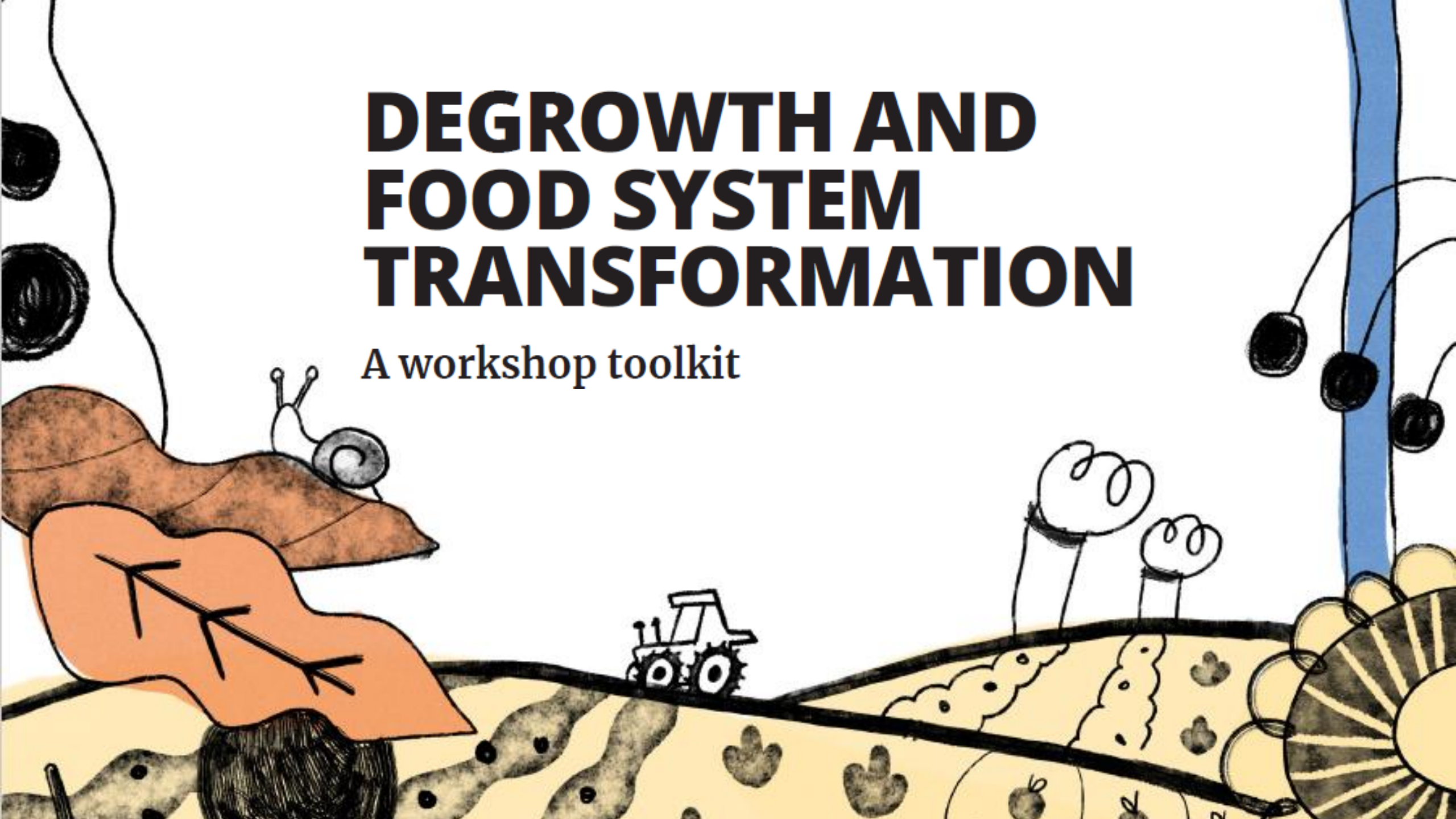


DEGROWTH AND FOOD SYSTEM TRANSFORMATION

A workshop toolkit



Degrowth:

a vision for the good life for all

Slow down “by design”:
living well with less by
living differently,
prioritising well-being,
equity and sustainability

