

Meet the People Growing Your Food Sustainably

#IGrowYourFood
Global Action Day
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Contact: Julie Cornu

Email: j.cornu@ifoam.bio

Phone: +49 228 92650 10

Through difficult times, it's important to rally behind the things that connect us all, wherever we are. Food is one of them!

#IGrowYourFood is a global action day celebrating the people who sustainably grow and handle our food. IFOAM - Organics International is behind this initiative which invites anyone involved in producing food using organic and agro-ecological practices—be it farmers, exporters, traders or organisers—to take to social media to **share their work, the challenges they face, and how we can support them.**

It's not a matter of simply turning off the chemical sprayers. Farmers must manage soil nutrients without synthetic fertilizer, tackle weeds and insects without harmful pesticides or herbicides, all the while preserving their livelihoods and nourishing their communities. With #IGrowYourFood, we provide them with **a platform to speak up and directly address citizens, consumers and policymakers.**

On 25th September, help us amplify their voices by sharing content across social media using #IGrowYourFood. You can also support the global action day by building momentum before 25th September through news pieces, features, or posts about our farmer stories linking back to #IGrowYourFood.

Sylvia, Kenya



"I was able to sell my organic baskets to mothers in the city who, just like me, wanted to give their families safe, organic produce."

When Sylvia Kuria set out to grow all her family's produce, she decided to go against local advice to spray her land with harmful pesticides. Her smallscale farming operation now provides her community with safe, affordable food.

Watch Sylvia's video [here](#). Read her story [here](#).

Francisco, Chile

"Families live just on the other side of our fence. Using healthy agricultural practices is critical for us to maintain a good relationship with our community."



Francisco and his wife Marisol have grown organic walnuts and kept sheep for over 40 years. At the 2019 UN Climate Change Conference, Francisco spoke about how organic agriculture can make farms more resilient to extreme climates. Now, he's calling for governments to support their local organic initiatives.

Watch Francisco's video [here](#). Read his story [here](#).

Floris, Samoa



"I had proof, from my ancestors, that this was the way we kept ourselves healthy."

After a series of life-threatening illnesses, Floris Niu left her corporate life in New Zealand to farm her ancestors' land in Samoa. Despite facing patriarchal systems and resistance from local farmers, she's determined to continue farming using the same traditional, organic methods as her ancestors.

Watch Floris's video [here](#). Read her story [here](#).

Want access to these videos and more? Any questions?

Get in touch with communications@ifoam.bio.

Resources

[Action Day Official Page](#)

[#IGrowYourFood Social Media Kit](#)

[IFOAM - Organics International](#)