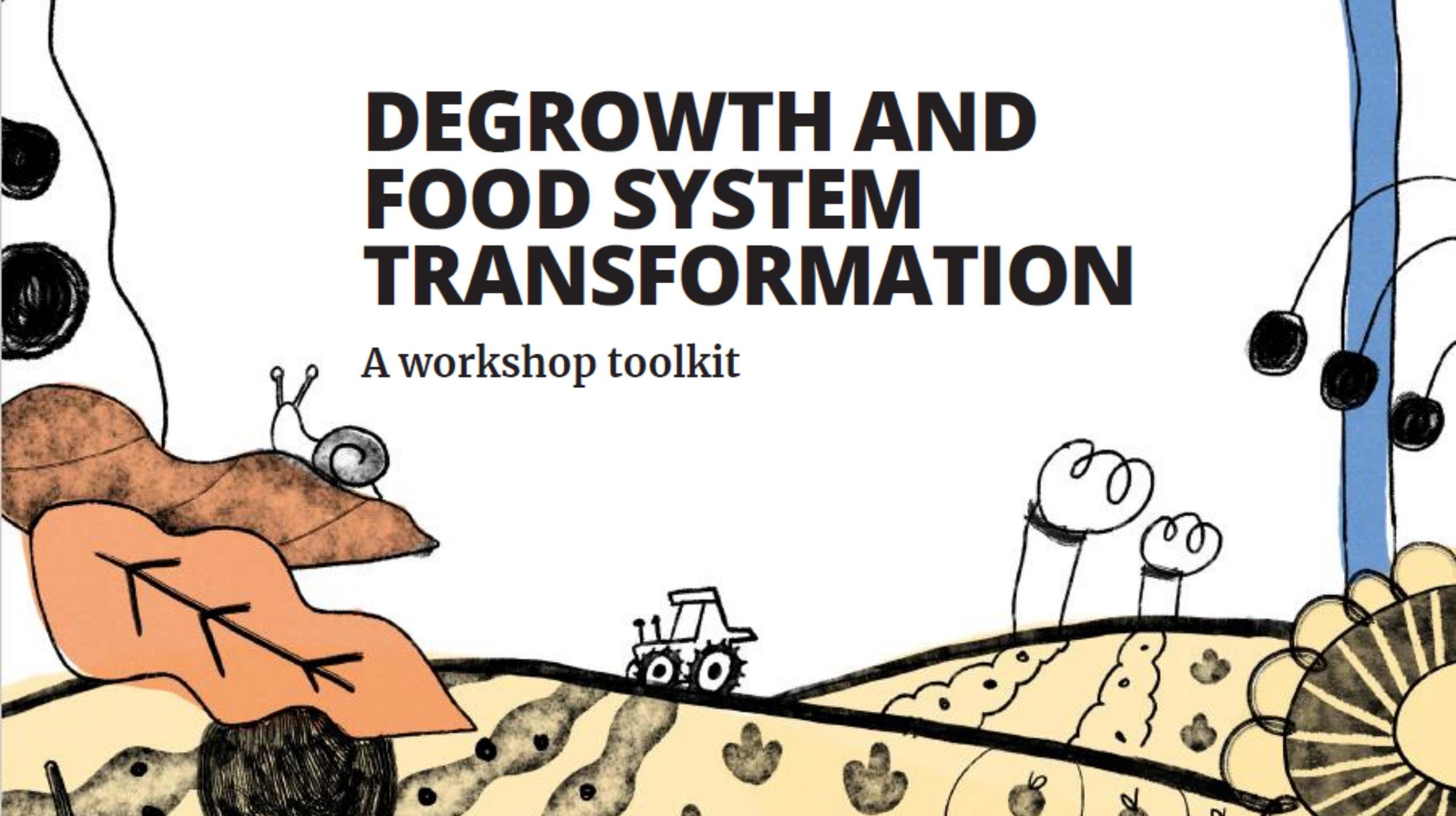


# DEGROWTH AND FOOD SYSTEM TRANSFORMATION

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**

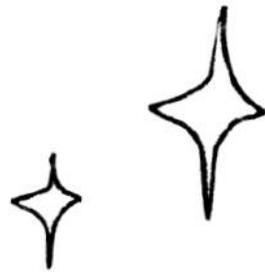
Solidarity

Work-Life Balance

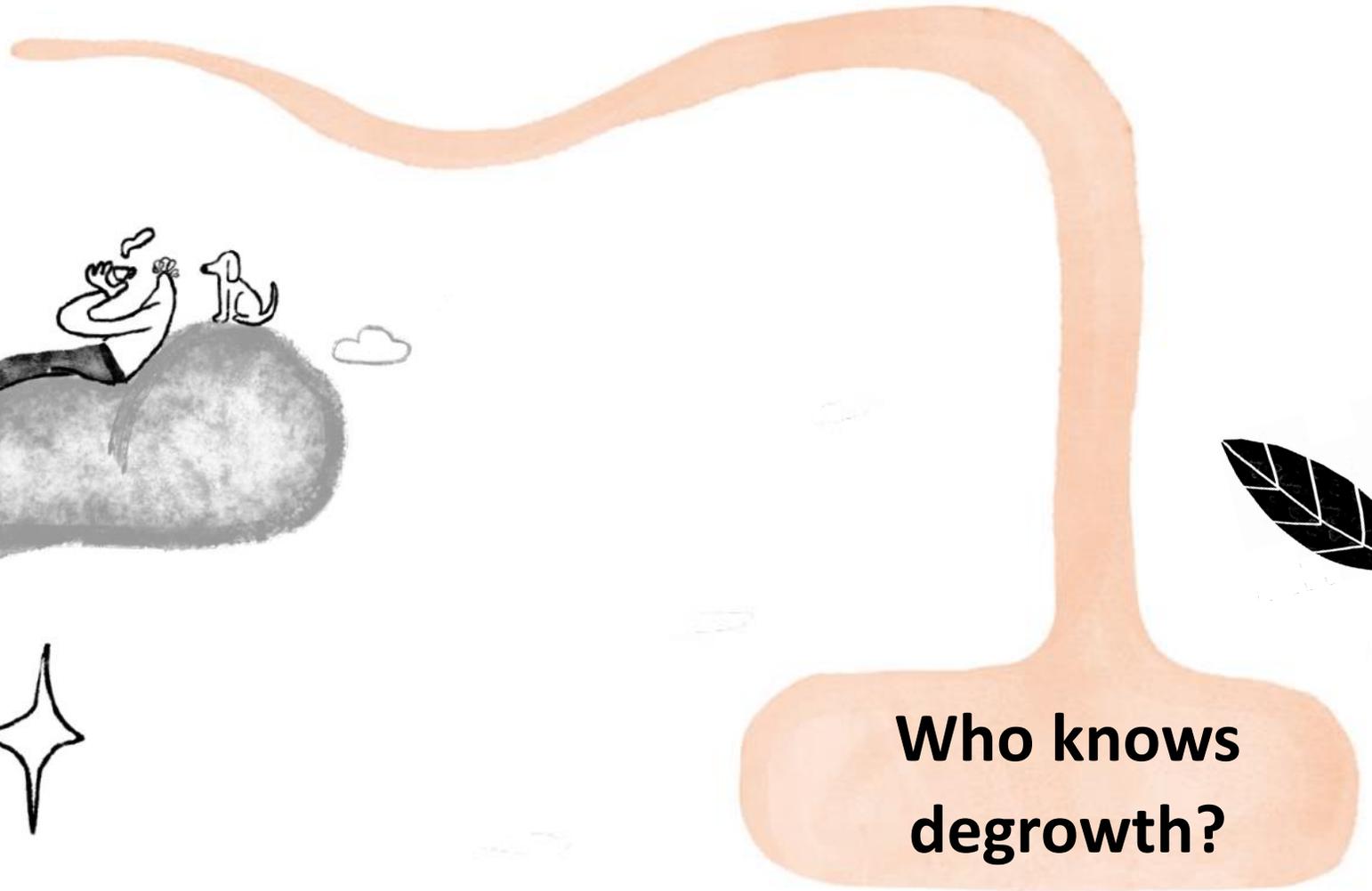
Care

Short supply chains

**ANARCHY**



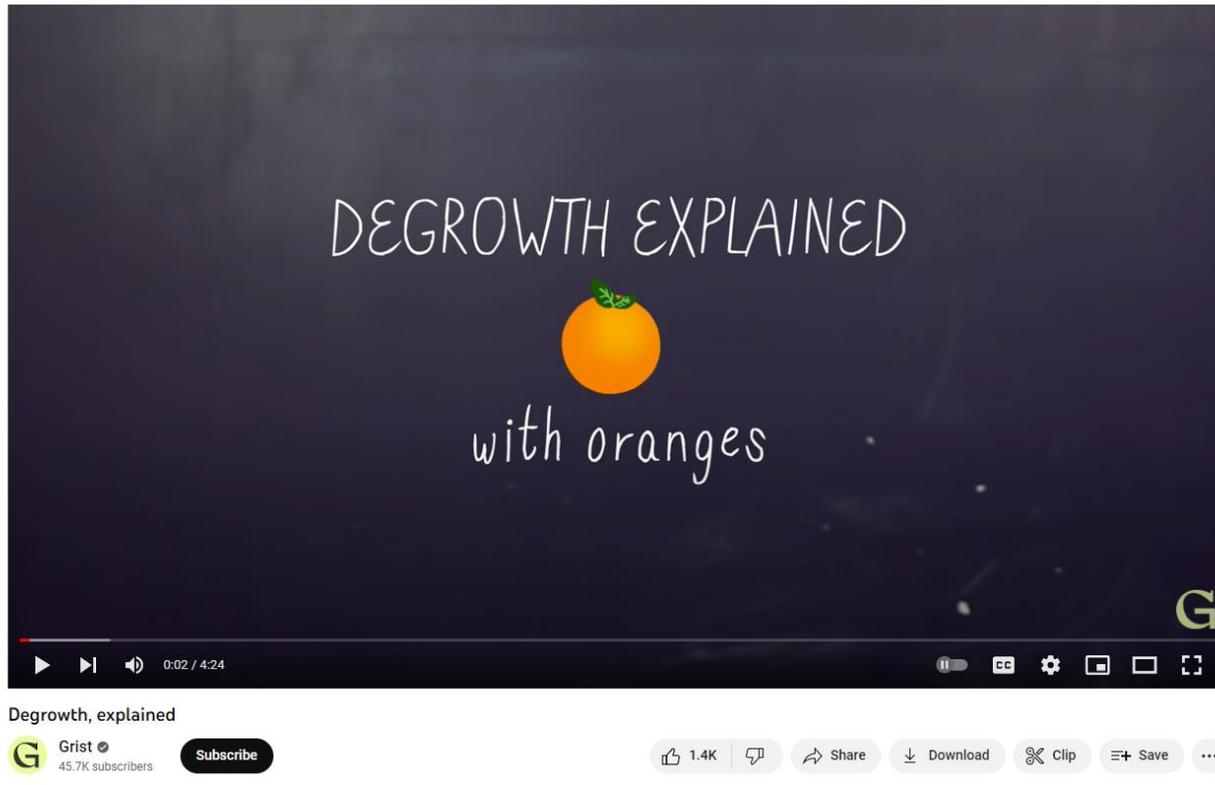
**What does degrowth mean to you?**



**Who knows degrowth?**



# Let's listen...



DEGROWTH EXPLAINED  
with oranges

0:02 / 4:24

Degrowth, explained

