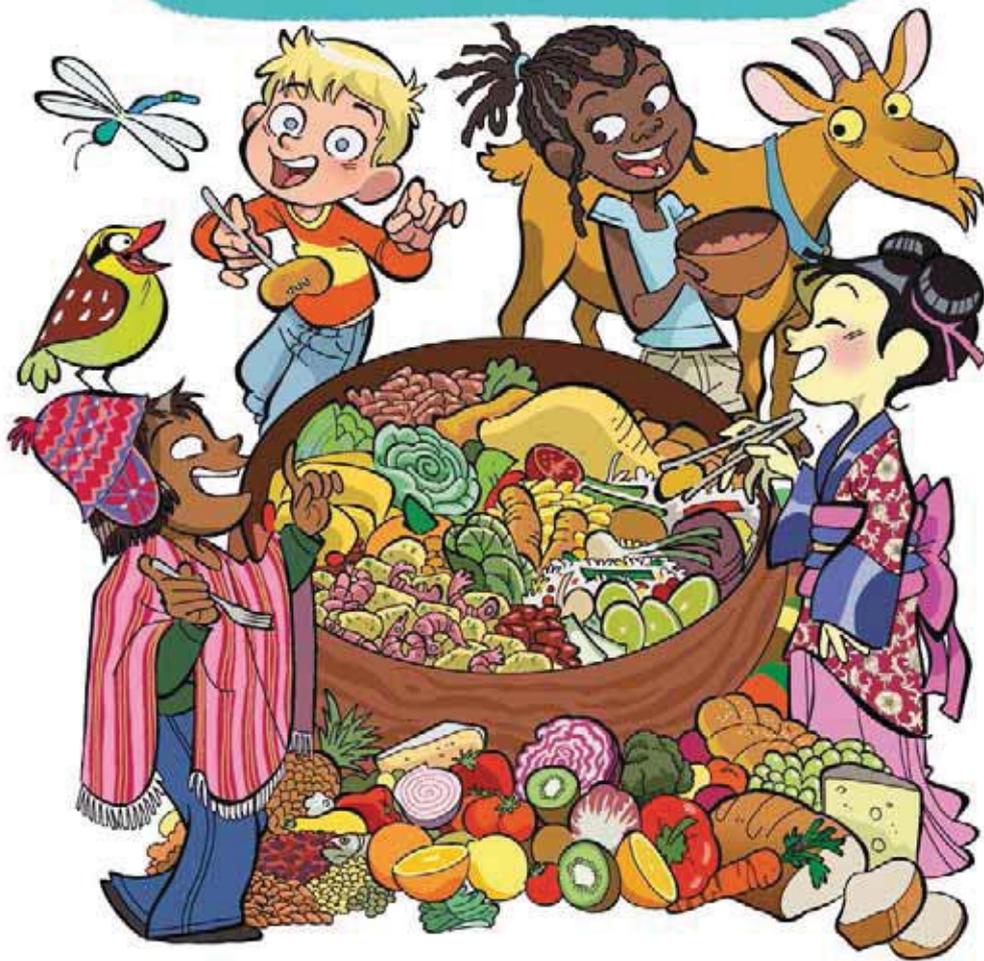


The children's Milan charter



EXPO
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Carta di **Milano**
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ministero delle
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From an idea of



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How much does a tear weigh?
It depends.
A tear of a capricious kid
weighs less than the wind.
The tear of a hungry kid
weighs heavier than the Earth!

(Gianni Rodari)

Dear parents and teachers,

today, all over the world, there are approximately 800 million people suffering from chronic hunger and more than two billion people are undernourished. And most of these people are children. Yet, every year, more than 1.3 billion tons of food are wasted, while the natural resources of the planet, forests and seas are exploited in an unsustainable way.

One of the most demanding challenges to be met is to feed, through inclusive and participatory processes, a steadily growing population, without harming the environment, firmly asserting that the right to have access to healthy, sufficient and nourishing food is a fundamental human right.

The [Milan Charter](#) is a tangible and viable manifesto, involving everybody, women and men, all citizens of this planet, in order to fight against undernourishment, malnutrition and waste, meant to foster a fair access to natural resources and to guarantee a sustainable management of production processes.

