## Food Circles

- Community-based food system
- Bio-centric approach
- Based on 4 principles

## Principle of Food Circles

- Ecological Wisdom
- Social Justice
- Grassroots Democracy
- Common Values

## Ecological Wisdom

- Food is produced in harmony with nature
- Food disposal is transformed into compost
- Food is mostly produced locally
- Food is packed in degradable materials

## Social Justice

- Farmers get a fair price for the produce
- Consumers & producers are united
- All community members have access to healthy food
Grassroots Democracy

Food security must be controlled by the community and not by transnational organizations.

Community supported agriculture decision making process

Common Values

Animals that provide us food are treated with dignity and respect

Members of the community stand for universal values: peace, equality, fraternity, creativity, beauty, gratitude, generosity, compassion....

Ecological Footprint Enquiry

- How are the vegetables I eat grown?
- How is the meat I eat produced?
- Why do I eat?

Agriculture and Husbandry Enquiry

- How much land do I need to sustain my daily diet?
- How much land I am eligible to use today?
- How can I minimize the impact on the environment?
- How many miles does my food travel?
- How much garbage do I generate?
- What can I do with my garbage?
## Food Processing Enquiry

How fresh is the food I eat?
What are artificial food additives?
What are the effects on my health?
What are the effects on the planet?

## Food and Farming in the 21st Century

<table>
<thead>
<tr>
<th>Un-sustainable eating and farming habits</th>
<th>Sustainable eating and farming habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food is processed</td>
<td>Food is fresh and whole</td>
</tr>
<tr>
<td>Food is packed</td>
<td>Food is sold without packaging</td>
</tr>
<tr>
<td>Food travels many miles</td>
<td>Food eaten grows locally</td>
</tr>
<tr>
<td>Eating higher on food chain is less</td>
<td>Whole food plant based diet is</td>
</tr>
<tr>
<td>sustainable</td>
<td>most sustainable.</td>
</tr>
<tr>
<td>Conventional farming is energy intensive</td>
<td>Organic farming does not waste</td>
</tr>
<tr>
<td>Large farms and mono culture is</td>
<td>energy or water.</td>
</tr>
<tr>
<td>unsustainable</td>
<td>Small farms with multiple crops are</td>
</tr>
<tr>
<td>Consumer and producer are separate</td>
<td>more sustainable.</td>
</tr>
<tr>
<td></td>
<td>Consumer and producer are united</td>
</tr>
</tbody>
</table>
The Ecology of Coffee

- Coffee in India grows in the forest
- Co-exists with the indigenous fauna and flora
- Inter cropped with spices and fruits, under controlled shade of large timber trees
- Soil is rich with moist hummus
- Coffee cultivation prevents deforestation and Mono crop industrial agriculture (i.e.: coconut oil)
- Act as a carbon off-setting agent
Your Coffee Foot Print

- If you drink one coffee a day a farmer must maintain 9 coffee plants to meet your demand!!

- 9 coffee plants occupy 180 square meter of forest: What a great reason to have a second cup a day! We cannot say the same about tea!
The Economy of Coffee

- Coffee is the second most traded commodity after oil
- Most of the profit goes away from the producing countries
- Prices fixed by the future markets and not based on real production costs
- Industrial coffee cultivation saturates offer over demand, at the cost of low prices and quality
- Free trade versus Fair Trade
How Ethical is your Coffee?

Enjoy the coffee moment and reflect…
Who are the people behind the cup?
Do you want to know more?

The Sociology of Coffee

- Coffee has become the social drink of the 21st Century
- Café culture spreading fast
- Coffee shops as social platforms
Holistic Food Systems

Marc Tormo

Coffee Ideas!

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