Grist 45.7K subscribers

1.4K Share Download Clip Save

The image shows a YouTube video player interface. The video title is "DEGROWTH EXPLAINED with oranges". The video is by the channel "Grist" which has 45.7K subscribers. The video player shows a progress bar at 0:02 / 4:24. Below the player are interaction buttons for likes (1.4K), share, download, clip, and save.

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



# Degrowth: Vision and Critique

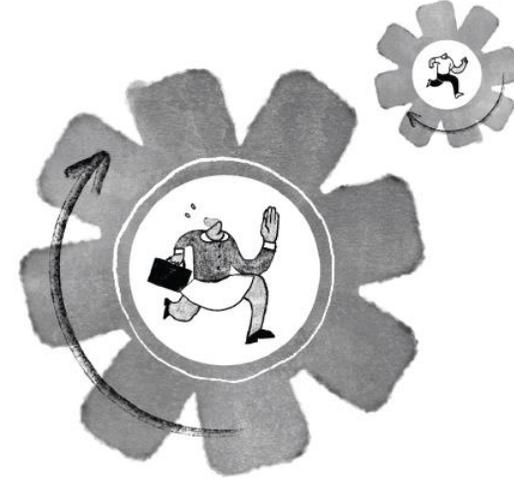
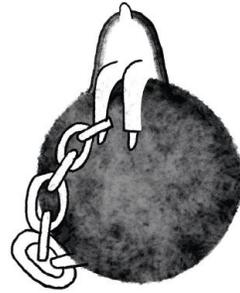
Degrowth is

- (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

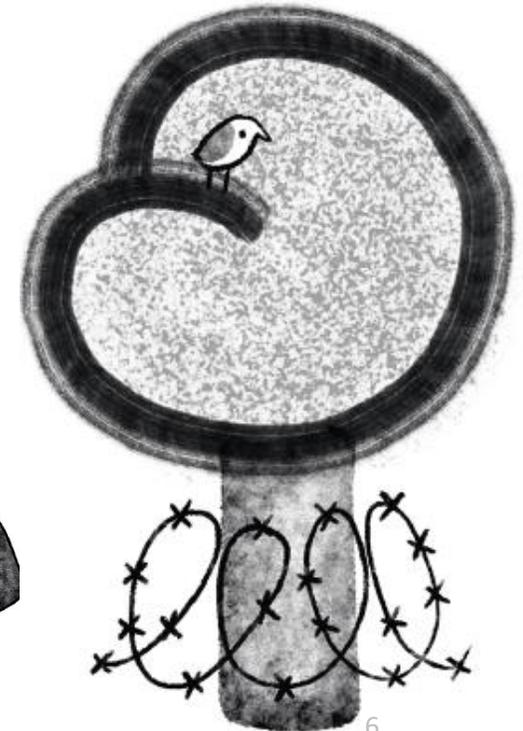
Growth-based economies pursue growth at all costs

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...



# DEGROWTH AND FOOD SYSTEM TRANSFORMATION

This workshop was developed by the UNMAKING project from Utrecht University (<https://unmaking.sites.uu.nl>).

Design by [www.bomburo.com](http://www.bomburo.com)

