



ONE IN SEVEN PEOPLE GO TO BED HUNGRY EVERY DAY – GROW WITH US AND CHANGE THIS!

**JOIN “EAT LOCAL FEED GLOBAL” BETWEEN 14–21 OCTOBER
LET’S GROW A FUTURE WHERE EVERYONE HAS ENOUGH TO EAT.**

The facts about GROW

The world produces more than enough food for everyone, yet one in seven people go to bed hungry every day. People don't have enough to eat because of the decisions we collectively make around how we produce, distribute, purchase and consume food. The solution can appear complex, but if enough of us changed how we thought about and consumed food we would go a long way towards fixing the broken food system.

People everywhere are concerned about the injustices in our global food system. Our recent research including surveys across a number of rich and poor countries has found that many people really want to know how they can make a difference. One way is to influence the policies and practices of governments and companies. But it's also important to remember the responsibility and power we all have through the everyday food choices we make. How much do you spend each week on food? Multiply this by 52 weeks in a year and then by 9 million (the approximate number of households in Australia). The final number is in the billions of dollars. We have power as consumers.

This is an opportunity we aim to harness globally through the GROW Method. The GROW Method is about realising the actions that we can all take in our own lives to support small-scale food producers in developing countries. If enough of us support this approach, we can ensure sustainable food production, distribution and consumption so that everyone has enough to eat. Find out how you can make a difference. Download the GROW Method at www.oxfam.org.au/grow

GROW is a campaign to make sure everyone has enough to eat. Let's grow, share and live together. Join thousands of others by signing the GROW pledge and taking up the GROW Method today.



Photo: Matthew Willman/OxfamAUS