



**CONSCIOUS
FOOD SYSTEMS
ALLIANCE**

THE CONSCIOUS FOOD SYSTEMS ALLIANCE

***INNER CAPACITIES FOR
REGENERATIVE FOOD SYSTEMS***

Convened by:



**UN
DP**

The Journey

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The Rationale

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Workplan for
2023

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Engage

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The Rationale

“I used to think that the top environmental problems were biodiversity loss, ecosystem collapse and climate change. I thought with 30 years of good science we could address those problems. But I was wrong. The top environmental problems are selfishness, greed and apathy... And to deal with these we need a spiritual and cultural transformation”.

Gustave Speth, former Chair of the United Nations Development Group

FOOD SYSTEMS ARE CRITICAL TO ACHIEVE THE SUSTAINABLE DEVELOPMENT GOALS BY 2023



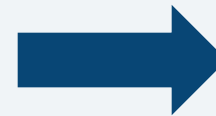
- Agriculture accounts for nearly a quarter of all greenhouse gas emissions.
- A handful of global agricultural commodities account for nearly 75% of all tropical deforestation.
- Agriculture uses 70% of total freshwater withdrawals.
- One third of global produce is lost or goes to waste.
- Regenerative agriculture mitigates climate change.
- Agriculture is the largest employer in low-income countries, accounting for 60% of the labor force and producing 25% of GDP.



WHAT IS THE MAIN BLIND SPOT IN OUR COLLECTIVE EFFORTS TO ACHIEVE SUSTAINABLE FOOD SYSTEMS?

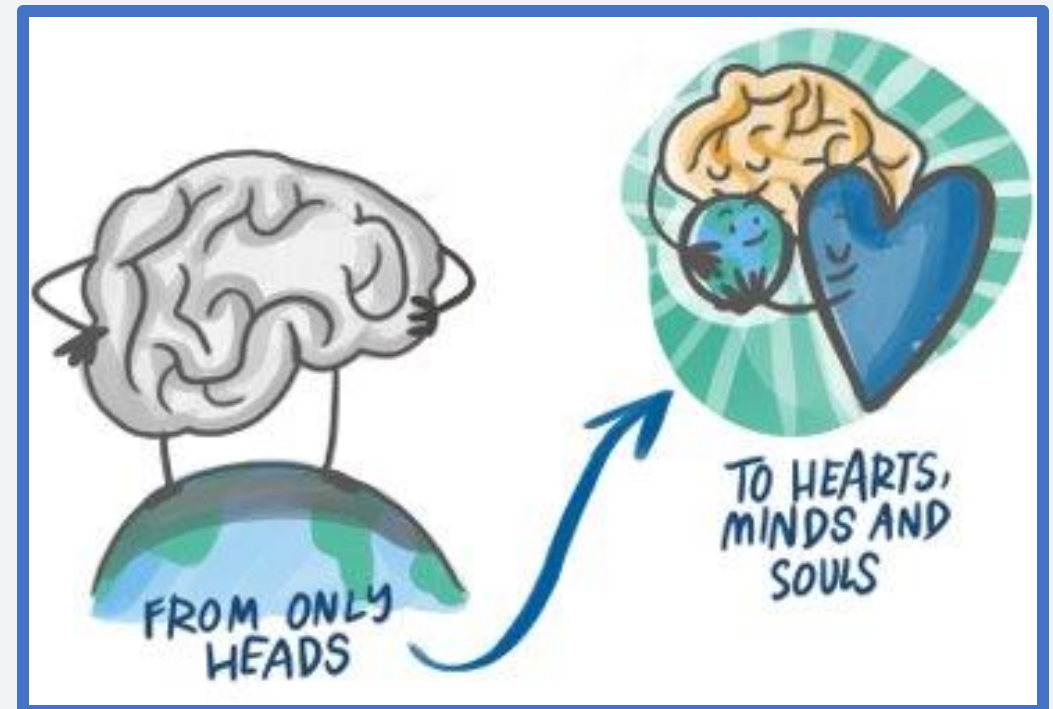
The sustainability community works on:

- Policies and projects,
- Legal and institutional frameworks,
- Technologies,
- Investments,
- Capacity-building,
- Research
- Etc.

