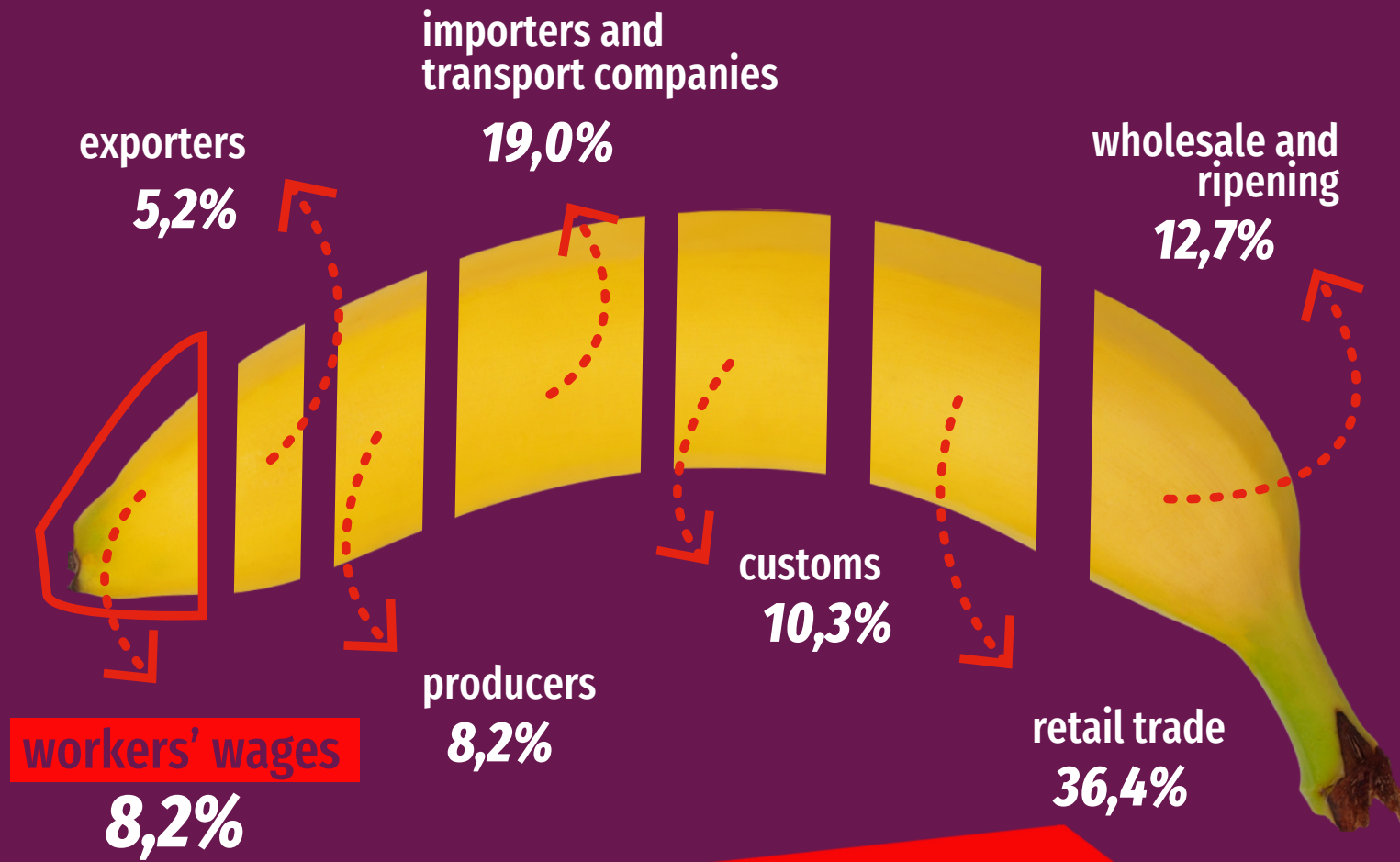
**Never cover important information, particularly health-related information. This includes ingredient list, allergy information, barcodes, label or seal of quality, best before dates and company logos.**





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**WHO MAKES THE DEAL  
WITH YOUR MEAL?**



## IDEA 2

# ORGANIZE A DISCO SOUP!

A Disco Soup is an action against food waste and to give props for a different food system, where volunteers are invited to collect, wash, clean, cut and cook leftover food or prepare food that would go in the trash because it does not meet the aesthetic standards of the trade. All preparations are distributed free of charge, but voluntary donations are always welcome.

