

Winter-spring 2025

REBOOT FOOD

**Global
initiatives
to inspire
local action!**

Explored through **co-creative workshops.**

MENU

01. Appetizer

A letter from the Food Justice Group.

02. Main Course.

Examples of ways people are helping transform the food system through local action, with co-creative collages and discussion prompts. The topics covered:

- School gardens.
- Food social security.
- REKO markets.
- Food cooperatives.
- Protecting food heritage (seeds, crops, traditions).

03. Dessert.

Learn about the co-creative process behind this zine, which is democratising knowledge by bridging artists, experts and activists.

A quick comic illustration of how-to create your own.

"Global initiatives to inspire local action! - Explored through co-creative workshops."

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Welcome!

Today, we're serving up some inspiring initiatives for a food system transformation - dreaming of a food utopia that's just and sustainable... and achievable now! As you may be aware, the established food system causes destructive greenhouse gas emissions, loss of biodiversity and inhumane working conditions. To empower both our local community and global network to take action against these issues, we offer you this 3-course zine.

Feeding communities... through co-creative workshops.

This zine was made through a series of events: **Food Utopia Workshop - Co-create an Alternative Food Practices Zine**. In each iteration, participants began by reading an article about an initiative working to create a more fair and sustainable food system. Then, they discussed the article in groups, made a collage about it and ate a meal together.

Co-creative processes, like these workshops, connect and engage a diversity of people, with different backgrounds and competencies - and therefore also the variety of knowledge and skills needed to support each other in taking action. For example, at one of our gatherings, a local farmer and a poet agreed to try to start a food cooperative together. To facilitate a space for bringing these people together, we used the social processes of discussion, crafting and eating.

Empowering local action... through global inspiration.

This vibrant zine, prepared for you by activists, experts and artists together, is dedicated to spreading the message of all the wonderful ways you can help grow a food utopia, starting right where you are. We hope you resonate with these concrete transformation pathways and find solutions to advocate for.

Bon appetit,

*Food Justice Group, Mellempfolkeligt Samvirke Aarhus
(ActionAid Denmark)*

Rooted in education: How school gardens cultivate a connection to food and agriculture (March 2025)

This article by **Victoria Caruso** discusses the importance of hands-on learning in school gardens for pupils to develop a closer relationship to and knowledge around the way food is produced.

(available at northforker.com/2023/06/rooted-in-education-how-school-gardens-cultivate-a-connection-to-food-and-agriculture/) Or scan our QR-code!



QUESTIONS FOR REFLECTION

- What would it have changed for you if you had access to a school garden as a pupil?
- Are there any school gardens in your vicinity?
- Where could a school gardening project be established in your vicinity?

This artwork was made by Yiyau Zhang, Carmen Medina, Mette Lyngdorf and Lir Sumin Lyngdorf Kim.



Small producers

School gardens

Humble Recipe

for a food revolution

Farming & foraging

Accessible to all

Hyper locally produced

Close connections between city and country

Co-ops

Communal cooking and eating

Climate compatible crops

Healthy soil



A food revolution: campaigners in Liège want all the region's produce to be grown locally. Can they do it?



The previous two pages were inspired by this 2023 article by Emma Beddington.

Learn about the **Liège Food Belt**, an initiative that works on rebuilding the local food system, and their successes and challenges in doing so.

(Available at <https://www.theguardian.com/food/2023/jul/16/the-good-life-in-liege-the-start-of-a-food-revolution> or by scanning our QR code)

QUESTIONS FOR REFLECTION

- What food initiatives do you know about in your local area?
- What food initiatives are you missing?
- What are the important actors that could connect and boost existing food initiatives on a city or regional level?

Food Social Security (“Ensuring Access to Quality Food for All is a Public Service Mission”)



This is the article that inspired the next two pages. From here on out, this will be the structure of this zine – **enjoy the read!**

Check out this article by **Sophie Chapelle** interviewing Killian Vallois on the recently established common food fund in Montpellier coordinated by a citizens committee.

(Available in French at <https://basta.media/permittre-acces-alimentation-de-qualite-pour-tous-mission-service-public-securete-sociale-alimentaire> or by scanning our QR code)

QUESTIONS FOR REFLECTION

- Which businesses would you put on the list if you had a food fund?
- What would it mean for you to get 200 Euros of vouchers for “virtuous” food that you have to use per month?
- Could you start a food fund locally? (with friends, a non-profit, church, work, etc)

The following artwork was made by: M. Fernanda, Miriana, Quentin and Rebekam

It's a free, self-determined contribution based on income. It is paid monthly. In exchange for this contribution, one person per household receives 100 euros per month for their food purchases.