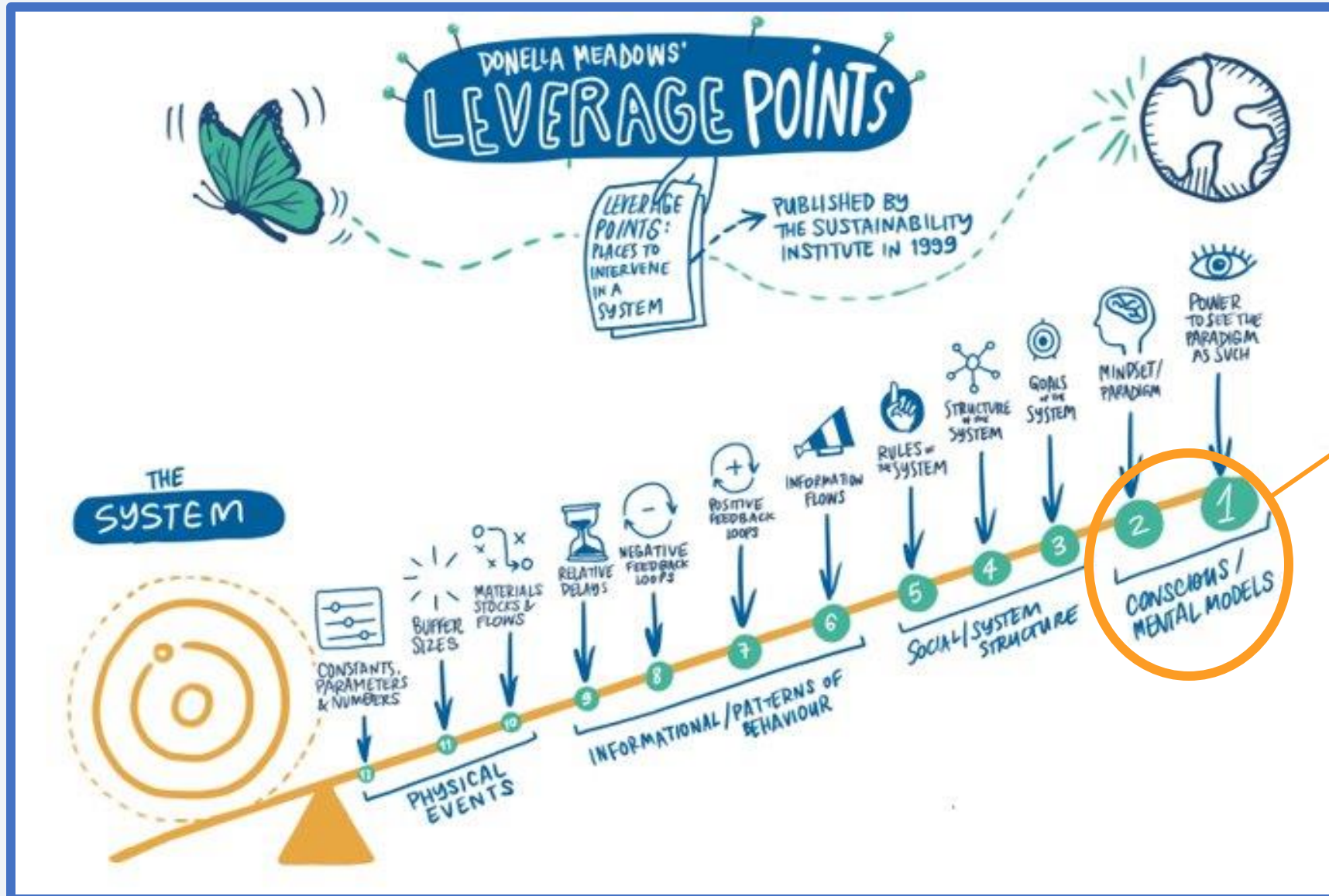


**But
results are not enough, and
we are running out of
time !**

**Why aren't we able to turn the many solutions we have
into the systemic transformations we need?**



CONSCIOUSNESS AND MENTAL MODELS ARE THE MOST POWERFUL LEVERAGE POINT FOR SYSTEMIC CHANGE



The latest IPCC reports (2022) on climate change mitigation and adaptation highlight for instance the role of “inner transitions” and inner capacities of individuals, organizations, and societies as a lever for accelerating the transition in the context of sustainable development.

INNER HUMAN BARRIERS TO FOOD SYSTEMS CHANGE

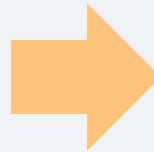
The barriers to change lie not only in systemic structures but **within the human mind and heart:**

- **Extractive mindsets** and **cultural narrative of separation** from one-self, each another and the natural world
- **Dominant extractive paradigm** of unfettered economic growth
- **Reductionism and siloed thinking** inhibiting our capacity to approach complex challenges in a systemic manner
- **A Lack of Collaborative Capacities**
- **Care Deficit**

CONSCIOUSNESS APPROACHES HOLD THE POTENTIAL TO RESHAPE OUR BRAIN FOR REGENERATION

Science has evidenced the following benefits of some consciousness approaches (e.g., compassion, nature connection, somatic bodywork, emotional awareness, non-violent communication, mindfulness and self-reflection, etc.)

- Empathy and compassion;
- Care for the environment;
- Flexibility and openness;
- Creativity;
- Reduced stress and improved well-being;
- Emotional regulation;
- Healthier diets;
- Focus and productivity;
- Clarity and acceptance;
- Improved decision-making.
- Etc.



**Willingness and
capacity for
transformation
towards sustainability**



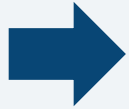
Consciousness approaches have been applied successfully in many **sectors** and **leading organizations**.

INNER CAPACITIES: THE CAPACITY FOR CONSCIOUS FOOD RECONNECTION

DISCONNECTION



Self

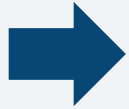


MANIFESTATION

- Eating disorders
- Obesity disease
- Practitioners burnout
- Farmer suicide



Others



- Distance between food producers and globalized value chains
- Marginalization & poor working conditions of farmers



Nature



- Extractive production practices
- Environmental degradation

INNER CAPACITIES

**Shift in
consciousness**

RECONNECTION

- Improving diet and food habits,
- Wellbeing and flourishing,

- Local food systems and sustainable consumptions
- Inclusion, decent livelihoods and working conditions

- Transition to more regenerative and agroecological farming
- Sustainable land management and nature-based solutions

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.



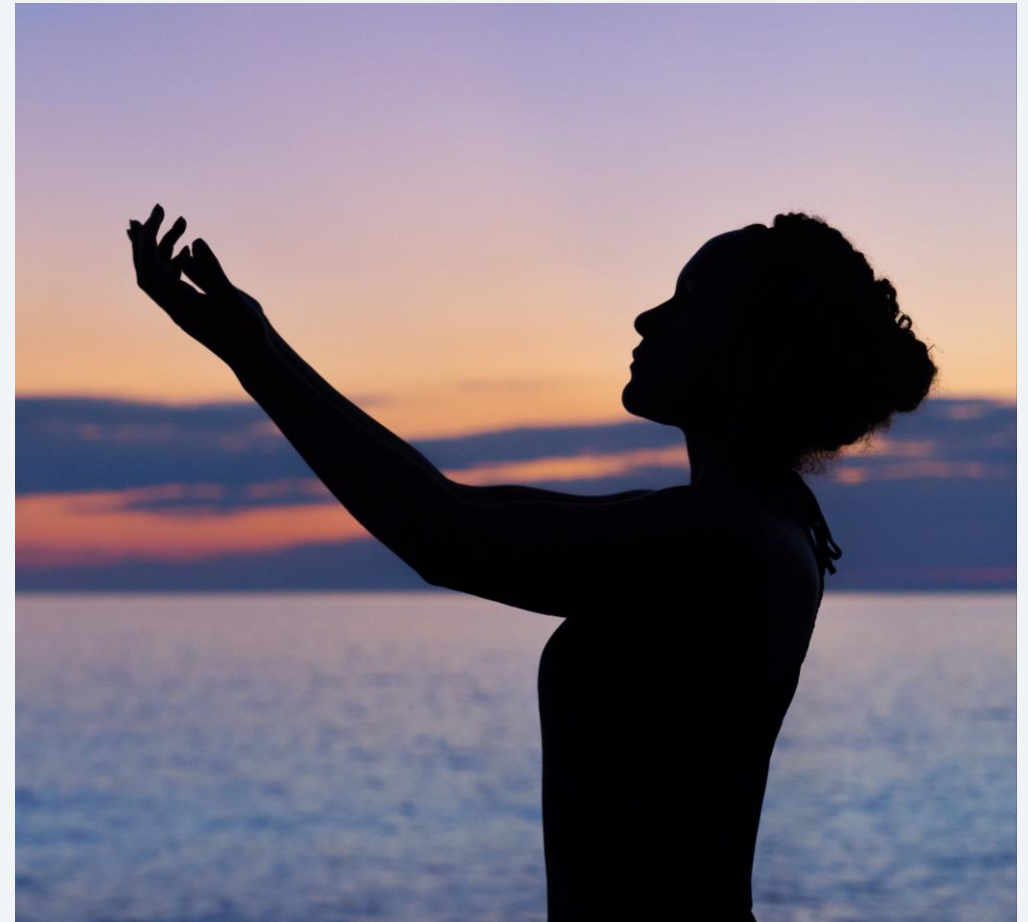
CONSCIOUSNESS APPROACHES

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.

