

manifesto for a food system that nourishes all life

This is a moment of **possibility**. Every choice we make, every meal we prepare, and every bite we take shapes a Kenyan **food future that prioritises vitality and connection**. Together, we can rediscover food as a force that **nourishes** our bodies, **strengthens** our communities, and **restores** our relationship with nature.

Today, the industrialised food system prioritises quantity over nourishment, bringing cheap addictive calories to our tables but compromising health. Rising chronic illnesses remind us of this disconnect. It's time to reclaim food's true purpose: **to heal and enliven**.

Imagine a food culture rooted in biodiversity and respect - one where nutrient-dense, locally grown foods support mental and physical health while honouring the earth. By choosing foods grown in rich soils and crafted with care, we can shape a healthier, more resilient future that **reflects the interconnectedness of all life**.

Food Beyond the Plate is a community-driven movement empowering people to take back ownership of their health through conscious eating and reconnection with nature.

Our Belief

Every shilling spent on food is a vote for the kind of future we want. By supporting local farmers and making diverse, nutritious choices, we foster a system that values health, community, and sustainability over convenience and excess.

Our Values

Oneness: Recognising the complex web of relationships between food, people, and the ecosystems that sustain us

Awareness: Encouraging conscious choices that consider the ripple effects of our food on the earth, our health, and each other

Creativity: Celebrating the diverse ways we can reimagine and cultivate a more regenerative, nourishing food future that supports collective health

Collaborative Growth: Nurturing a community that flourishes through mutual support, education and shared learning, inspiring actions that reconnect us

How we Support You

Creating Awareness: Evoking curiosity, creativity and attention in our everyday interactions with food and each other; reconnecting you with where and how your food is grown

Instilling Belief: Conscious activities, workshops, and partnerships designed to nurture our inner capacities for change

Collective Learning: Sharing resources designed from ancient wisdom repurposed for modern living to support you to eat better and understand what 'good food' truly means

Collaborative Action: Convening different voices with different lived experiences, perspectives and interests to learn from one and another and take collaborative action in creating a healthier food culture and physical food landscape



beyond the plate

This movement is about feeling great, enjoying food, and reclaiming your health! Remember every bite we take can bring us closer to a life of good health, connection and equality; empowering us to live our fullest lives.

How will you rediscover your deeper relationship with food and join us on this transformative journey?