REKO

"ring," we mean a group of people cooperating for a shared purpose.

BUY LOCAL

2013,

REKO ring was formed in Finland

2020

100 different REKO groups all over Norway

2024

FIRST REKO IN DK: IN ÅRHUS

RING

Seasonal

microbiome

LESS
TRANSPORT

TIME

COMMUNITY

HEALTH

CONVENIENT

CIRCULARITY

FRESH
FOOD

LOCALLY-CONNECTED

no-waste

VALUE

BIODIVERSITY

GROW
OP!

REKSTÅ
VILLSAU



REKO Ring: a new way to pre-sell online

In this article Andrew Mefferd introduces us to the Scandinavian concept of 'REKO Ring' - a new type of farmers market, that cuts out the middle men and connects consumers to local producers.

(Available at <https://growingformarket.com/articles/reko-ring-new-way-presell-online> or by scanning our QR code)

Since November 2024 **REKO Ring is in Aarhus!** They hold a food market the second Sunday of the month at **Trindsøvej 4** in Aarhus C from 12 to 14.

You can follow them through the Facebook Group "**REKO Aarhus - markedsplads**".



QUESTIONS FOR REFLECTION

- Who would be the producers that you would include in a REKO Ring in your local area?

- Did you know the first ever Danish REKO market has been established in Aarhus?

- What could be some challenges to start or support a local REKO market, and how could they be tackled?

The previous artwork was made by: Mads, Miriana, Aura and Lea.

Europe's unique trials in food "social security"

Learn about the idea of food social security akin to public healthcare and two trials in France and Belgium that are already making this a reality today, reported in this article by Kira Walker.

(Available at <https://www.bbc.com/future/article/20230321-cost-of-living-europes-trials-in-social-security> or by scanning our QR code)



QUESTIONS FOR REFLECTION

- How would a social security of food affect your daily life and food consumption?

- Are there similar initiatives in your local area?

- Do you think users should be free to buy whichever foods they prefer in such initiatives?

The following artwork was made by Aziz, Kim and Sivaram.



Flaming
food
hearts

F E E D
O V E R
G R E E D



FAIR PAY FOR FARMERS & WORKERS



ACCESSIBLE
TO ALL



COOPERATIVES

REGENERATIVE

FOOD



Let's save

ancestral knowledge

food producers, chefs and start-ups work together.

Much of the ancient knowledge around holistic food production has been lost, while systems that are more natural could become part of the solution to a healthier food system.



Local crops/heritage



Seed saving seed banks



SOPIA



LAETITIA

Mediators



Culinary schools

Policies



Bars & restaurants



What can you cook?



Ask your elders!



Wouters: "In that kitchen we'll train young people to become product developers. We will teach them how to add value to local products. We will also offer young chefs and start-ups a place to grow. And, most importantly, we don't just want to reinvent the kitchen, we also want to celebrate what we have here and ensure that the traditional Ghanaian food culture is not lost."

Food activists who keep **ancient food culture** and knowledge alive (March 2025)

Read this inspiring article by Lisa Appels that describes a wide variety of initiatives that work to preserve indigenous and ancient culinary traditions.

(Available at <https://www.foodinspirationmagazine.com/int-86-scaling-up-upcycling/these-food-activists-keep-ancient-food-culture-and-knowledge-alive> or by scanning our QR code)



Meet India's female '**seed guardians**' pioneering organic farming



Or read this article by Bijal Vachharajani about women-managed seedbanks in India.

(Available at <https://www.theguardian.com/global-development-professionals-network/2016/feb/18/meet-indias-female-seed-guardians-pioneering-organic-farming> or by scanning our QR code)

QUESTIONS FOR REFLECTION

- Which culinary traditions exist in your culture? What is the history behind these?
- Do you know about indigenous plant varieties in the area you live in?
- How many varieties of seeds do you believe your local farmers work with?

BEES coop, a model that challenges producers

In this article Clémence Dumont critically examines the impact of BEES coop, a cooperative supermarket in Belgium, in regards to its' goals of social accessibility and fair producer wages.

(Available at <https://tchak.be/index.php/2020/12/28/bees-coop-magasin-bio-clients-prop> or by scanning our QR code)



QUESTIONS FOR REFLECTION

- What are the challenges and limitations of local food initiatives in your area?
- How could they be improved?
- Do you think volunteer-based cooperatives can be compatible with social welfare and labour creation?