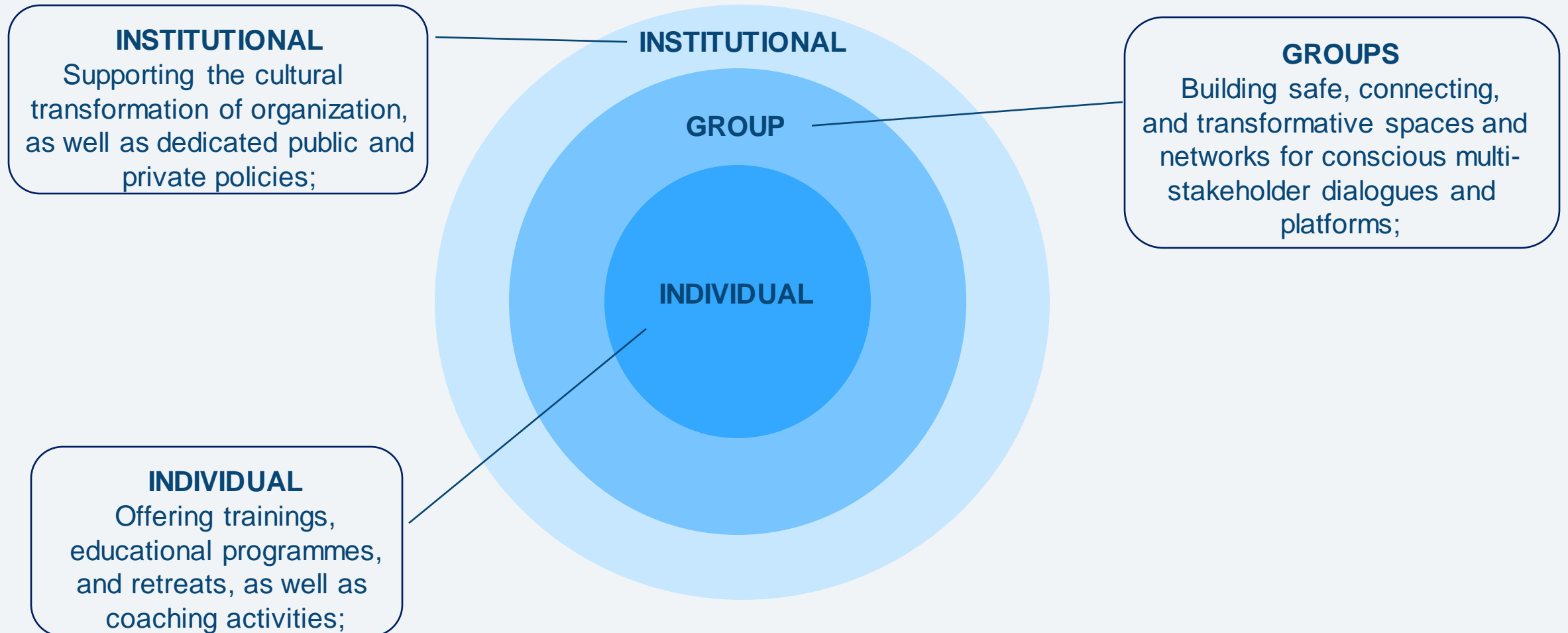
These approaches include a vast range of:

- **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).



THREE LEVELS OF APPLICATION

CoFSA approaches food systems transformation by working with **all relevant stakeholder groups across food systems**, at three interconnected levels:



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.



INNER CAPACITIES: TRANSFORMATIONAL QUALITIES AND SKILLS



The Inner Development Goals framework

Being - Relationship to Self	Thinking - Cognitive Skills	Relating - Caring for others and the world	Collaborating - Social Skills	Acting – Driving Change
Inner compass	Critical thinking	Appreciation	Communication Skills	Courage
Integrity	Complexity awareness	Connectedness	Co-creation Skills	Creativity
Authenticity	Perspective Skills	Humility	Inclusive mindset	Optimism
Openness and Learning mindset	Sense-making	Empathy	Intercultural competence	Perseverance
Self-awareness	Long-term orientation and visioning	Compassion	Trust Mobilization Skills	
Presence				

Source: Inner Development Goals Initiative (2021)

REGENERATIVE FOOD SYSTEMS



Regenerative Food Systems go beyond sustainability to actively **restore, revitalize and replenish** the soil, the water, the flora, the fauna, livelihoods, cultures and planetary health.

Rather than focusing on doing less harm, it works **in alignment with living systems** to create systems which are healthy, resilient and adaptable, to ensure we're able to feed many generations to come.

02

The Alliance

“Creating regenerative systems is not simply a technical, economic, ecological or social shift: it has to go hand-in-hand with an underlying shift in the way we think about ourselves, our relationships with each other and with life as a whole”

**Daniel Christian Wahl,
Author of Designing Regenerative Cultures
(2016)**

THE CONSCIOUS FOOD SYSTEMS ALLIANCE (COFSA)



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.

VALUES



Bringing our whole selves to this work: emotional, embodied, and authentic

Willingness to undertake inner work

Equity, inclusivity and acknowledgement of power dynamics

Deep listening

Valuing diverse points of view

Embracing complexity and working with emergence



CoFSA Areas of Intervention

Transforming food and agriculture through a whole system approach

Sustainable Landscapes

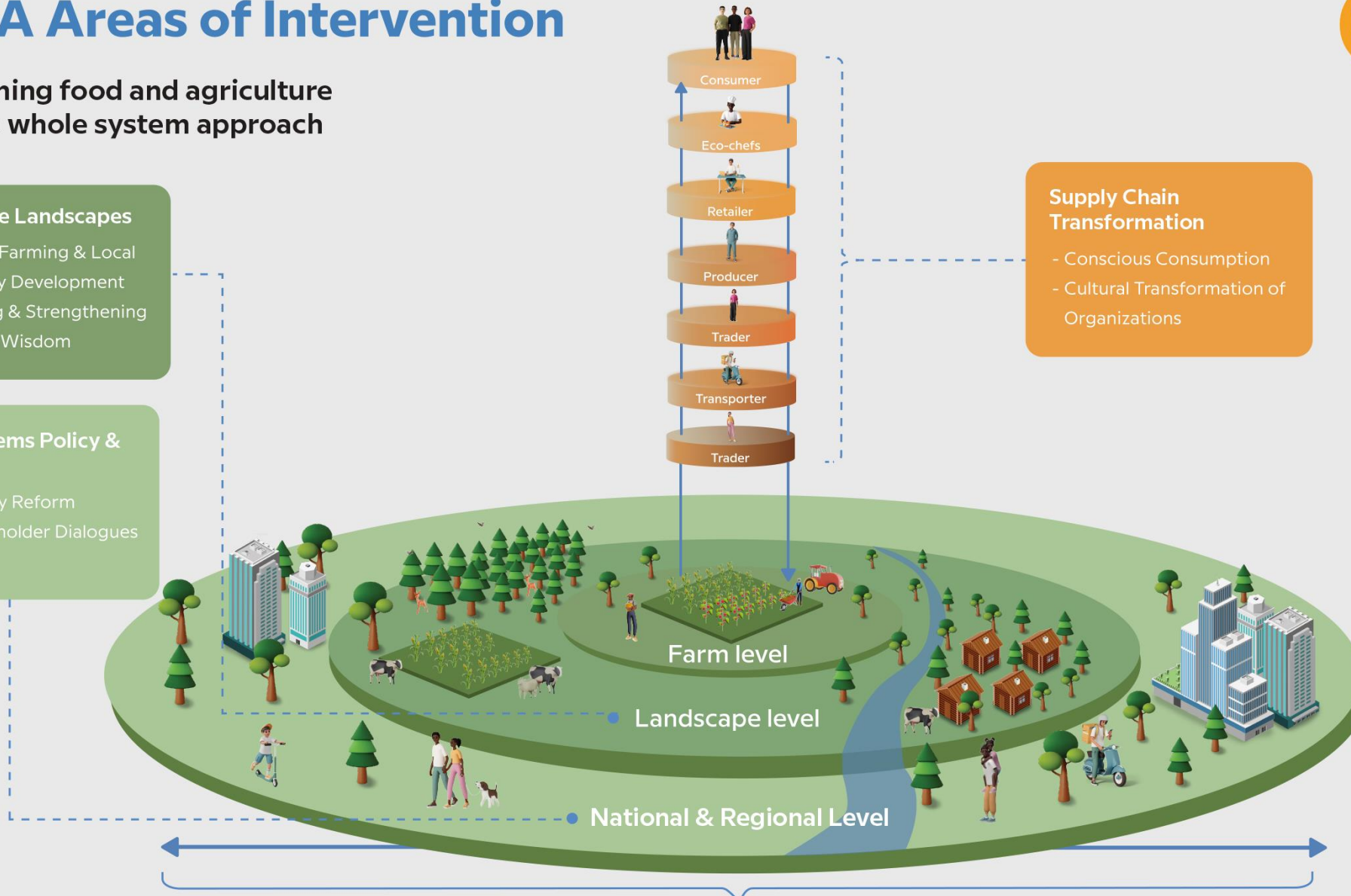
- Conscious Farming & Local Community Development
- Revitalizing & Strengthening Traditional Wisdom

