



CoFSA INTERVENTIONS FRAMEWORK
What is a CoFSA Intervention?

Convened by:



CoFSA Interventions Framework

Guidelines: what is a CoFSA Intervention ?

CoFSA Interventions focus on supporting food systems transformation across three main areas:

- **Food Systems Policy and Pathways**
 - **Food Policy Reform:** *to improve the quality of interaction of policy-makers, and to support them in designing policies that integrate a more ‘compassionate’ and systemic approach.*
 - **Multi-stakeholder Dialogues:** *to create safe, connecting, and transformative spaces for conscious multi-stakeholder dialogues in food systems contexts.*
- **Sustainable Landscapes**
 - **Conscious Farming and Local Community Development:** *to improve the wellbeing and resilience of farmers and their communities, and help them cultivate regenerative mindsets and agricultural practices.*
 - **Revitalizing and Strengthening Traditional Wisdom:** *to promote traditional cultural practices and knowledge that support regenerative food systems*
- **Supply Chain Transformation**
 - **Cultural Transformation of Organizations:** *to support the cultivation of regenerative mindsets, values and skills that catalyze supply chain transformation.*
 - **Conscious Consumption:** *to support the adoption of more healthy, sustainable and local diets, and strengthen traditional food cultures.*

CoFSA approaches food systems transformation by working with **all relevant stakeholder groups across food systems**, including consumers, companies, governments, development agencies, academia, global and local NGOs, local communities, and farmers and food producers.

Interventions work with a diversity of **consciousness approaches** that support the **consideration and cultivation of inner capacities into interventions to support food systems transformation, at the individual, group and institutional levels.** Consciousness approaches can leverage certain practices which actively support the cultivation of inner capacities.

They include a vast range of:

- **Contemplative mind-body practices**, often rooted in a variety of wisdom-based traditions (e.g. nature connection and mindfulness),
- **psychological and cognitive-behavioural based practices** (e.g. self-reflection and inquiry practices),
- **transformative spaces and communication practices** (e.g. deep listening and Non-violent Communication),
- **transformative education and leadership practices** (e.g. experiential learning).

These can be applied at three interconnected levels:

- **Individual:** through trainings, educational programmes, and retreats, as well as coaching activities;
- **Group (collective):** by building safe, connecting, and transformative spaces and networks for conscious multi-stakeholder dialogues and platforms;
- **Institutional:** by supporting the cultural transformation of organizations, dedicated public and private policies;

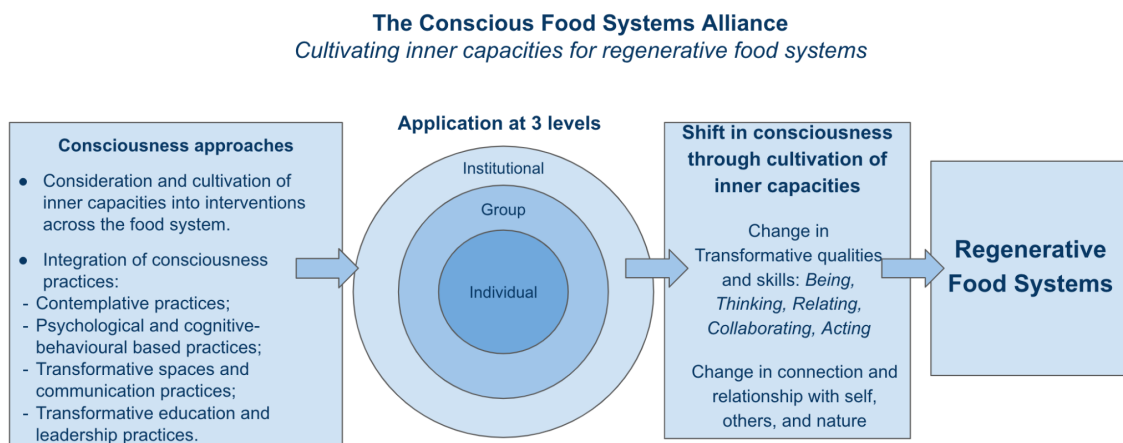


Figure 1. CoFSA Model of Transformation

Principles for Cultivating Inner Capacities

CoFSA’s principles to cultivating inner capacities emphasizes the need for **context-specific and culturally relevant interventions, founded on respect and equity, as well as awareness of power dynamics**. These interventions should be supported by a diversity of evidence and knowledge.