We have decided to write the [Children's Milan Charter](#) because we think that a better present needs to be carried out starting from the future. The dialogue between generations and the sharing of new knowledge and sensibility depends on adults' willingness to welcome the valuable contribution of young children, to listen to their stories, their emotions, their imagination, generating new questions and new visions.

This is why we invite you to share and to read the [Children's Milan Charter](#), supporting young readers in the interpretation of its important symbolic value, and of its tangible contribution to the global debate about the construction of a sustainable future. Children as well, by reading and signing this Charter, can totally feel part of a journey that has a deep direct impact on their present and their future.

The Milan Charter editorial staff

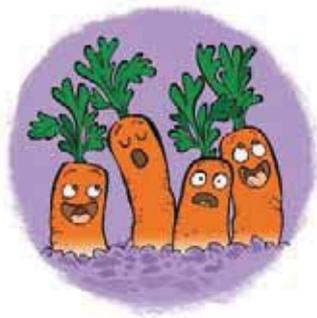


The
children's
Milan charter



We, boys and girls of the Earth, have decided **TO READ** and **TO SIGN** this document that is called The Children's Milan Charter

because we know that there is a very big problem: an increasing difference between what **THE PLANET can GIVE US TO EAT** and the fact that the world population is growing more and more.





We think that it is not right that, in the world, there are people that **have nothing to eat**, that do not have good and healthy food, that **cannot have GOOD**

DRINKING WATER and that **cannot use the energy** required to produce and to cook food to eat.



This is
**The Children's
Milan Charter**

and this is our motto:

“good food for everybody!”

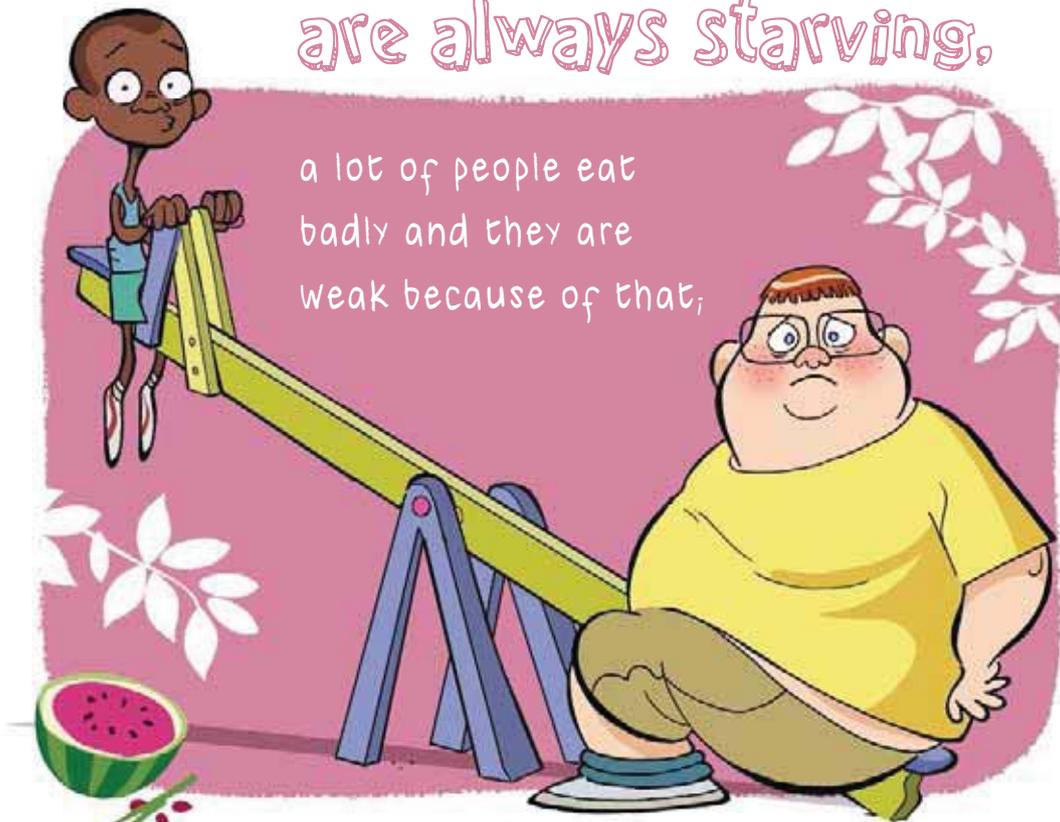
We, together with all the people of the world,
can solve the four main issues about food
which are:



eat little or very little,
eat badly, waste food
and the fact that, in the
world, someone has too much
food and someone else does
not have enough.