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

SUSTAINABLE LANDSCAPES



CoFSA supports members to integrate consciousness approaches into their work through projects, programmes, and platforms:

Conscious Farming and Local Community Development

- Target audience: farmers and local communities
- Aims: to improve livelihoods, and conserve forests, biodiversity, water resources, and soil health.
- Approaches:
 - **Support the adoption of regenerative agricultural practices through the cultivation of associated mindsets and values** (connection to the land, responsibility and solidarity, intrinsic orientation, etc.).
 - **Support the resilience, well-being and empowerment of farmers, local communities and change agents** through trainings, peer circles, trauma-healing etc.
 - **Support conscious human-centred project design and implementation** by assessing and taking into consideration inner capacities (motivations, attitudes, etc.)

Revitalizing and Strengthening Traditional Wisdom

- Target audience: Indigenous Peoples and local communities
- Aims: to revitalise and strengthen traditional wisdom.
- Approaches:
 - Support intergenerational learning of **food and land-related traditional knowledge**, through participatory media training (see appendix), and locally-designed curriculums.
 - **Revitalize traditional cultural practices for conscious dialogues and conflict-solving**, including through trainings in mindfulness and non-violent communication

FOOD SYSTEMS POLICY AND PATHWAYS



Food Policy Reform

- Target audience: government officials i.e. ministers, directors, policy makers
- Aims:
 - to **improve the quality of interaction of policy-makers**
 - to design and pass policies and laws that integrate a more 'compassionate' approach to humans and nature
- Approaches:
 - **Transform civil service and political cultures** through trainings in mindfulness, compassion, nature connections, etc.
 - **Improve the framing and decision-making on complex problems** through training.
 - **Design and implement conscious and compassionate policy processes.**

Multi-stakeholder Dialogues

- Target audience: multi-stakeholder platforms
- Aim: the creation of **safe, connecting, and transformative spaces** for conscious multi-stakeholder dialogues.
- Approaches:
 - **Equip stakeholders with the skills and practices to overcome communication challenges, deal effectively with conflicts and build trust and empathy between stakeholders.**
 - **Support deep dialogues through conscious facilitation.**
 - **Enable participants to create a new lens to look at a problem** and take collective action from a place of shared awareness.

SUPPLY CHAIN TRANSFORMATION



Cultural Transformation of Organizations

- Target audience: companies, global NGOs, development agencies
- Aims: supply chain transformation to support transition to regenerative food systems
- Approaches:
 - **Foster conscious leadership for collective action through trainings, coaching, awareness-based learning journeys and team-building retreats.**
 - **Support conscious procurement** through deep dialogues and immersion with local communities.

Conscious Consumption

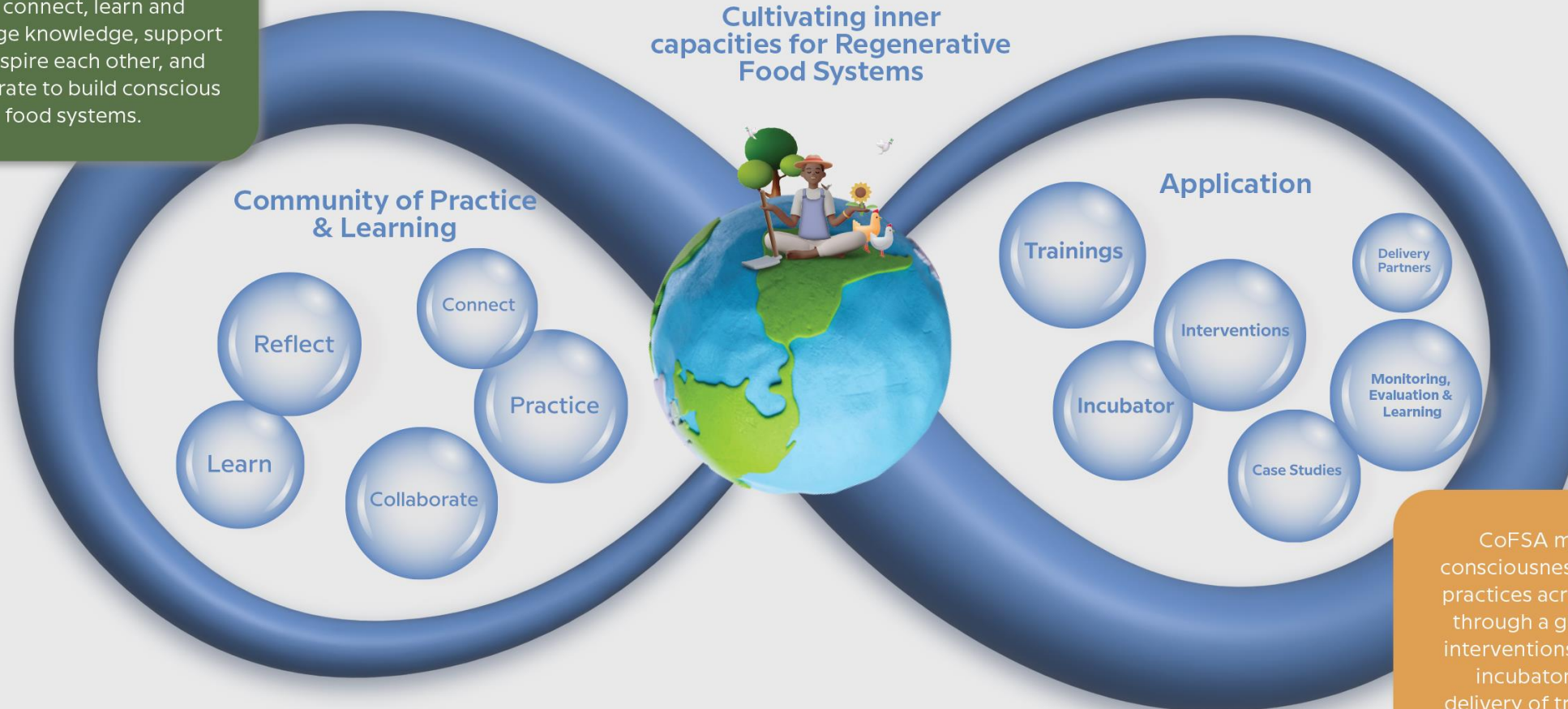
- Target audience: consumers or 'eaters'
- Aims: the adoption of more healthy, sustainable and local diets.
- **Approach: education programmes** in particular for youth, around:
 - **Traditional food cultures,**
 - **Healthy and sustainable diets** through behavioural change and mindful eating practices.



