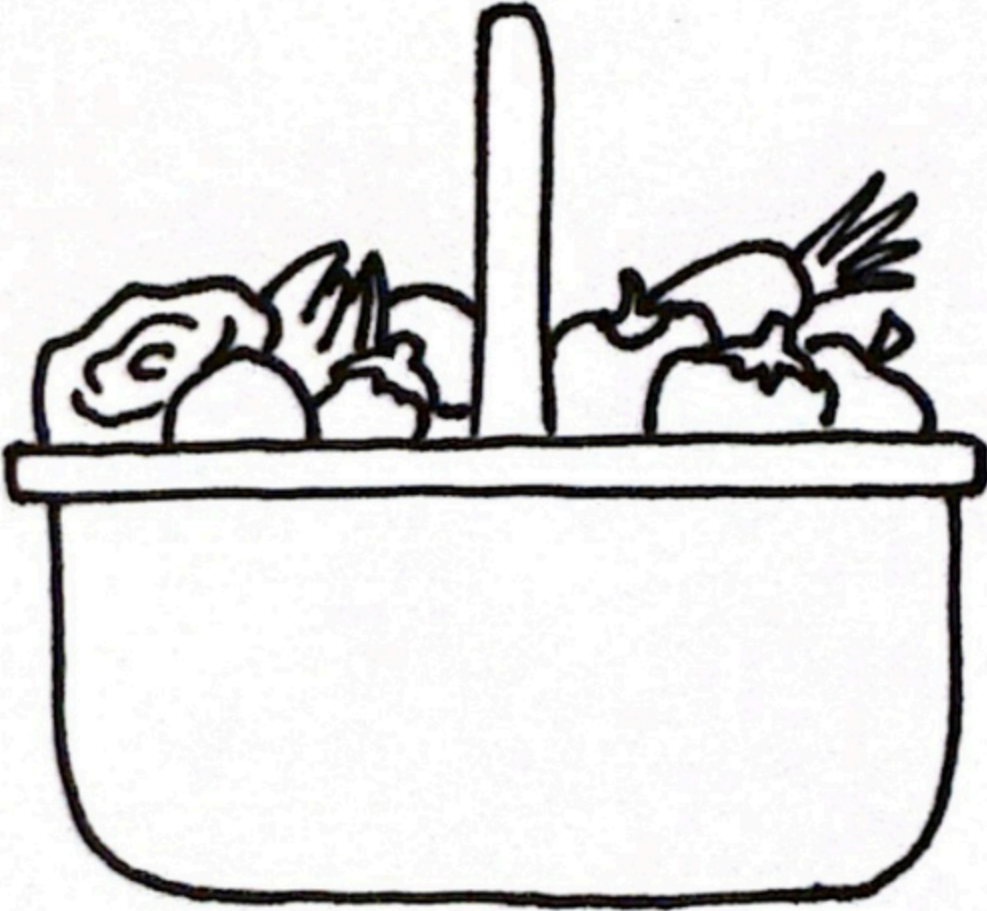


**BE** LOCAL

**GROW** FUTURE



I'M GROWING IT

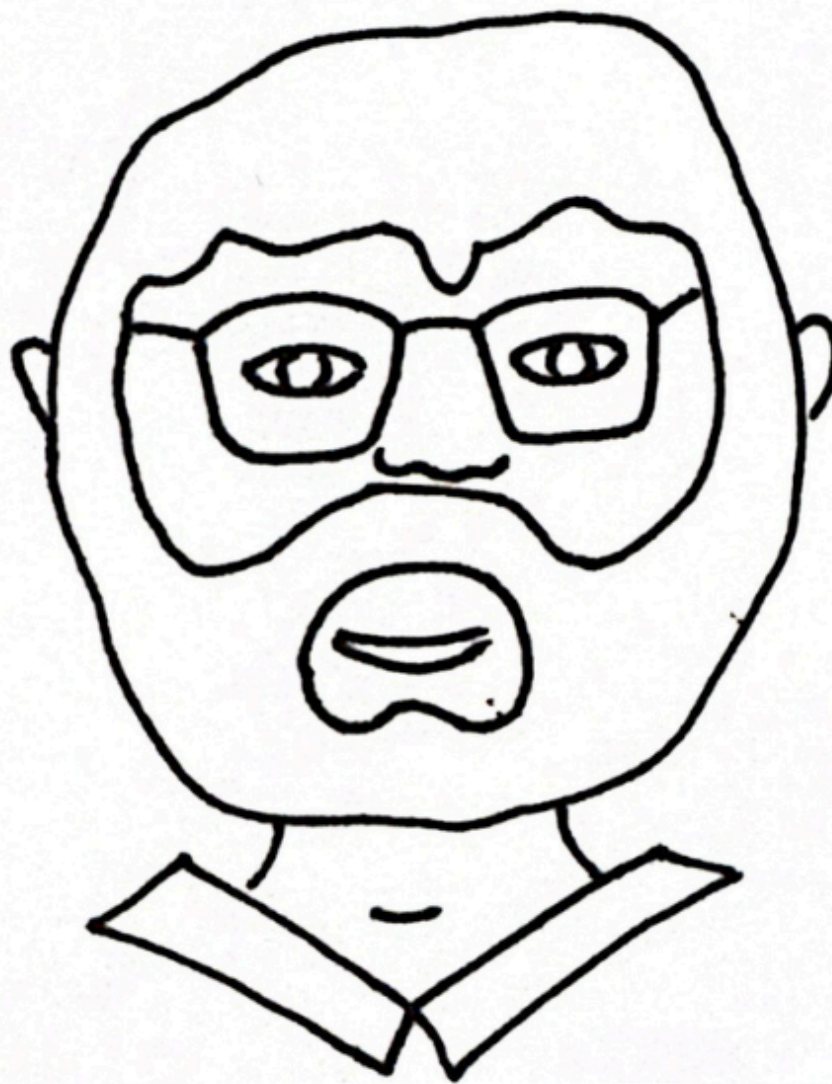


**GROW**

**HEALTH**

## **BE LOCAL :**

***eating local supports local economy  
by investing money back into local  
resources.***



