



CALL FOR PROPOSALS

CONSCIOUS FOOD INCUBATOR



CONSCIOUS FOOD SYSTEMS ALLIANCE

The Conscious Food Systems Alliance (CoFSA), is a movement of food, agriculture, and consciousness practitioners, convened by UNDP, and united around a common goal: **to support people from across food and agriculture systems to cultivate the inner capacities that activate systemic change and regeneration.**

CoFSA's vision is to establish the cultivation of inner capacities as a **key evidence-based approach** to envision and create regenerative food systems; and to build **legitimacy** for this agenda.



INNER CAPACITIES

Individual and collective **awareness, mindsets, beliefs, values, worldviews**, and associated transformative **cognitive, emotional and relational qualities and skills**.

The cultivation of inner capacities can enable a deepening or expansion of individual and collective consciousness that can support **regenerative food systems**.



CONSCIOUSNESS APPROACHES

Consciousness approaches can leverage certain practices which actively support the cultivation of inner capacities

CoFSA works with a diversity of consciousness approaches which integrate the consideration and cultivation of inner capacities into interventions, at the individual, group and institutional levels.

These approaches 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** through dialogues, group discussions and facilitation practices (e.g. deep listening and Non-Violent Communication) and communities of practice to deepen understanding and application of the learning;
- **Transformative educational and leadership practices** (e.g. experiential learning, and arts-based learning).

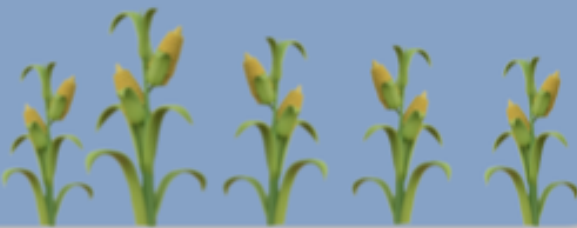


The CoFSA Model of Transformation



Consciousness Approaches

- Consideration and cultivation of inner capacities into interventions across the food system.
- Integration of consciousness practices:
 - Contemplative practices;
 - Psychological and cognitive-behavioural based practices;
 - Transformative spaces and communication practices;
 - Transformative education and leadership practices.



Application at 3 Levels



Shift in Consciousness through cultivation of inner capacities

Change in connection and relationship with self, others and nature



Regenerative Food Systems

Replenishing the soil, fauna, flora, livelihoods, cultures and planetary health.



CoFSA Areas of Intervention

Transforming food and agriculture through a whole system approach



Sustainable Landscapes

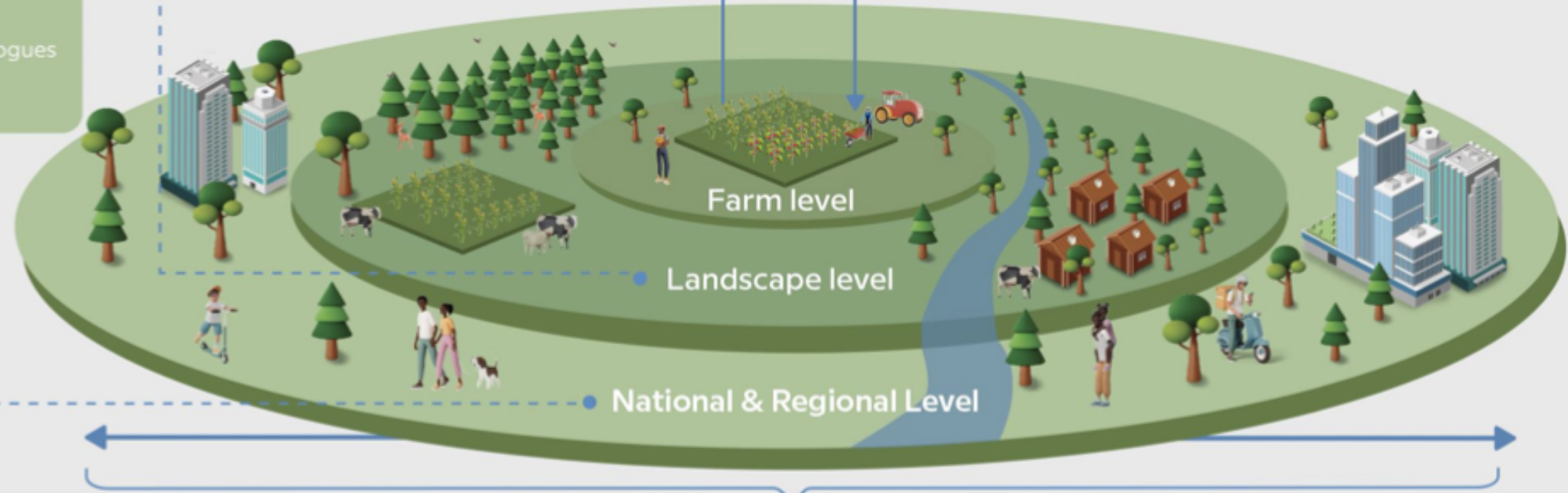
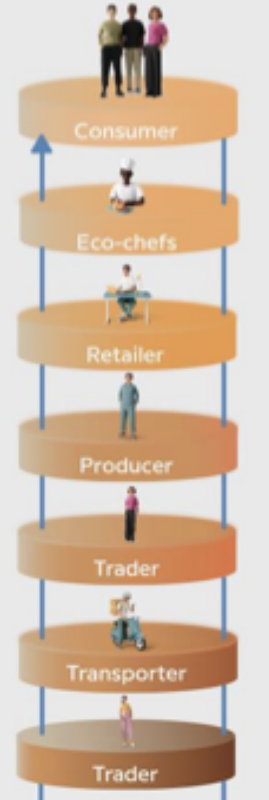
- Conscious Farming & Local Community Development
- Revitalizing & Strengthening Traditional Wisdom