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.

The CoFSA Inner Council



Gretchen Steidle
Global Grassroots



Sarah Queblatin
Global Ecovillage Network Oceania
and Asia (GENOA)



Sara Farley
The Rockefeller
Foundation



Jamie Bristow
The Mindfulness Initiative



Pavel Cenkl
Schumacher College



Teresa Corção
Instituto Maniva



**Christine
Wamsler**
LUND University



Katie Palmer
Food Sense Wales
Welsh NHS



Michael Wernstedt
Inner Development
Goals



Joshua Konkankoh
Better World Cameroon



Maximilian Abouleish
SEKEM



Bernard Guri
CoFSA IP Advisor



Andrew Bovarnick
UNDP_COFSA

CoFSA Secretariat



Andrew Bovarnick
CoFSA Team Lead



Thomas Legrand
Lead Technical Advisor CoFSA



Charlotte Dufour
Incubator Manager



Noemi Altobelli
Community Manager



Alice Jervoise
CoFSA Coordinator



Bernard Guri
CoFSA IP Advisor

Connect & Practice

CoFSA brings together an **intentional community of peers** supporting one another and journeying together toward conscious food systems.

Connect with peers and discover like-minded people through our gatherings and monthly coffee chats.

Join collective practices such as deep listening, mindful eating, and meditations.



Collaborate

CoFSA enables collaboration and valuable **partnerships** among members.

Members can collaborate on specific issues and initiatives through **Action Groups**, which are self-organized around specific themes (research, M&E, etc.) or interventions.

Network of Local Hubs

An action group is currently developing CoFSA's Network of Local Hubs.

The network aims to facilitate an equitable exchange of knowledge and experience across local centers offering conscious food learning programs and retreats and to empower members to co-create and provide programmes for a broad range of stakeholders.



Reflect & Learn

Webinars & Events

CoFSA offers webinars, dialogues and events to inquire into key issues for conscious food systems with the aim of harnessing collective intelligence, generating insights and sharing learning.

Sharing learnings and best practices

CoFSA gathers, shares lessons learnt and best practices from the experience of its members in implementing interventions aimed at considering and cultivating inner capacities for regenerative food systems. CoFSA also collects **case studies** that showcases the amazing work of its members.



Apply: Interventions

CoFSA members pioneer the application of a variety of consciousness approaches and practices across food systems, through a global portfolio of interventions, including the delivery of:

- **Trainings & Learning Journeys**
- **Coaching services**
- **Facilitation services**
- **Assessments**

Members connect to the CoFSA community of experts and delivery partners to develop collaborations.

The CoFSA Secretariat offers technical assistance to support the design and implementation of interventions.



Apply: Incubator

A space for **collective experimentation and learning** which can inspire scaling up of successful experiences.

Objectives:

- **Test and demonstrate** how consciousness approaches can strengthen inner capacities to create regenerative, sustainable and equitable food systems through a **global portfolio of prototype and pilot interventions**.
- **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 approaches.

Prototype
Idea Note

IMPLEMENTATION

Experiment, Adapt,
Monitoring &
Evaluate, Learn

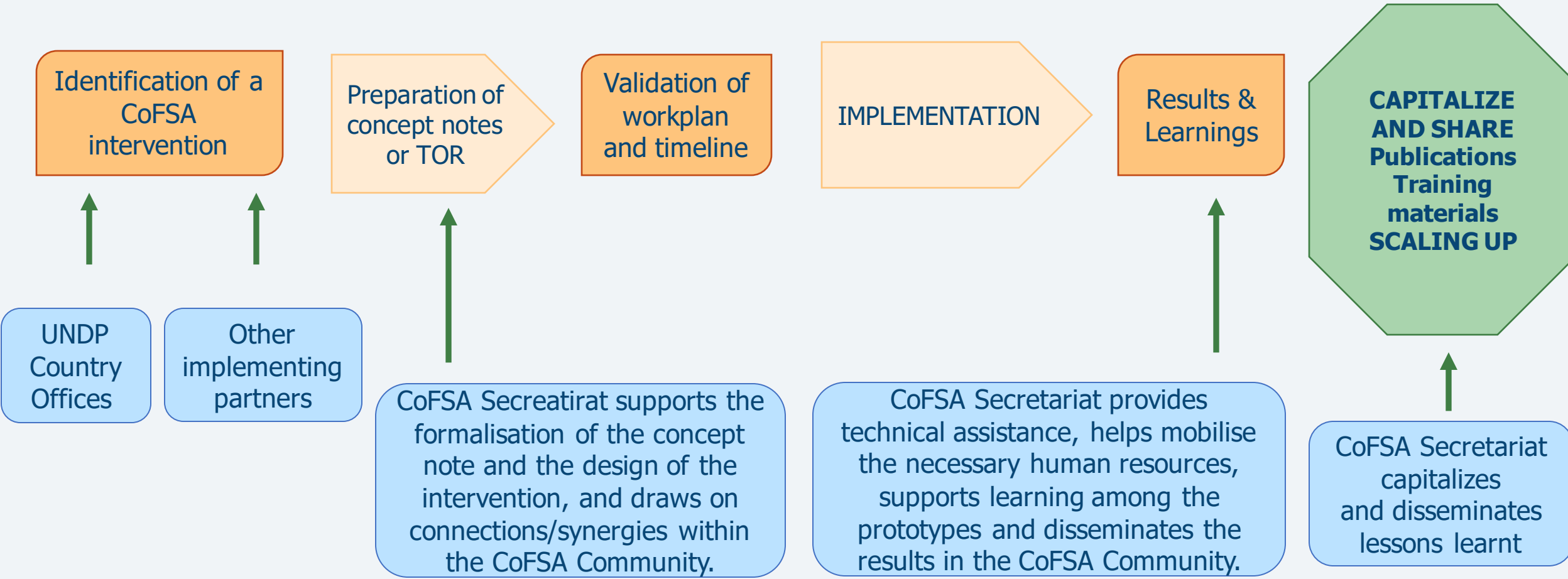
CAPITALIZE

Document and
share,
Develop tools
and training
materials

SCALE UP

Advocate
Share
Adapt
Learn

CoFSA INCUBATOR PROCESS



CoFSA Community
Source of: prototype ideas, expertise, ideas, methods and skills, training opportunities
Space for collective learnings and capacity to disseminate results and outcomes in diverse networks

APPLY: PRINCIPLES FOR INTERVENTIONS



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



COMMUNITY OF PRACTICE AND LEARNING SUPPORTED BY A DIGITAL PLATFORM



Establishing a thriving community of practitioners, within which individuals and organizations can **connect**, **learn** and **exchange knowledge**, **support** and **inspire** each other, and **collaborate** to build conscious food systems.