A lot of people

are always starving,



a lot of people eat
badly and they are
weak because of that;

while there are other people
that are very fat and

they get ill

because of that;

- 
- Everybody does not have the **energy** they require to cook well and without polluting. It would be great to cook in different ways and to have the possibility of choosing how;



- forests are destroyed and this is very bad for nature, and so very bad for us too;
- there are still some ways of cooking that produce **gases** that are harmful for the health of those who breath them.

Our wishes

We, boys and girls, wish, with all our strength, to sign the The Children's Milan Charter because we want that:

- everybody can eat good food, and since it is good, it is healthy for the people;



- the gifts of nature, as PLANTS, ANIMALS and WATER, will be shared in a fair way, all over the world, for everybody;

- every person uses food and the gifts of nature **respecting** our planet and all its inhabitants;

- there are neither rich people with too much food nor **domineering people** that purchase the land that could be used by other people to feed themselves.

We want to tell grown-ups something we all care about:

- WE ARE THE GUARDIANS OF THE EARTH, AND THE EARTH IS GUARDING US. We must protect it, so that he can protect us;



- we are also the guardians of the sea, home to so many species, source of food for us and source of **work** for many fishermen;
- we can feed everybody, also children that will born **in the future**, without destroying the gifts of the Earth, but making sure that new gifts and new species will grow everywhere;



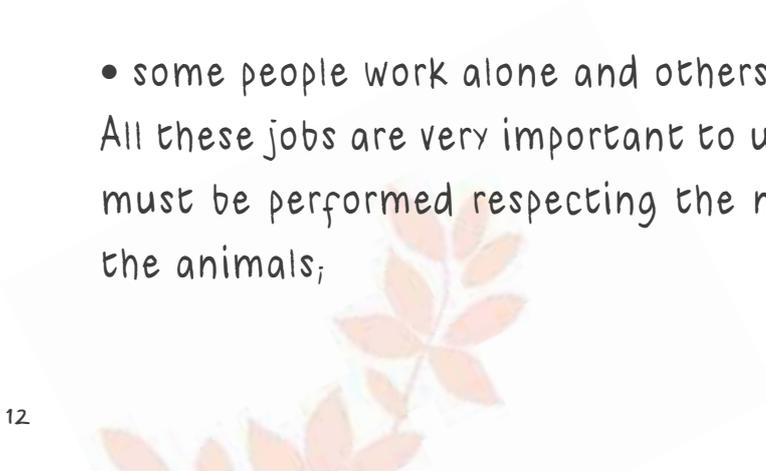
- the work of farmers, of breeders, of fishermen is important to all of us, because it helps us to have something to eat;

- there are many different ways to carry out these jobs: some of them have been the same



for a very long time, **THEY ARE PART OF OUR HISTORY, OF OUR GRAND-PARENTS' TRADITIONS**; some of them are new, and technology is required to perform them;

- some people work alone and others **together**. All these jobs are very important to us and they must be performed respecting the nature and the animals;