***I like grapes, but I eat bananas  
and cas. I am local !***

***Carlos, from Costa Rica***

**BE** AWARE

**GROW** RESPECT

***Food systems are responsible for:***

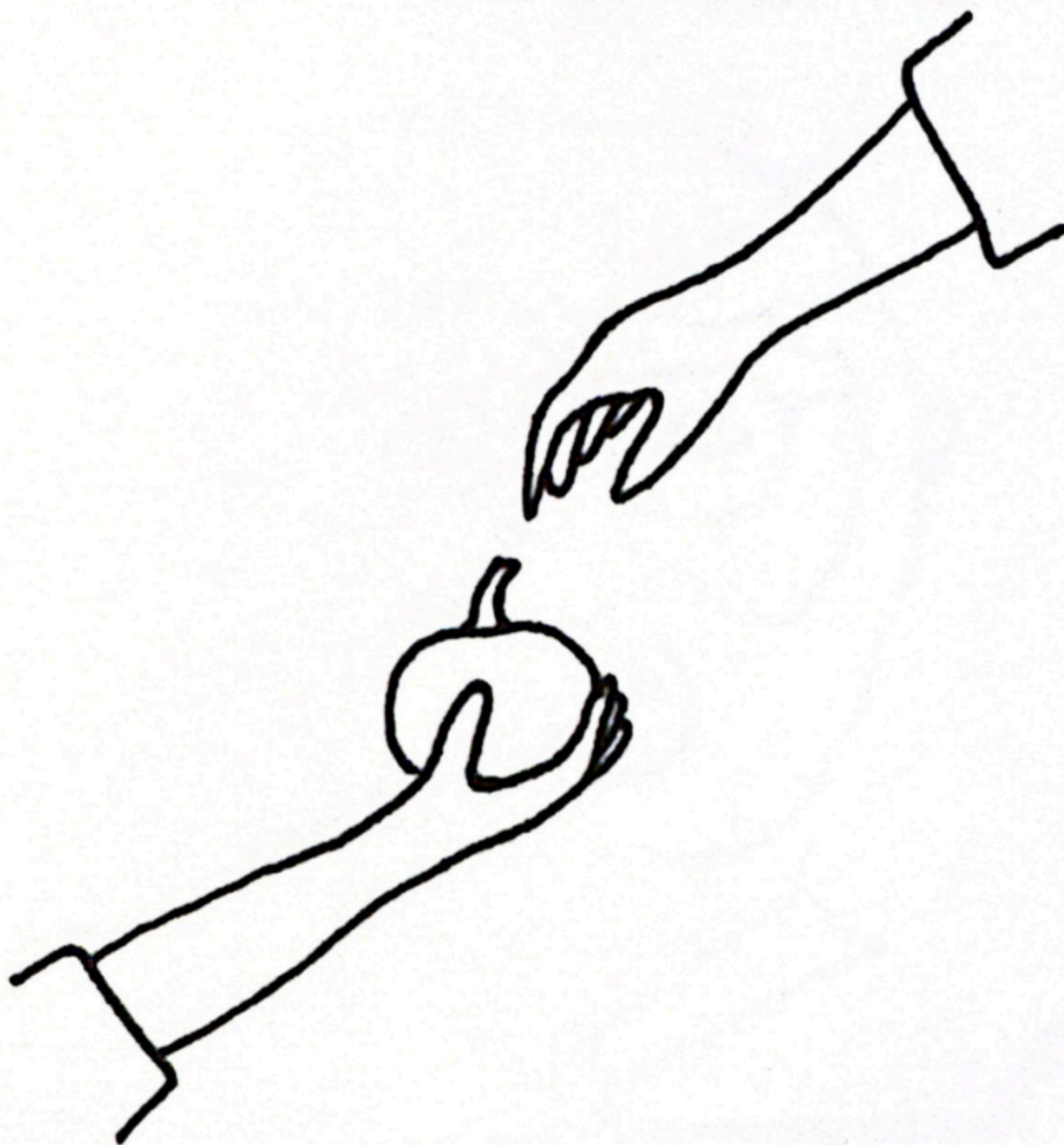
**60%** ***of global biodiversity loss on land***

**33%** ***of degraded soils***

**24%** ***of the global GHG emissions***

**20%** ***overexploitation of the world's aquifers***

CONNECTING PEOPLE



**GROW** COMMUNITY

## **BE LOCAL:**

*eating local benefits the environment by preserving farm land and green spaces within communities.*