FUNCTIONALITIES OF DIGITAL PLATFORM

- Common Library
- Community Calendar
- Collaborative Workspace (sub-groups)
- Member Directory and World Map
- Community Live Feed
- Chat



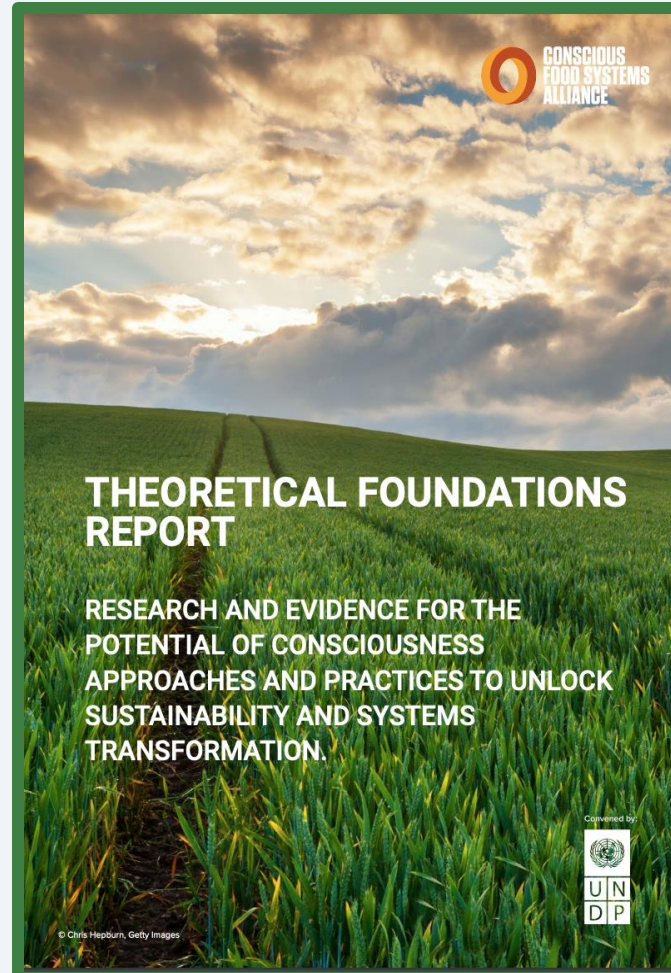
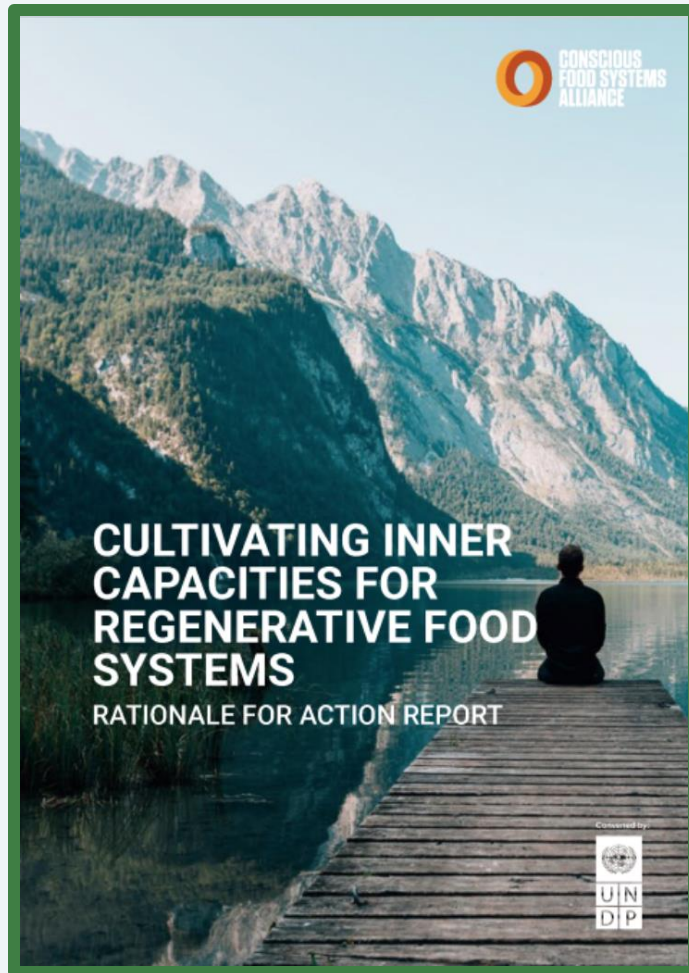
COFSA
Members

HIGHLIGHTS & ACHIEVEMENTS

- **Co-creation process with 27 core partners in 'The Breathing Room'** to co-design the Conscious Food Systems Alliance and connect deeply with themselves and one another.
- **Thought leadership** on conscious food systems: publishing Rationale for Action report, Case Study collection, CoFSA Manifesto, blogs & articles, and presenting in conferences and events (e.g. COP27).
- Generating a '**Portfolio of CoFSA Interventions**' to pioneer the application and integration of consciousness approaches in food systems.
- **Growing the community** to over 150+ informal members from across the food system and from a diversity of consciousness backgrounds.
- **Digital Community Platform** to support members to collaborate, connect & practice, apply, reflect & learn.
- Building a **Global Network of Local Hubs** to facilitate an equitable exchange of knowledge and experience across local centres offering conscious food learning programmes.
- **\$300k grant received from Robert H. N. Ho Family Foundation** for CoFSA Community, Interventions & Trainings in 2023 and ongoing conversations with other donors (Rockefeller, SIDA, Climate-kic, etc.)



