

What do we mean by the right to food?



The Right to Food is a call to action and a legal framework for coordinated reform in food, agriculture, health, labor, and the environment. For the Right to Food to be realized in the United States, food must be universally:

Available: Individuals and communities are able to feed themselves by producing their own food, through the natural resources available to them, or by purchasing food through a well-functioning food system.

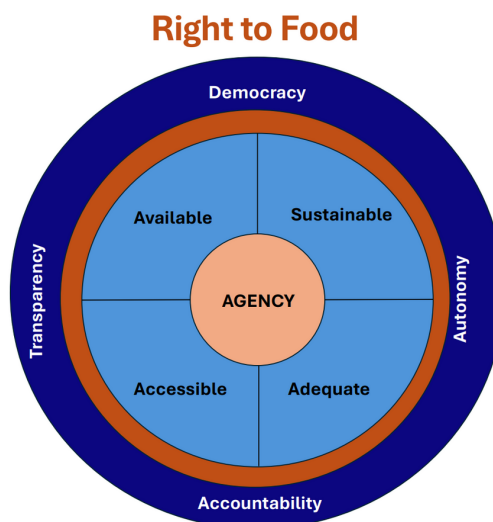
Accessible: Individuals and communities have sufficient physical and economic infrastructure and support to enable everyone to access the food they need and desire, obtained in a dignified way. Everyone has the resources to purchase that food without sacrificing other basic needs.

Adequate: Food is nutritious for growth, development, long-term health, and physical activity. Food is safe for consumption and acceptable within a given culture. Individuals are able to consume enough calories, nutrients, and micronutrients to lead healthy and safe lives.

Sustainable: Food is produced in such a way that the local ecology is not harmed, and natural resources are protected and regenerated. Food production protects our health and the health of our communities for both present and future generations.

See [General Comment No. 12 on the right to adequate food](#) for more on these four principles.

As explained by the Committee on Economic, Social, and Cultural Rights in General Comment 12: “Right to adequate food is realized when [everyone], alone or in community with others, has physical and economic access at all times to adequate food or means for its procurement.”



As a final characteristic, communities must have self-determination and **Agency** in defining their own local food and farm systems and economies that ensure the right to food.

See [Food Sovereignty | Explained](#) by La Via Campesina to learn more about the concept of agency and the right to food.