The following artwork was made by Michaela Frismodi, Filip Mzyk and Megan Christiansen

At the Market

MINDRE LANDBRUG ER DEN ENESTE VEJ

BEES coop, a model that challenges producers



Roden til alt godt -
(og ondt)



KØB

a concern for producers.

important to remember, that in our society, organic producers tend to underpay themselves².

finding it harder and harder to justify our prices.

It's not just a question of price.

Eating organic is expensive

In search of social mix

m. It rebuilds ties in neighborhoods, v
s not to create a divide and an org

MARIE

AWH

Toward fair and sustainable food systems: The role of food cooperatives and solidarity grocery stores

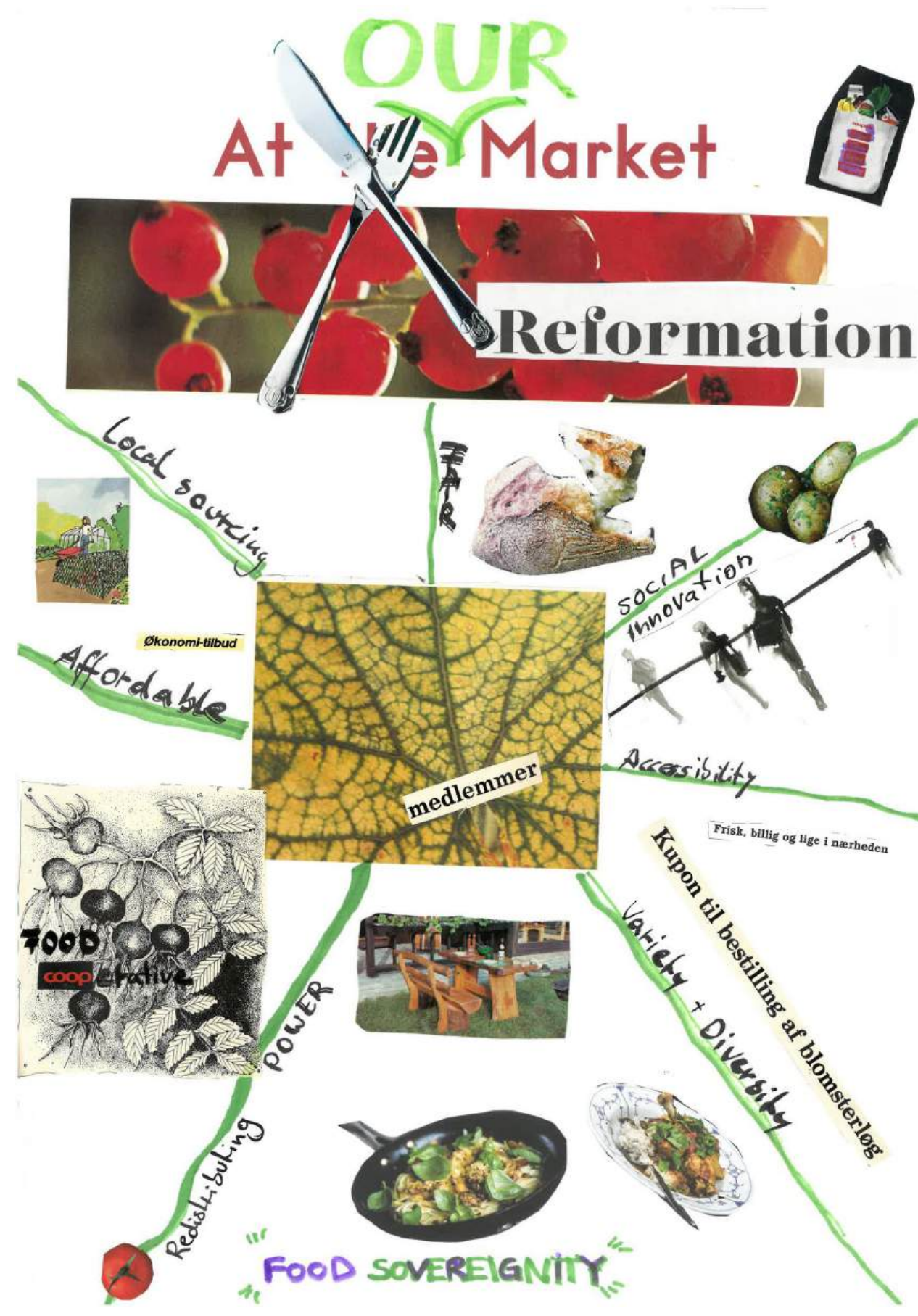


Learn about the potential of food cooperatives and solidarity grocery stores for a socio-ecological transition in the food system in this article by Food Secure Canada.

