

## Handpicked: Stories from the Field

*A production of the Laurier Centre for Sustainable Food Systems*

### **Episode 1 – Because Everybody Eats: Exploring Sustainable Food Systems for a Better World**

#### **Discussion Questions:**

1. What is a food system? Describe the food system that you are embedded in, including examples of the ways that food is produced, caught, prepared, distributed, consumed, and disposed of in your community.
2. Sustainability, simply put, is an effort to “meet the needs of the present without compromising the needs of the future” (for a more comprehensive definition, see, [Our Common Future Report](#)). Identify three ways that concepts of sustainability impact the ways that we imagine and interact with our environments?
3. In the episode, Dr. Irena Knezevic describes a sustainable food system as a food system that “sustains—not depletes. It looks differently in different contexts but is never exploitative. Instead, it nourishes—humans and their health, ecosystems, communities, and diverse systems of knowledge.” Why is it important to use a sustainability lens to think about and act within food systems?
4. Identify three ways that our food systems could be more sustainable. Work in a group to identify the specific actors, networks, and resources you would need in order to make those changes.
5. Many of the researchers in this episode talked about sustainable food systems as aspirational rather than fully attainable. Is there a value in working toward sustainable food systems if they can’t ever be fully realized? Why or why not?
6. How will the information in this podcast be useful for your work/project/thinking? What did you take away from this podcast? Has your understanding of food systems changed? If so, how?