KEY FOUNDATIONAL DOCUMENTS



AVAILABLE TO DOWNLOAD AT OUR WEBSITE: <https://consciousfoodsystems.org>



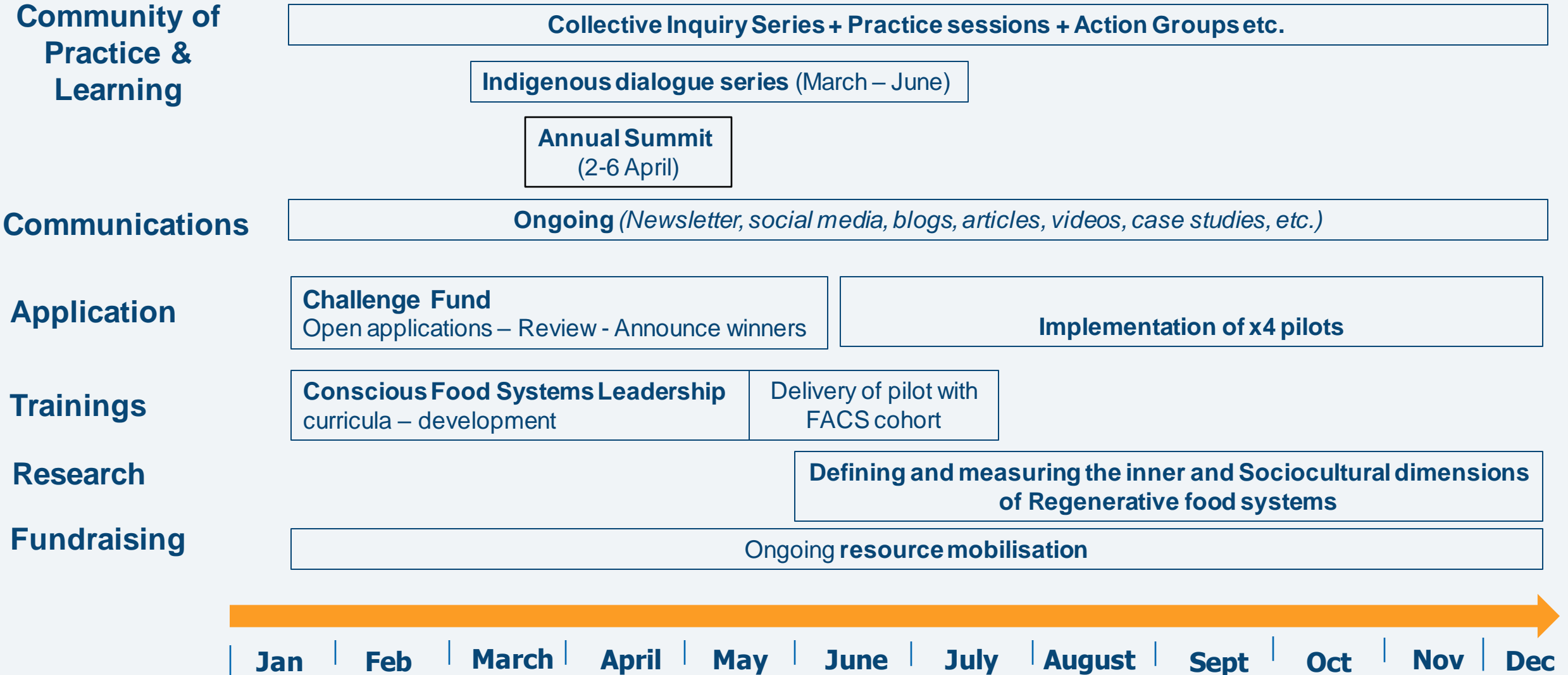
03

WORKPLAN FOR 2023

“The number one leadership challenge [...] is to enable stakeholder group that need each other to change the system to move from me to we – that is from ego-system awareness to eco-system awareness”