From: [The Case for Degrowth](#)

Useful production

Sharing

SUFFICIENCY

Global Justice

Commoning

Conviviality

Collaboration

Sustainability

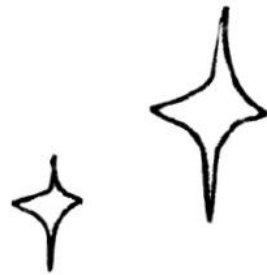
Solidarity

Work-Life Balance

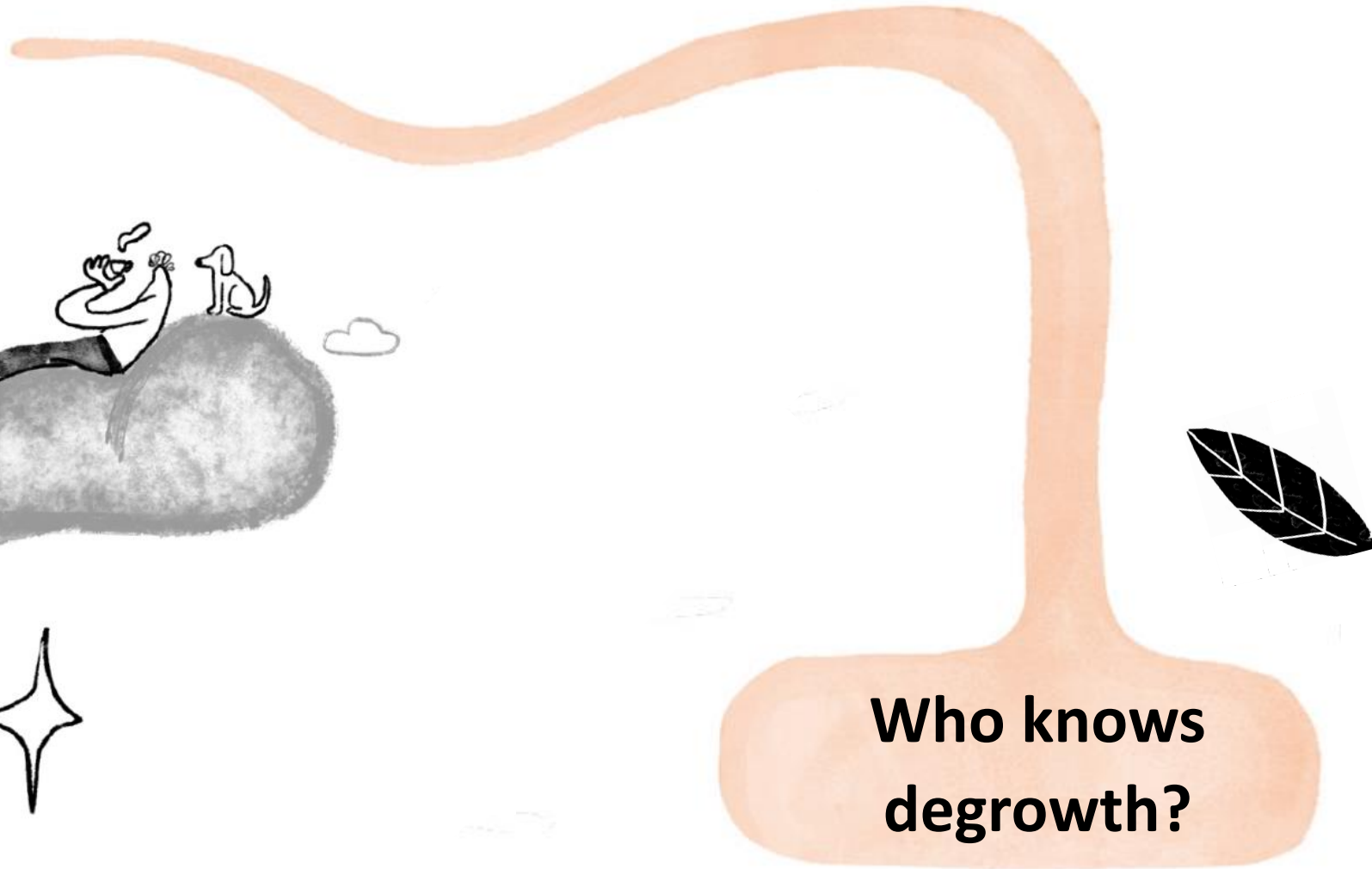
Care

Short supply chains

ANARCHY



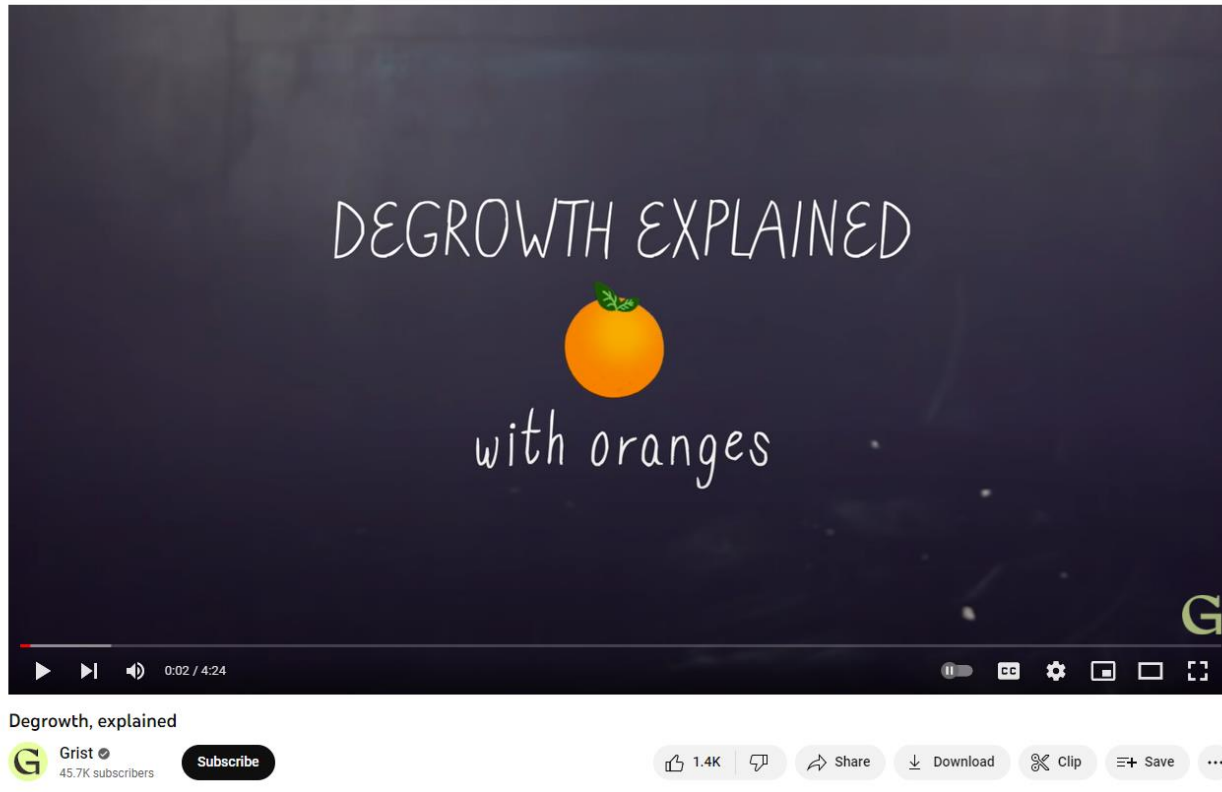
**What does degrowth mean to
you?**



**Who knows
degrowth?**



Let's listen...