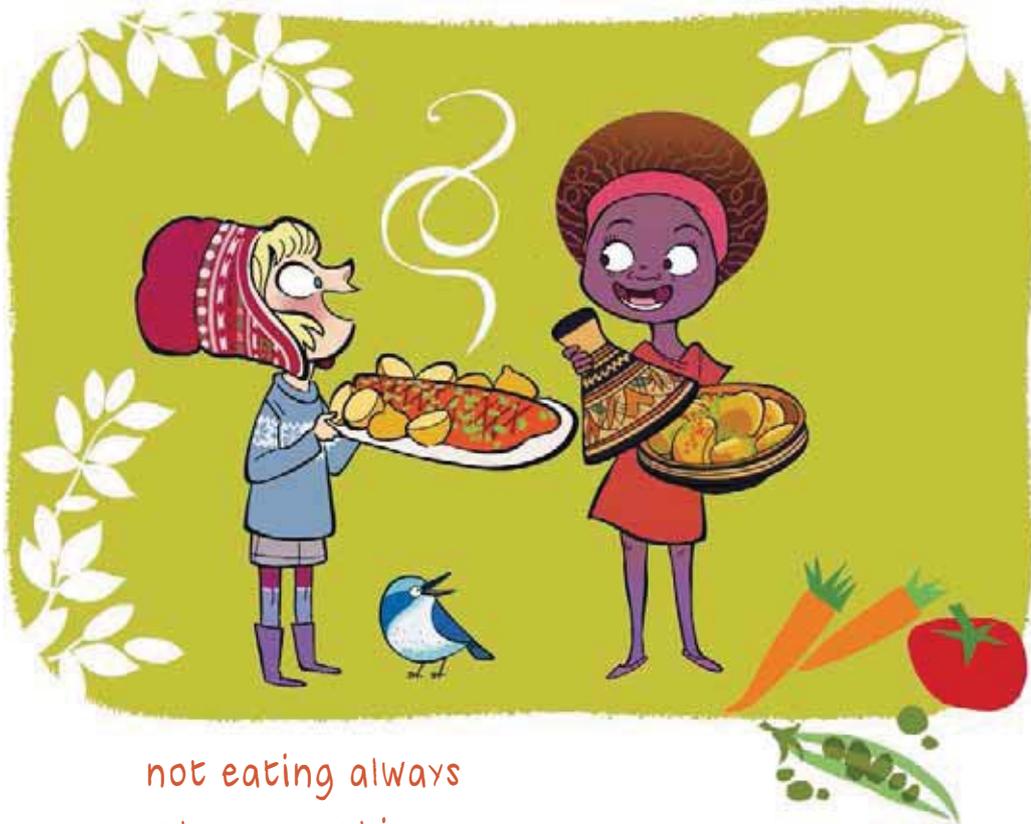
- every person is different depending on what he or she eats, and this is a great thing. Children from all over the world EAT DIFFERENT

THINGS IN DIFFERENT WAYS: with the fork, with chopsticks, with hands; there are people eating on the floor and others sitting at a table; those who eat meat and those who eat vegetables; someone eats rice and others eat pasta.



We think it is right to respect all these differences;

we are children and if we want to
GROW HEALTHY, we must eat well,
in a calm way,

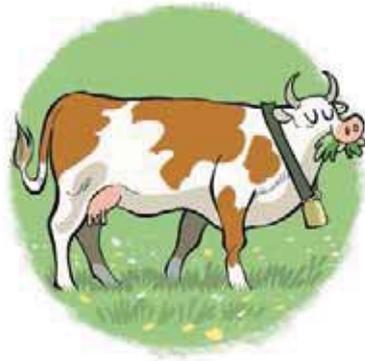


not eating always
the same thing,
**but also try
new food.**

Our actions

Now, with this Chart, we all want, boys and girls, together with grown-ups, with mayors, with presidents of companies and organizations, WE WANT, WITH ALL OUR COMMITMENT, TO:

- respect all the resources of the Planet that allow us to feed ourselves;



- eat only the right quantity of food, without exaggerating. And do not let food go bad and offer what is not eaten to those who do not have enough;

- make sure that there is GOOD WATER FOR EVERYBODY and use only the right quantity, WITHOUT WASTING IT, so that nobody will suffer from thirst;

reuse.

and so use one object more than once, until
such time as it is really to be thrown away;



recycle.

and we are talking about waste sorting, in
order to transform what we are throwing away
in something new;

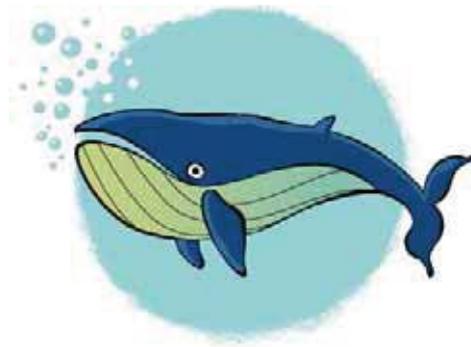
- learn, at school and at home, the rules of healthy nutrition, eating only the right quantity of food and only what is good for health.

