

Respect the 3N-F



The first step in respecting the 3N-F is to **R**educe (Naked). In other words, reduce, reuse, recycle and compost. Those techniques of putting your garbage can on a diet reintroduce our consumption wastes into the natural and production cycles. They also encourage businesses to reduce the impact of their activities on the environment and on rural life while, at the same time, making a positive contribution to sustainable agriculture. All you have to do is buy in bulk, bring your own reusable shopping bag, avoid disposable dishes and cutlery, demand only what is essential.

It is also to think about **E**quilibrium (Fair). The quest for balance involves encouraging better relations between the city and the country and choosing diversified agricultural practices. It is also the preservation of natural and human ecosystems and biodiversity and avoiding the degradation of regions through overproduction or overspecialisation of crops. It includes the integration of environmental and social costs in the price of goods and ensuring that export crops are not grown to the detriment of local food production. It also includes having a balanced diet and an active lifestyle.

The 3N-F also promotes **S**ound lifestyle (Natural). Making healthful choices focuses on products that are healthful for yourself and practices that are healthful for the environment. It includes choosing products that are processed as little as possible, reducing our consumption of meat, and eating a varied diet of high-quality foods, preferably organic. It means saying no to additives, artificial colouring, and other adulterants. It is demanding agricultural practices that don't contaminate the water, air and soil. It is rejection of enslavement to an ideal body-image while pursuing nourishment and renewal.

Practising the 3N-F is also to choose **P**roximity (Near). It is to respect the practical knowledge and experience of those around us and to respect the fruits of their land. It is to prefer the most direct forms of commerce between the producer and the consumer. It is to buy products in season, to cook them yourself and to cultivate a garden. It is to create community gardens and kitchens. It is to reduce the energy and environmental costs involved in the transportation of foods.

It is also to be **E**quitable (Fair). It is to pay a fair price for goods and services. It is to buy fair-trade products and to condemn the inequalities of international trade, unfair competition and the imbalance in the means of production between the North and the South. It is also to reject the granting of patents to common property such as living species and the exhaustion of common resources for the benefit of private interests. It is to adopt the means (cooperatives, social economy, land trusts...) to live together.

Respecting the 3N-F requires us to be **C**ritical (Fair). It is to question our own attitudes toward how we eat and think about the consequences of our need for cheap food that is aesthetically perfect and has an extended shelf-life. It is to question the goals of the current productivist model. It is to become informed, to demand product labelling that allows us to make real choices. It is to be sceptical of slogans and vigilant with regard to advertising. It is to demand a public debate on food policy and to become responsible consumers.

None of this means anything if it does not allow all of us to benefit **T**ogether (Fair), here and around the world, from a healthful and sufficient diet. It is not enough to provide stop-gap solutions (food banks, soup kitchens, international food aid)—it is urgent that we achieve greater balance in international trade and a reasonable redistribution of wealth. Ending hunger means ending poverty. Once everyone has a place at the table, we can look forward to a better world.

For a public debate on food policy

More and more people are questioning the impact of our agri-food model on the quality and health of the environment. They worry about the depopulation of rural areas, the difficulties farmers and farm workers have to make a living, the decline of the family farm, and the role of big business in the development of rural regions. There is an urgent need for dialogue among the various viewpoints being expressed. Beyond any acts we as individuals or groups may take to improve the situation, it will be necessary to have a public debate on the issue of how we feed ourselves. Consult the Web site of *The Earth on your Plate* (<http://eav.csq.qc.net/terre/>) for some insights into the realities of food policy.

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Food choices... ours to make!



The 3N-F, a matter of respect

The way we feed ourselves has a significant impact on our health and on that of the planet. It influences the way we organise our many societies as well as the ways of life of the people who make them up. We have the power as individuals and as a collectivity to create the kind of society we want to live in by making our food choices a matter of respect.

Respect involves, first and foremost, respect for ourselves by demanding food that is healthful, for both the body and the

spirit. It also involves respect for our common humanity by proclaiming loudly and clearly that a healthful and sufficient diet is a fundamental right of every human being, as well as action to ensure that food resources are more fairly shared. It is also respect for food itself, an awareness that these small miracles of nature deserve our reverence. It is to support an agri-food model that is respectful of the environment, the diversity of cultures and the variety of food traditions. This notion of respect is integral to the 3N-F.