Food Systems Policy & Pathways

- Food Policy Reform
- Multistakeholder Dialogues

Supply Chain Transformation

- Conscious Consumption
- Cultural Transformation of Organizations



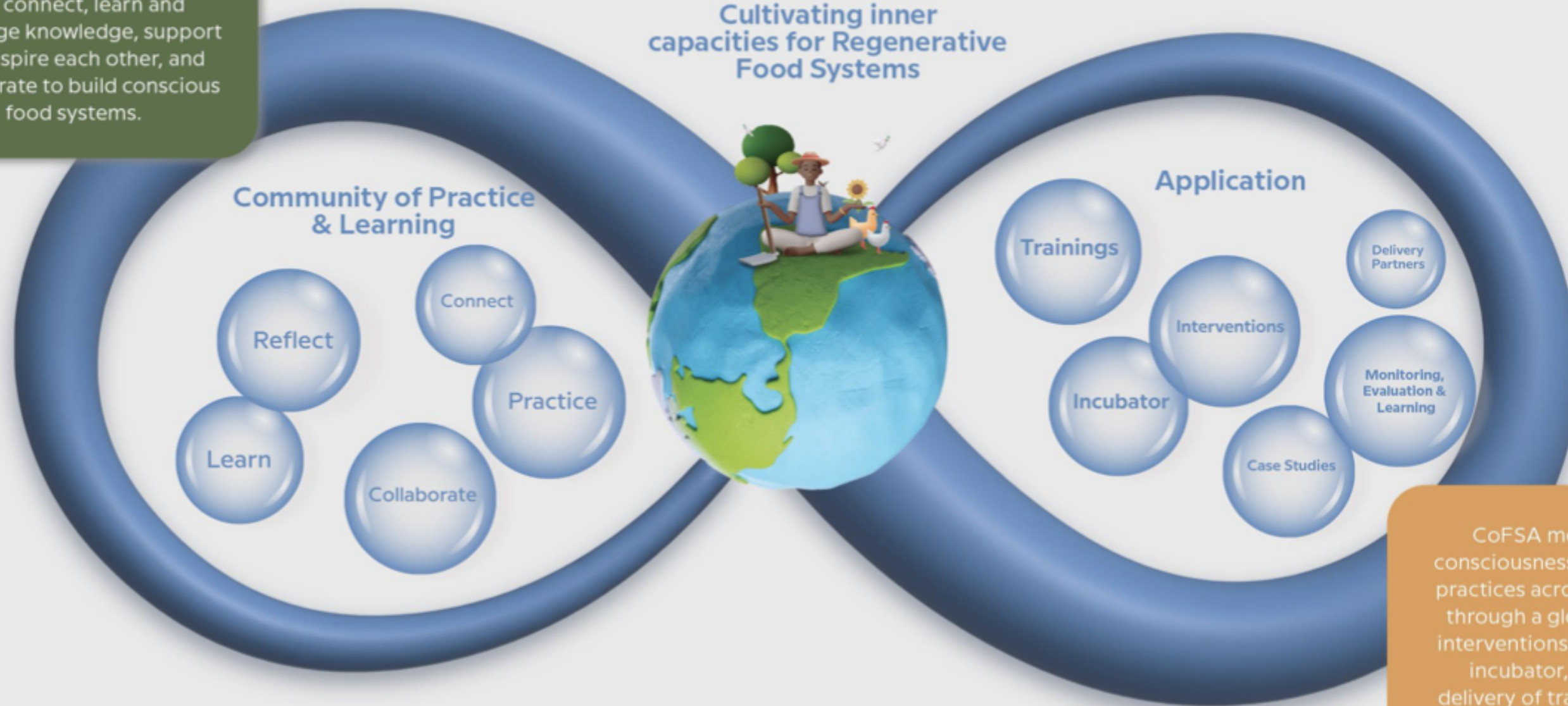
Horizontal organisation of production systems and ecosystem services

The CoFSA Structure



CoFSA brings together an intentional community of peers supported by a collaborative digital platform where individuals and organizations can connect, learn and exchange knowledge, support and inspire each other, and collaborate to build conscious food systems.

