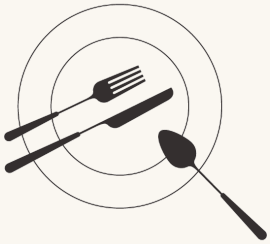


THE INITIATIVE

Nourish Manifesto

Understanding our relationship to the food system changes everything.

Courtesy of Fresh Meadow Farm: Real Organic Certified



Every meal tells a story. Most of us have never learned to read it.

Food system literacy is the ability to understand that story, from seed to table and back to the soil. It maps the full cycle of food and the profound ways that cycle shapes life.

When people can read the story, they can begin to rewrite it.

> *The biggest question to ask yourself about food: Where did this come from? And that begins the telling of the story.*
>
> MICHAEL POLLAN

01

WHY LITERACY IS THE FIRST STEP

Before we act differently, we have to see differently.

Food system literacy shifts our perspective. It invites individuals and communities to see the whole picture: the invisible hands that move food from soil to shelf, the inequities baked into that journey, and the power that ordinary citizens hold. From this vantage point, agency becomes both visible and tangible.





02

THE SYSTEM WE INHERIT

An honest reckoning with how the system operates.

The consolidation of agricultural and food corporations, misaligned subsidies, and incentives that reward volume over nourishment have produced predictable outcomes. Farm and food workers struggle to make ends meet, and many communities lack reliable access to fresh food. Soils are depleted by extractive practices, and ecosystems are strained by industrial agriculture.

> **These are structural problems. They require structural transformation.**

WHAT FOOD SYSTEM LITERACY MAKES POSSIBLE

Four capacities, across generations.

When people develop food system literacy, they gain the capacity to understand, question, imagine, and act.

1

UNDERSTAND

The connections between food, health, and the living world.

2

QUESTION

The inequities and structural constraints embedded in the food system.

3

IMAGINE

Healthier, more just, and regenerative alternatives.

4

ACT

To transform the practices, policies, and cultural norms that shape what we eat.

03

FROM LITERACY TO TRANSFORMATION

Literacy shapes mindsets. Mindsets shape culture. Culture shapes systems.

At Nourish, enduring food system transformation moves with purpose.

Food system literacy is more than a nice-to-have — it's an essential foundation. Without it, change falters. With it, communities become the authors of a new story of food: one rooted in health, equity, and the renewal of the natural world.

When people are food system literate, good things happen.



© 2026 WorldLink