Criteria for CoFSA Intervention

- The application or integration of **consciousness approaches and practices**,
- In the context of **food and agricultural systems**,
- Address one or more of **CoFSA core areas of intervention**,
- To support systemic change towards **regenerative food systems**,
- General commitment to **CoFSA Principles** (see Annex I),
- Commitment to **sharing learnings** from the intervention(s) with the Alliance members.

Benefits

- Leverage the CoFSA brand to raise visibility and legitimacy of your work,
- Access partnerships and peer support through the CoFSA community for the design and implementation of solutions,
- Leverage CoFSA measurement and impact frameworks,
- Generate a CoFSA Case Study of your intervention to capture and share learnings.

Roles

CoFSA interventions are led and implemented by members. The role of the Secretariat is to support members to form partnerships, access tools and share learning through the community. The Secretariat will support partners to complete the Idea Note and offer advice to support the design of interventions in alignment with the CoFSA framework.

The Alliance does not yet provide funding for implementation of CoFSA interventions, but it is seeking to raise funds for an Incubator to support the design, implementation and funding of CoFSA Interventions. Members can submit ideas to the Secretariat for including their interventions in the incubator.

How to Apply

To submit an intervention, please complete the [Idea Note](#) to provide an overview of your objectives, approach and support needs and share this with the CoFSA Secretariat (see contact details below).

Additional Resources:

- [Interventions Idea Note](#)
- Evaluation & Learning Framework (*in development*)
- [Case Study Guidance Note](#)
- Branding Guidelines

Contact

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Annex I

CoFSA Principles to Cultivating Inner Capacities

- **Context-specificity:**

CoFSA interventions, whether at global, national or local levels, must be **tailored to specific challenges** at hand and the needs and wants of change agents.
- **Respect and Equity:**

The application of consciousness practices and approaches must respect everyone's own path of evolution, and not treat people as objects to be changed. Rather, CoFSA offers the **tools to support greater individual and collective awareness and flourishing**, trusting, based on the emerging science, that these interventions will ultimately support systemic transformation towards regenerative food systems.
- **Power dynamics:**

CoFSA aims to create safe, connecting and transformative spaces and conditions for systemic change and regeneration. If these spaces and conditions don't include explorations of power and bias, they may not lead to the deeper mindset shifts needed, furthermore they may reinforce a dominant group's' values.
- **Cultural relevance:**

CoFSA interventions must be locally relevant in terms of language, techniques, frameworks, religions, philosophies, and other cultural considerations. **Supporting locally-led initiatives which harness local resources**, and traditional wisdom, is crucial to enacting this principle.
- **Working with a variety of consciousness practices and approaches:**

CoFSA is committed to working with a diversity of consciousness approaches and practices that can support the cultivation of inner capacities, according to their relevance in different cultural contexts, in particular local traditional wisdoms. CoFSA acknowledges both the spiritual origin of many consciousness practices and approaches, and welcomes the role that faith and religious organizations and perspectives can have in supporting development of inner capacities for the transformation of food systems. At the same time, it recognizes the opportunity in many contexts to promote secular practices to respect the beliefs and values of stakeholders across food systems.
- **Evidence-based approaches and plurality of knowledge:**

CoFSA is informed by and integrates both evidence-based consciousness practices and approaches, and the lived experience, knowledge and wisdom of food practitioners, particularly of local and Indigenous communities. CoFSA recognizes the critical contribution of Indigenous Peoples as wisdom-keepers and land- and biodiversity-protectors, and the role of Indigenous ways of knowing and being in maintaining harmonious local food systems.