In addition, it is a gastronomic, artistic and musical event that brings together young people, students, children, older people, chefs and anyone who is committed to changing the food system. It is also a tool for transformation, bringing together diverse knowledge for education and awareness.

At a Disco Soup Day, organizers, participants and cooks will chop and cook leftover food. Music will be playing and dancing during the preparations and for quite a while afterwards. Experts give presentations on food preparation and sustainable food supply chains.

# What you need



- VEHICLE FOR COLLECTION AND TRANSPORTATION OF THE SOUP/INGREDIENTS
- A STRUCTURE FOR BASIC COOKING OR KITCHEN CLOSE TO THE EVENT SITE (CAN BE A HOUSE, RESTAURANT, ETC.)
- EQUIPMENT AND BASIC KITCHENWARE (YOU CAN ASK EACH VOLUNTEER TO BRING A BASIC KIT OR SOME UTENSILS/ EQUIPMENT...)
- SUPPORT STRUCTURES (TABLES, BENCHES, ETC.)
- DECORATION (BE CREATIVE AND MAKE SOMETHING VERY BEAUTIFUL)
- AUDIOVISUAL EQUIPMENT: TO DOCUMENT ALL STAGES OF THE EVENT AND RECORD EVERYTHING THROUGH FILMING AND PHOTOGRAPHY. TALK AND INTERACT WITH THE PARTICIPANTS.
- GRAPHIC MATERIAL (POSTERS, BANNERS, PROJECTOR, ETC.) SPREAD AROUND THE SITE, EXPLAINING WHAT THE EVENT IS ALL ABOUT.



**MUSIC AND A DJ!**





WHAT DOES A DISCO SOUP LOOK LIKE?

WATCH HERE:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=GRPVJPFGMU0](https://www.youtube.com/watch?v=GRPVJPFGMU0)



IDEA 3

# ORGANIZE A FILM SCREENING OR AWARENESS RAISING

A great example is the documentary  
"Bourkinabè Bounty" about Agroecology  
in Burkina Faso, it is freely available:

 [https://www.youtube.com/watch?  
v=tChxchNiAhY](https://www.youtube.com/watch?v=tChxchNiAhY)

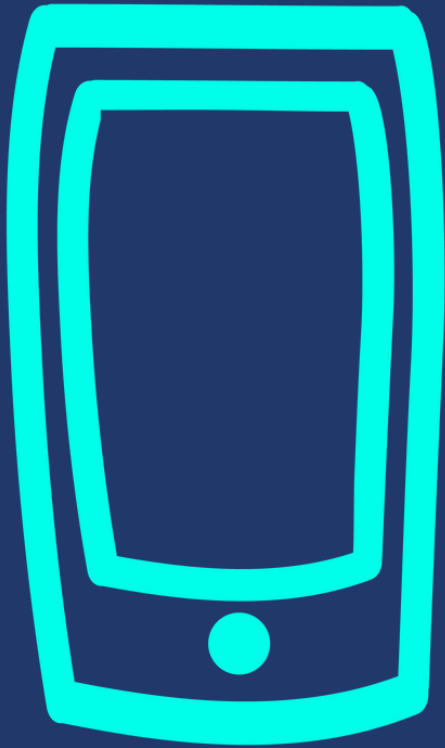
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## IDEA 4

# MAKE NOISE ON SOCIAL MEDIA



Social media like Instagram or TikTok are good platforms to spread your messages and demand change. You can also share your thoughts about what is going wrong and why, and your vision for how to make it better.

Our vision for the future food system is based on the concept of agroecology and food sovereignty. If you are also committed to fighting for this vision, spread the word!

### HOW?

- Create your own posts and make your messages visible
- Build a strong community
- Address and tag politicians and businesses that need to change the rules of the system.
- Create challenges to raise awareness (like the Ice Bucket Challenge)



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