

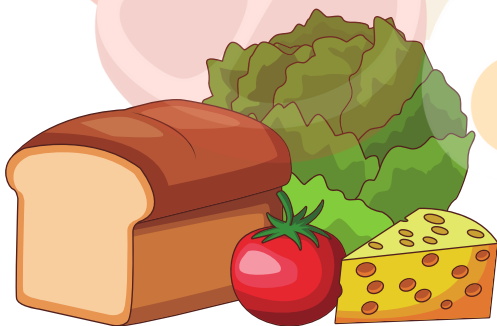
Regenerative Food Systems

What are They?

Regenerative food systems focus on farming practices that restore soil health, increase biodiversity, and reduce environmental impact, while producing food. These systems regenerate ecosystems rather than just sustaining them.

DID YOU KNOW?

- **Soil Health:** Cover crops and reduced tillage improve soil's water and nutrient retention.
- **Biodiversity:** Diverse crops and animals support natural pollinators and pest control.
- **Carbon Sequestration:** Agroforestry and no-till farming capture carbon.
- **Water Conservation:** Regenerative farming improves water retention and prevents erosion.



Benefits:

- **Environment:** Restores soil, reduces emissions, and increases resilience.
- **Health:** Produces nutritious, chemical-free food.
- **Economy:** Reduces costs and boosts sustainability.

Challenges:

- **Costs:** Transitioning requires investment.
- **Training:** Needs specialized knowledge.
- **Market Access:** Facing market barriers.



WHAT CAN YOU DO?

- **Support Regenerative Farms:** Buy from farms using sustainable practices.
- **Reduce Waste:** Compost and minimize food waste.
- **Educate:** Learn about regenerative agriculture.
- **Advocate:** Support policies for sustainable farming.
- **Buy Locally:** Choose local, eco-friendly products.
- **Grow Your Own:** Start a garden with regenerative methods.

References

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Co-funded by
the European Union

