The right to safe and sustainable food is part of Human Rights, as stated in article 11 of the International Covenant on Economic, Social and Cultural Rights: “The right to food is the right to have regular, permanent and unrestricted access, either directly or by means of financial purchases, to quantitatively and qualitatively adequate and sufficient food corresponding to the cultural traditions of the people to which the consumer belongs, and which ensures a physical and mental, individual and collective, fulfilling and dignified life free of fear.”

The right to food is the most constantly and widely violated Human Right on our planet. Every five seconds a child under ten dies from hunger. This is happening in a world overflowing with riches where we know that global agriculture could easily feed 12 billion people—almost twice the current world’s population.

As in all other areas, the female population is the one most affected by this flagrant violation of fundamental rights. The guarantee of the right to food is related in an essential way to the guarantee of Sexual and Reproductive Rights. These rights represent the fundamental struggle for the body sovereignty and sexual autonomy of women, who are the life-supporters in all processes related to achieving sustainable agriculture, as well as food security and improved nutrition in the environments and communities they lead.

The link between the struggle to ensure body sovereignty, territorial sovereignty, and food sovereignty is one of the most transformative and compelling axes to achieve social justice on a global scale.

Is food sovereignty possible without gender equality?

Rural women ensure food sovereignty in their communities, build climate resilience, and strengthen economies. However, both gender inequality and discriminatory laws and social norms, along with a rapidly changing neoliberal and austericidal economic, technological, and environmental landscape limit their potential.

Hunger has a woman’s face. In nearly two-thirds of the countries in the world, women are more likely than men to suffer food insecurity. The world’s worst food insecurity is in sub-Saharan Africa, affecting half the population. (UN Women 2019)

According to the SDGs and the 2030 Agenda proposed by the UN, it is estimated that, if women farmers had the same access to resources as men, the number of hungry people in the world could be reduced by up to 150 million.

In the last 10 years, 6,800 small and medium-sized farms have disappeared in Catalonia and the active...
agricultural population has been reduced to 1%. Meanwhile, agribusiness is growing, leaving the Catalan agri-food lobbying in the hands of large multinational corporations. This situation becomes the most aggressive imperialism in many countries around the world where hundreds of women defenders of territory and food sovereignty have been murdered, as was the case with Berta Cáceres in Honduras.

Every three days a women peasant activist is killed for fighting for territory. More than 1,500 environmental activists have been killed over the last 15 years.

Extractive industries subjugate territories and communities around the world, serving the accumulation of power and capital by neoliberal economic interests. They are imposing themselves on the essential struggle for food sovereignty, the only real solution that would ensure this right across the planet. These industries are seizing everything in the name of development and using whatever tools and institutions are at their disposal to do so, such as the WTO and free trade agreements.

La Via Campesina, International Peasant’s Movement has established food sovereignty as a process of building social movements and as a way of empowering people to organize their societies in ways that transcend the neoliberal vision of a world of commodities, markets, and selfish economic actors. It is a process that adapts to the people and places wherever it is put into practice. Food sovereignty emerged as a response and an alternative to the neoliberal model of corporate globalization. As such, it is internationalist in character and provides a framework for understanding and transforming international governance around food and agriculture.

The struggle for fair and sustainable food systems requires commitment and action but also thought and dialogue. Given today’s challenges, the preamble of the declaration presented by La Via Campesina to the UN Human Rights Council takes on special importance: “Almost half of the people in the world are peasants, both men and women. Even in the high-tech world, people eat food produced by peasants. Small-scale agriculture is not just an economic activity but is closely linked to life and survival on Earth. The security of the population depends on the well-being of peasants and sustainable agriculture. To protect human life, it is important to respect, protect and fulfill the rights of the peasants. In reality, the ongoing violations of our rights as peasants threaten human life and the planet.”

Legislation in Catalonia
- Law 12/2015, of 21 July, on effective equality between women and men.
- Law 14/2010, of 27 May, regarding childhood and adolescence rights and opportunities.
- Law 5/2008, of 24 April, on the right of women to eradicate sexist violence.
- Strategy to boost responsible consumption, Barcelona City Council, 2016-2019.

Legislation in Guatemala
- Decree 44/2016, Migration Code.