The 3N-F

ENvironnement JEUnesse (www.enjeu.qc.ca) recommends a menu of four earth-friendly concepts. Drawing inspiration from the 3R-V (Reduce, Reuse, Recycle and Valorise), the members of the Environnement JEUnesse movement developed the concept of 3N-F (Near, Naked, Natural and Fair). A partner in *The Earth on your Plate*, ENJEU offers a number of activities on the theme of food and food production.



Food choices... ours to make!

The 3N-F

This final poster in the series *The Earth on Your Plate* presents various age groups and audiences with the solutions that might lead to a healthful diet, for the earth, the people on it, and the societies they live in. Entitled **Food choices...ours to make!**, it introduces the 3N-F test, which can help us better evaluate our food choices and defend an agri-food model that responds to our collective aspirations. The inner circle presents the 3N-F test, while the outer circle presents the complementary concept of RESPECT. Together they help to structure learning and the transition to action.

Ways to take action

The 3N-F test

The inner circle introduces the 3N-F test. Created by ENvironnement JEUnesse, this concept, already familiar in high schools and colleges, recommends four themes for analysis: the Naked, the Near, the Natural and the Fair. A description of each of these tests appears on the reverse.

Question the students or your audience on each of the illustrations presented. What is being represented? What do the ideas of Naked, Near, Natural and Fair mean to them? How might applying the 3N-F test help solve the problems and challenges presented in the previous documents (history and diversity, environment and society) and the accompanying information sheets. Propose an exploration map for each of the themes and create a bank of projects to be developed.



The 3N-F, a matter of respect

The outer circle, which presents the notion of respect, serves as a complement to the 3N-F. Question your students or your audience about each of the illustrations presented. What do they represent? What are they trying to communicate? Form small groups and have them discuss what one or another of the illustrations means in relation to the letters of the word RESPECT? Start a discussion with your group about how each of these illustrations represents a global solution to the problems previously presented. Organise a brainstorming session to suggest little gestures that might help to improve our food supply and consumption and reduce the impact of our production methods on health, the environment and society.

Food choices... ours to make!

Taking action

- 🌱 Institute a system of composting for cafeteria wastes and worm-composting for classroom wastes, and take steps to have non-reusable dishes and cutlery banned from the cafeteria.
- 🌱 Manufacture cloth shopping bags or create your own community kitchen. Start up your own micro-business.
- 🌱 Prepare a “no waste” community meal. Recreate a production chain with your group by forming a micro-business for apple products (apple sauce, apple butter, etc.) starting with harvest in the orchard.
- 🌱 Write to local grocers and ask them to stock fair-trade products on their shelves.
- 🌱 Conduct a grocery store rally and a study of the eating and purchasing habits of the customers.
- 🌱 Analyse advertising of the agri-food industry, award “Lemon” and “Orange” Prizes, and create your own “anti-advertisements.”

- 🌱 Organise a boycott of fast-food chain restaurants in the neighbourhood of schools.
- 🌱 Express your personal concerns regarding agri-food practices (labelling, genetically modified organisms (GMOs), pesticides, etc.) on radio call-in shows and by writing to those in authority.
- 🌱 Conduct a study of an agribusiness or a processing plant to find out more about how they operate. Analyse your observations and present a report.
- 🌱 Keep a food journal and study the impacts of the imposition of ideal beauty standards.
- 🌱 Organise a debate involving some of the principal players in agri-food in your area.
- 🌱 Organise a tasting session of local products.
- 🌱 Participate in an agricultural program supported by the community.
- 🌱 Organise a non-perishable food drive for distribution to the underprivileged.

- 🌱 Organise a hunger banquet where the guests, randomly, receive portions corresponding to the diets of various regions of the planet.
- 🌱 Organise a conference or teach-in on the subject of responsible food policy.
- 🌱 Set up in the community (the market, a shopping centre, etc.) information booths on responsible consumption.

And for teachers!

Refer to the site <http://eav.csq.qc.net/terre/> where you will find, along with the content in the hard-copy kit available at the CSQ documentation centre (418 649-8888), a series of easy-to-print learning activities for the elementary and secondary levels. You can also check out the list of Internet sites dealing with food to assist in your food program. You will also find a number of educational tools and useful references to discover or help others to discover the world of food.