*I like avocados, but I eat dates and nuts. I am local!*

*Touba, from Iran*

**BE** ACTIVE

**GROW** HOPE

**35%** *of world's food is produced by smallholder farmers (less than 2ha)*

## **URBAN GARDENING**

*contributes 15-20% of the global food supply.*

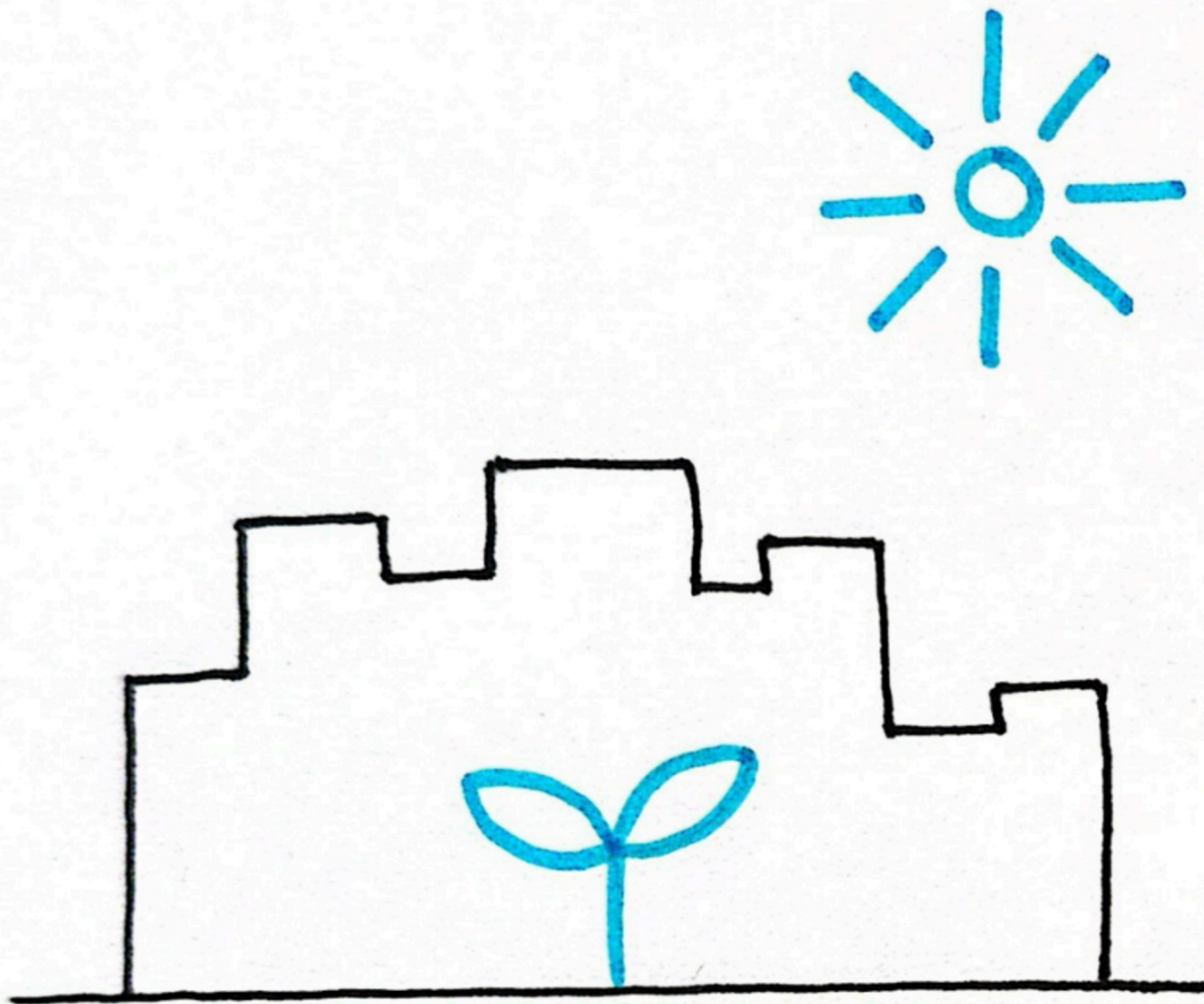
## **BE LOCAL :**

*eating local provides you more nutrients and flavor because food spends less time transitioning.*



