

FOOD SYSTEMS + GENDER JUSTICE

While the political, economic, and environmental aspects of food systems are well-known, gender equity is frequently overlooked.



Women play an important role in all aspects of food systems – as farmers, processors, workers, traders, cooks, and consumers.

However, women's contributions are undervalued, and far too often, the incredible potential of women and girls goes unnurtured or unrealised.

Owing to restrictive gender norms, many women struggle to own property, have their voices heard, or access technology or finance.

Too often, women working within food systems face drudgery, gender-based discrimination, and unfair compensation.



Achieving gender equity is a necessary condition for accelerating and achieving transformation of food systems.

In **gender-just food systems**, women, men, girls, boys, and non-binary people all have equal access to nutritious, healthy food.



Our food systems must be reshaped so that everyone has access to and the means to produce, sell, and buy safe and nutritious food.

Women deserve equal rights and empowerment. This can also have a positive impact on family nutrition and food security.



Gender-just food systems mean a better future in which people don't just survive, but **thrive**.

REFERENCES

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