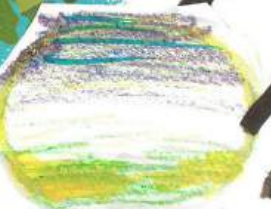
(Available at <https://foodsecurecanada.org/2024/03/28/toward-fair-and-sustainable-food-systems-the-role-of-food-cooperatives-and-solidarity-grocery-stores/> or by scanning our QR code)

QUESTIONS FOR REFLECTION

- Are there any food cooperatives and solidarity grocery stores in your vicinity?
- What are their values and normative goals?
- Food sovereignty vs. food security: of the food system utopias you know of, which of these two concepts do they support most and how?



Back to Our Common Nordic Roots



preserving culinary traditions.



market culture



friendship and networking.

understanding of each other's cultures

a simple root vegetable can play a

pivotal role in revitalizing the Nordic culinary heritage,



SLOW FOOD

VELBEKOMME

opportunities for small farmers to thrive.

traditions and develop successful, value-based small businesses

Preserve the diversity of nature and



food systems



SPIS MIG

RADISEN
LEVER
I JORD
VELLERS
KÅ DEN IKKE BLI' STIR

Once considered a humble food, it's now

celebrated for its health benefits.



heritage vegetables



nutritional powerhouse,



Our Common Nordic Roots. How a simple root vegetable can play a pivotal role in revitalizing the **Nordic culinary heritage**.

This article by Paola Nano discusses the cultural and ecological significance of local heritage vegetables such as the Latvian 'swede' and their marketing potential for small-scale farmers

(Available at <https://www.slowfood.com/blog-and-news/our-common-nordic-roots/> or by scanning our QR code)



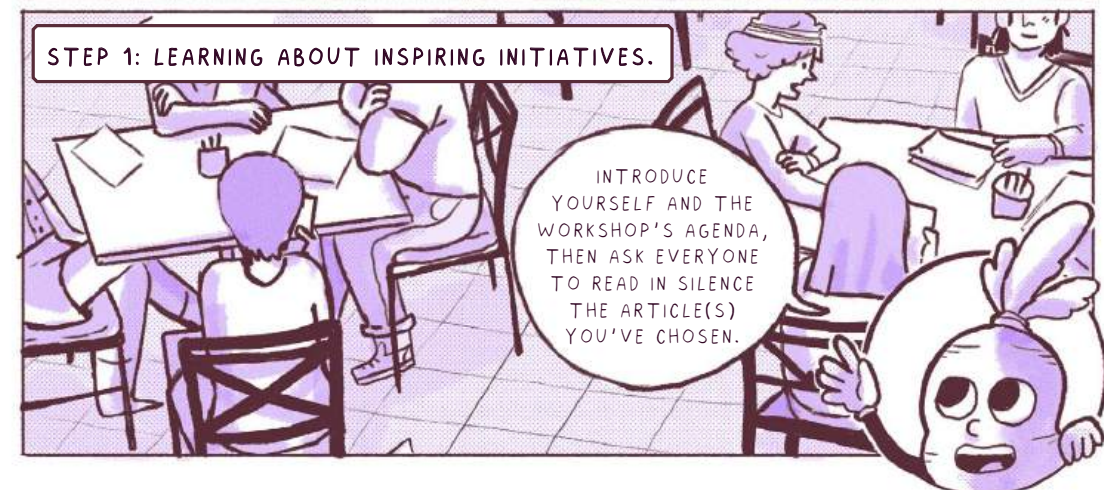
QUESTIONS FOR REFLECTION

- What are local heritage vegetables that are forgotten in your region? Do you know how to prepare them?

- What do you think has caused a decline of local heritage vegetables in your region?

- Try to ask your elders (family, friends or people from your community) about a food they used to eat but can't find anymore.

The previous artwork was made by Silvia, Maz, Lea and Milla



THE ARTICLES WE USED WERE MAINLY SUGGESTIONS FROM DIFFERENT PEOPLE IN OUR GROUP. SOME SOURCES INCLUDE: MAGAZINES, NEWS PUBLICATIONS, BLOGS, NON-PROFIT ORGANISATIONS. YOU CAN DO A WEB SEARCH, OR JUST ASK YOUR HUMAN NETWORK FOR RECOMMENDATIONS OF INITIATIVES TO LEARN ABOUT.

