

Just Nutrition: Dietary Guidelines*

Let's work to build a fairer world where no-one is starved of food, dignity, security or companionship.

Where it is more possible for us all to take care of ourselves and each other with compassion

Where everyone can feed themselves and their family in ways that are life-affirming

Where we all have the time, love, money, support and living space that allows for pleasure in food preparation and eating

Where children of all sizes and identities learn to respect themselves and others so they grow up at ease around bodies in a safe world

As food workers we can:

- Teach nutrition as it embraces the many roles of food and eating for personal, population and planetary wellbeing (food fluency).
- Ensure lifestyle interventions incorporate understanding of how social, emotional, historical and environmental factors impact health, 'choice' and quality of life.
- Use conversations about food, bodies and health to replace binary thinking so we promote body respect, undo oppression, transmute trauma and support social change.
- Explore body-mind-social cues as a guide to life-affirming food choices (Connected Eating).
- Insist on food worker education that encourages humility, care and creativity so we are continually open to uncovering new ways of promoting justice, love and food security for all.

* For food workers - including community food workers, peer educators, nutritionists, dietitians, other public health, therapy and social care practitioners, educators, consultants etc.

