

FOOD SYSTEMS + YOUTH

Young people under 30 make up almost **half the world's population**. Their voices, needs, and challenges must be heard.



Young people need opportunities to cultivate good eating habits and good livelihoods to lead long, healthy lives.

In low-income countries, the large youth generation creates both **opportunities** and **challenges**.

To achieve benefits, young people's demands – for good food, good jobs (including in food systems), good health, and human rights – must be met.



At the same time, young people face **anxiety** and **uncertainty**, especially as climate and biodiversity crises intensify.

Never before has a young generation inherited this degree of ecological crisis from previous generations.

Youth have **agency** and **creativity** but are often excluded from processes of political and other decision-making.

But young people's futures are among the most impacted by the decisions made by older generations.



Young people can be vocal advocates for positive change in food systems.

But to safeguard their futures and those of future generations, businesses and governments must act to **improve youth prospects** urgently as well.

REFERENCES

Glover Dominic, James Sumberg. Youth and Food Systems Transformation. Frontiers in Sustainable Food Systems. 2020. <https://doi.org/10.3389/fsufs.2020.00101>



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