STEP 2: DISCUSS WHAT YOU READ

PARTICIPANTS IN OUR WORKSHOPS CAME FROM A WIDE VARIETY OF BACKGROUNDS AND COUNTRIES (ACADEMICS, FARMERS, ARTISTS, ETC.) AND EACH PERSON HAD UNIQUE INSIGHTS AND QUESTIONS IN THE DISCUSSION.

GET A DISCUSSION STARTED TO GROW A SHARED UNDERSTANDING. START WITH A ROUND OF EVANE SHARING THEIR NAME, PRONOUNS AND THEIR FIRST IMPRESSION OF THE ARTICLE.

HIS ARTICLE REMINDED ME OF WHEN I WAS A KID AND MY VILLAGE WOULD...

DID YOU KNOW THERE IS ALSO A MARKET LIKE THAT HERE? I WAS THERE LAST WEEK AND...

SOME DISCUSSIONS LED TO LEARNING MORE ABOUT THE TOPIC FROM EACH OTHER, WHILE OTHERS LED TO CONCRETE ACTIONS, LIKE STARTING A FOOD COOP TOGETHER!

STEP 3: COLLAge

WHILE PEOPLE DISCUSS, ENCOURAGE THEM TO NOTE DOWN IMPORTANT POINTS OR IMAGES, TO EXPRESS IN THE COLLAge. THE GOAL OF CO-CREATING IS TO DIGEST THE ARTICLE TOGETHER VISUALLY - NOT TO PRODUCE A BEAUTIFUL RESULT.

IN THIS PROCESS, YOU CAN GET INTO A FLOW OF INTERACTING WITH THE MATERIALS YOU FIND, AND EACH PERSON CAN ENGAGE IN THE TASKS THEY'RE COMFORTABLE WITH (FINDING PICTURES, CUTTING, GLUEING, DRAWING, WRITING, PROVIDING INFO, ETC).

THIS IS WHAT YOU MIGHT NEED:



TAKE THE POWER INTO YOUR OWN HANDS!

EXPRESS THE ARTICLE TOGETHER, THERE ARE NO RULES! INFOGRAPHIC? ARTISTIC? HUMORISTIC? IF YOU NEED IDEAS, YOU CAN ALWAYS HARVEST THEM FROM THE EXAMPLES IN THIS ZINE.

STEP 4: EAT TOGETHER

A SHARED MEAL REFLECTING THE VALUES OF OUR FOOD UTOPIA (LIKE SEASONAL, PLANT-BASED, LOCAL FOOD) IS A GREAT WAY TO SHOW-CASE WHAT WE ARE TRYING TO GROW TOGETHER.

BY ENDING WITH THIS MEAL, PARTICIPANTS COULD SENSE THE TRANSFORMATIONS HAPPENING ALREADY, AND DIGEST THEM IN BODY AND MIND!

the end!

Thanks to all the participants in our workshops!

This zine was made by the **Food Justice Group** at **Mellemfolkeligt Samvirke Aarhus**.

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Layout and illustrations: Miriana Gregg

Co-facilitators of workshops: Sebastien, Isa, Lea, Laetitia, Sofia, Sarafina

Find out more at: <https://www.ms.dk/foodjustice>
facebook.com/@msaarhus
instagram.com/mellemfolkeligtsamvirke_aarhus

Note: if you want a more in-depth guide on how we held the workshops to make these pages, plus a template for the graphics of this zine, you can find that here:

<https://www.ms.dk/foodjustice>

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About Reboot Food:

"Rebooting the Food System" is a pan-European campaign that mobilizes young people to create a fair and sustainable food system.

The campaign promotes agroecology and supports the implementation of the law on corporate sustainability due diligence in agri-food production chains.

We work for systemic change together with civil society and youth across Europe.

**MELLEMFOLKELIGT
SAMVIRKE** **actionaid**

About Mellemfolkeligt Samvirke:

Mellemfolkeligt Samvirke is an organization working for a more just and sustainable world, free from discrimination, climate crisis, and poverty. In Aarhus, Mellemfolkeligt Samvirke is located at Mejlgade 53, where they run **Café Mellemfolk**—a volunteer-driven café—and Global Platform Aarhus—an activist space that supports groups fighting inequality. They promote food justice and systemic change through events, content creation, and activism.

Stop by the café or follow [@msaarhus](#) on Facebook and Instagram



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