Otto Scharmer, author of Theory U

WORKPLAN 2023 – OVERVIEW OF YEAR



COLLECTIVE INQUIRIES

3, 30 - 5,00 PM EUROPEAN TIME

APRIL
2023

**CULTIVATING CONSCIOUS
LOCAL COMMUNITIES AND
CULTURES FOR REGENERATION**

JAN.
2024

**CULTURAL TRANSFORMATION OF
ORGANIZATIONS**

JUNE
2023

**FARMERS & COMMUNITIES
WELLBEING AND RESILIENCE**

MARCH
2024

**CONSCIOUS FOOD POLICY
REFORM**

SEPT.
2023

**REVITALISING AND STRENGTHENING
TRADITIONAL WISDOM**

MAY
2024

**CONSCIOUS MULTI-STAKEHOLDERS
DIALOGUE**

NOV.
2023

CONSCIOUS CONSUMPTION



CONSCIOUSNESS PRACTICES

FOR FOOD SYSTEMS TRANSFORMATION

3, 30 - 5,00 PM EUROPEAN TIME

16
MARCH
2023

NATURE CONNECTION

DEC.
2023

CONFLICT MANAGEMENT

MAY
2023

MINDFULNESS

FEB.
2024

COMPASSION TRAINING

JULY
2023

NON-VIOLENT COMMUNICATION

APRIL
2024

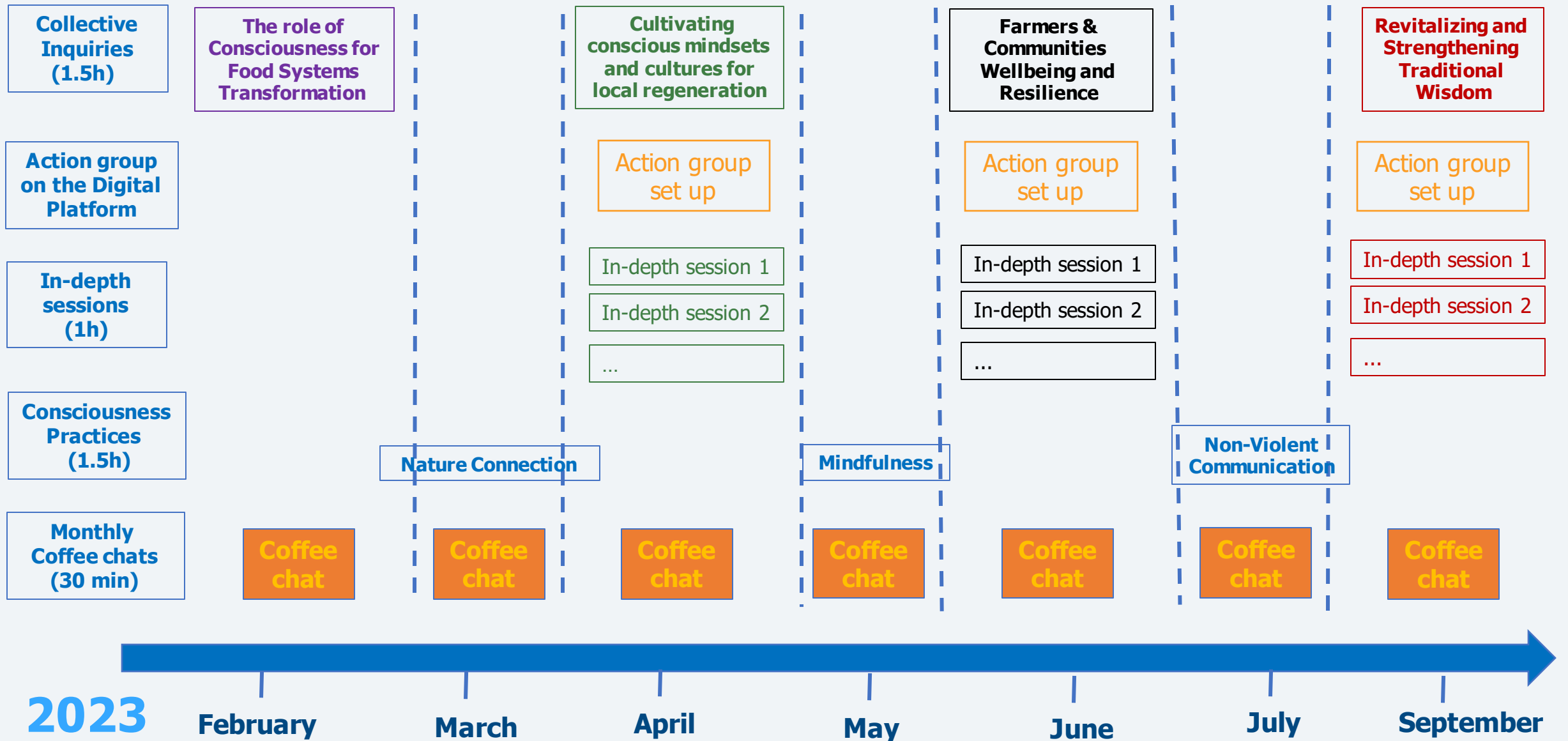
STRESS & BURNOUT MANAGEMENT

OCT.
2023

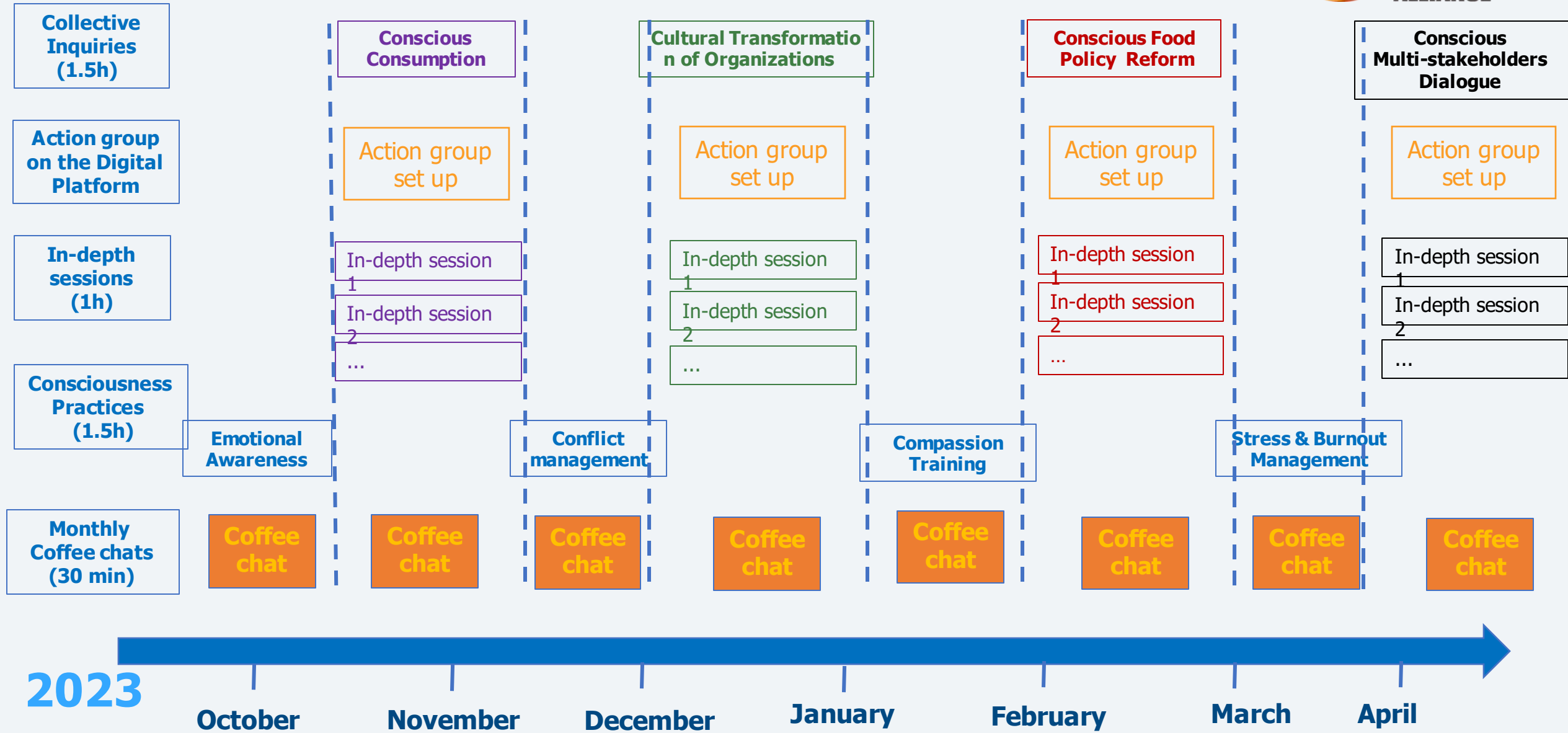
EMOTIONAL AWARENESS



Tentative CoFSA Community Plan of Activities (1/ 2)



Tentative CoFSA Community Plan of Activities (2/ 2)



04

Engage

"Courage is the key to this [change]. But it's very hard to do things alone that are courageous. So find the one, or two, or three, or a crowd of people...and together take action, because I do think that courage is contagious."

Frances Moore Lappé, celebrated author of Diet for a Small Planet and democracy advocate.

CoFSA Unique Added Value



- Bringing together leading experts in consciousness, systems change and food and agricultural commodity systems,
- Forging a global alliance across governments, businesses and civil society,
- Working across a variety of consciousness approaches with thought leaders and practitioners,
- Linking inner, organizational and systems change,
- Formulating public and corporate policies for conscious food systems,
- UNDP has a trusted, convening power in 170 offices across the world, with one of the largest global sustainability portfolio of projects and cutting-edge expertise in multi-stakeholder collaboration.

Join the Movement

CoFSA approaches food systems transformation through collaboration with all relevant stakeholders across food systems.

Our 100+ members include consciousness practitioners, companies, governments, development agencies, academia, global and local non-governmental organizations, local communities, farmers and food producers.

**Join CoFSA and become part
of a pioneering global movement of conscious food practitioners
dedicated to fostering the cultivation of inner capacities for regen-
erative food systems.**

Key Resources

CoFSA's Core Content:

- [Watch the Manifesto Video](#)
- [Visit our new Website](#)
- [Read our Foundational Documents](#)
- [Join our conversations on LinkedIn](#)
- [Follow us on YouTube](#)
- [Join our weekly meditation with Satish Kumar](#)

CoFSA's Blogs and articles:

- [Beyond Sustainability: Evolving to Conscious Food Systems \(blog\)](#)



*There's a revolution that needs
to happen and it starts from
inside each one of us*

Thich Nhat Hanh



**CONSCIOUS
FOOD SYSTEMS
ALLIANCE**

THANK YOU

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Thomas Legrand, CoFSA Technical Advisor, thomas.legrand@undp.org

Find out how consciousness approaches can transform food systems - <http://www.consciousfoodsystems.org/>

Join our CoFSA LinkedIn Group: <https://www.linkedin.com/groups/12626177/>