<https://www.youtube.com/watch?v=0MXP2E09dJQ>



Degrowth: Vision and Critique

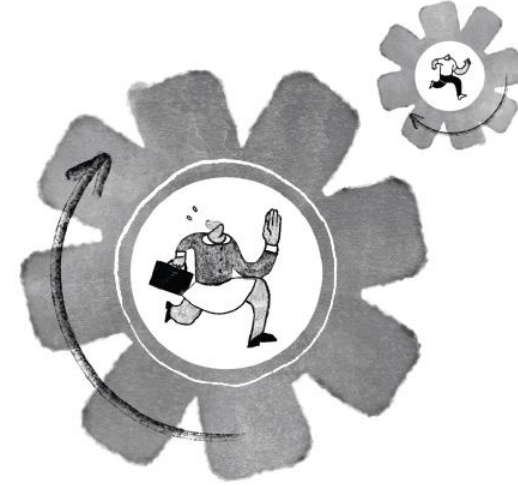
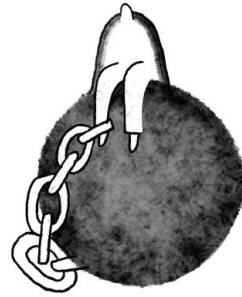
Degrowth is

- (1) a hopeful, positive vision for future societies and
- (2) based on a critique of the primacy of economic growth

"Economic growth without destruction of nature is an illusion and ... therefore industrialized countries need to equitably downscale production and consumption; [...] degrowth proponents are fundamentally critical of growth, capitalism and industrialism, want to overcome other forms of domination, and advocate a radical restructuring of the economy in industrialized countries." (The Future is Degrowth, Matthias Schmelzer, Andrea Vetter and Aaron Vansintjan, page 17)



Degrowth as a growth critique



Deconstruction of the idea that growth is inherently a 'good' thing

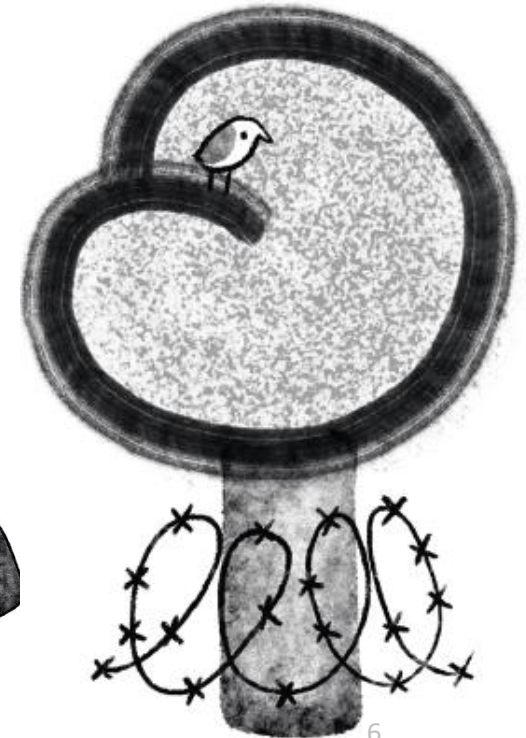
Growth-based economies pursue growth at all costs

Growth appears as unquestionable in present-day societies

Refusal of economic calculation as the main basis for decision-making (GDP)

Profit > needs and well-being

Critique of excess and unnecessary forms of production and consumption



Degrowth: in favour of a good life for all within planetary boundaries



Requirements:

- **A reduction** in the things that are destroying life on our planet and undermining social justice; a reduction in production and consumption in the Global North and a break with Eurocentric, colonial notions of “development”
- **An expansion** of the things that sustain life on our planet and improve social justice; prioritising principles and values such as solidarity, sustainability, sufficiency, justice cooperation, care
- The **redistribution** of wealth within countries and regions, as well as between the Global North and the Global South

This implies a political commitment towards a radical restructuring of society

What is the link with our envisioned food systems?

Remember your visions, values and principles for future food systems?

The big, open questions are: 1. Why have our desired food systems not yet been realised? 2. How can we make them possible in the future?

Degrowth's perspective: our society's focus on economic growth is one of the key obstacles to creating just, sustainable food systems. Let's see how this perspective can help strategising pathways of change...



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This workshop was developed by the
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Design by www.bomburo.com