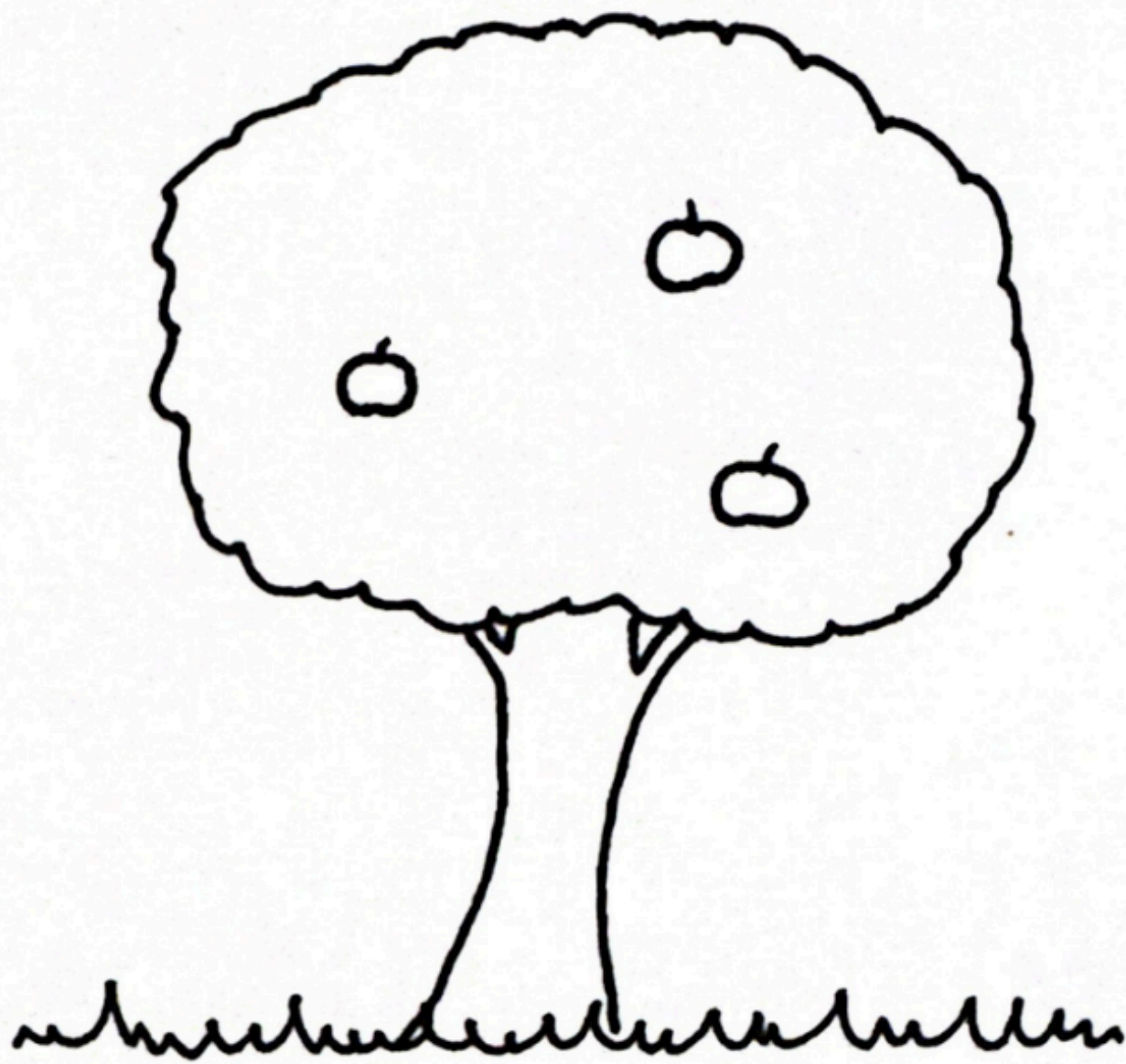
*I like rice, but I eat "mielies"  
(corn). I am local!*

*Nesa, from South Africa*



SMALL GARDENS  
ARE FEEDING THE  
WORLD. BE PART  
OF THE CHANGE!

JUST EAT IT



**GROW**

**FOOD**

JUST MAP IT

# Agroecology-Map

Find your local community garden or  
add a new one to our map.

This e-zine was made by participants from the  
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A project by EcoStories & SCI Switzerland



SCI Switzerland  
Volunteering for Peace