Cultivating inner capacities for Regenerative Food Systems



CoFSA members apply consciousness approaches and practices across food systems, through a global portfolio of interventions supported by an incubator, including the delivery of trainings, coaching and facilitation services, supported by research and learning frameworks.



CALL FOR PROPOSALS

The Conscious Food Incubator intends to **support the experimentation of innovative approaches to transform food systems through the cultivation of inner capacities**, to scale up and accelerate progress towards the 2030 Agenda for Sustainable Development.



OBJECTIVES

- To **test and demonstrate** how consciousness approaches can strengthen inner capacities that in turn help accelerate the transformation of food systems to make them more regenerative, sustainable and equitable.
- To **generate a set of learnings and learning resources** – in the form of case studies, training materials, trainers and partners – which can be used to **scale-up** the integration of consciousness-based practices and strengthening of inner capacities for food systems transformation.



CORE AREAS OF INTERVENTION



Sustainable Landscapes

Conscious Farming & Local Community Development
Revitalizing and Strengthening Traditional Wisdom



Food System Policy and Pathways

Food Policy Reform
Multi-stakeholder Dialogues



Supply Chain Transformation

Cultural Transformation of Organizations
Conscious Consumption

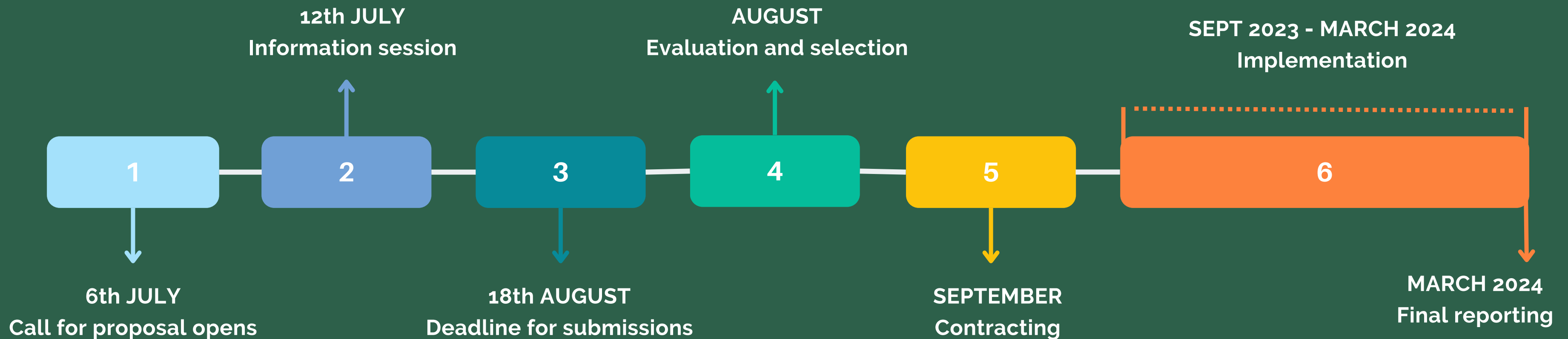
KEY INFORMATION AND TIMELINE

● **ELEGIBLE ENTITIES**

Civil society and (national or international) non-governmental organizations, including non-governmental academic or educational institutions.

● **GRANT**

Up to USD \$20,000
Technical support from CoFSA Secretariat for implementation and learning



ELIGIBILITY CRITERIA



STRATEGIC RELEVANCE FOR COFSA AGENDA & LEARNING



QUALITY OF INTERVENTION



IMPLEMENTATION CAPACITY



APPLICATION OF COFSA PRINCIPLES

- Context-specificity
- Respect & equity
- Sensitivity to power dynamics
- Cultural relevance and sensitivity, respect for traditional wisdom
- Variety of consciousness practices and approaches
- Evidence-based approaches and plurality of knowledge

THE COFSA MONITORING & EVALUATION FRAMEWORK

Data to be collected:

- Description of the intervention
- What “inner changes” are participants noticing (if any):
 - At individual level?
 - At team / collective level?
- Do these changes seem to be contributing to the team’s or project’s impact?

Suggested methods for data collection:

- Self-assessment (guided by a questionnaire)
- Focus group discussions (guided by a similar questionnaire)

Templates provided:

- For self-assessment at individual and/or group level
- For synthesizing results



THANK YOU



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Conscious Food Systems Alliance