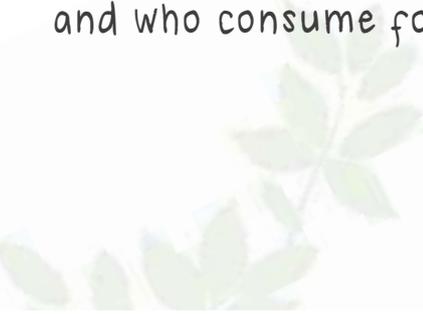
- make understand to those who cook for us that IT IS IMPORTANT TO EAT GOOD FOOD, respecting THE VALUES OF FOOD, BEING TOGETHER AROUND A TABLE, at home and at school;



- convince everybody, children, grown-ups and elderly people, to share food with disadvantaged people, with the sick and the poor;
- live in a world where nobody forces children to work to produce food;

- 
- use our skills to obtain, from the Earth, anything we may need, **without** jeopardizing the biodiversity of plants and animals;



- make sure that, in every Country, food becomes **a right**, protected by laws that can be understood by those who produce, who sell and who consume food.
- 



This is why, we, boys and girls, want to sign The Children's Milan Charter TO MAKE OUR VOICE HEARD BY EVERYBODY, so that our motto can become a commitment:

good food for
everybody!

Signatures

The Children's Milan Charter took inspiration from



"To safeguard the future of the planet and the right of future generations everywhere to live healthy and fulfilling lives. This is the great development challenge of the 21st century. Understanding the links between environmental sustainability and equity is critical if we are to expand human freedoms for current and future generations."

Human Development Report 2011

We, women and men, citizens of this planet, endorse this document, entitled the Milan Charter. In so doing, we make clear commitments concerning the right to food, which we believe should be treated as a fundamental human right.

We consider a lack of access to sufficient, safe and nutritious food, clean water and energy to be a violation of human dignity.

We believe that only our collective action as citizens, together with civil society, businesses and local, national and international institutions, will make it possible to overcome the major challenges related to food: combating undernutrition, malnutrition and waste, promoting equitable access to natural resources and ensuring sustainable management of production processes.

In signing the Milan Charter

we affirm the responsibility of the present generation to take action and implement practices and choices that also guarantee the right to food for future generations;

we commit to advocating political decisions that will enable achievement of the fundamental goal of equitable access to food for all.

We believe that

everyone has the right to have access to a sufficient quantity of safe, healthy and nutritious food, that satisfies life-long personal nutritional requirements and enables them to lead an active life;

food has a strong social and cultural value, and should never be used as an instrument of political or economic pressure;

the planet's resources should be managed in an equitable, rational and efficient manner, so that they are not excessively exploited or used to benefit some people at the expense of others;

access to sources of clean energy is a universal right, for present and future generations;

investment in natural resources, particularly in land, should be regulated, so as to ensure and maintain access to these resources for local communities, as well as access to their sustainable use;

sound management of water resources, namely management that takes account of the relationship between water, food and energy, is fundamental to ensure the right to food for all;

agriculture is fundamental, not just for food production, but also for landscape design, environmental and territorial protection and conserving biodiversity.

We consider it unacceptable that

there are unjustifiable inequalities in the possibilities, capabilities and opportunities of individuals and peoples;

there is still no universal recognition for the fundamental role of women, especially in agricultural production and nutrition;

some 800 million people suffer chronic hunger, more than two billion people are malnourished or suffer deficiencies in vitamins and minerals; nearly two billion people are overweight or suffer from obesity; 160 million children suffer from malnutrition and stunted growth;

each year, 1.3 billion tonnes of food produced for human consumption is wasted or lost in the food supply chain;

more than 5 million hectares of forest disappear each year, resulting in grave damage to biodiversity and local communities, and serious impact on the climate;

marine resources are excessively exploited: more than 30% of what is commercially fished is exploited beyond any capacity for regeneration;
natural resources, including land, are used with disregard to the needs and expectations of local communities;

energy poverty continues, specifically in the form of lack of or inadequate access to efficient energy services and cooking facilities that are affordable, and that neither pollute nor damage health.

We are aware that

one of the greatest challenges to humanity is that of feeding a constantly growing population without harming the environment, so as to preserve re-

sources for future generations;

food plays an important role in defining each person's identity and is a cultural component that describes and gives value to a territory and its inhabitants;

farmers, livestock keepers and fishers all play a crucial role in nutrition; they have equal rights and duties in their work, whether they are small-scale enterprises or large-scale businesses;

we are all inter-related and all responsible as guardians of the Earth, for protecting territory and its environmental value;

it is possible to promote improved conditions of access to adequate healthy food in an urban setting, through inclusive and participatory processes that harness new technologies;

correct dietary education from childhood is crucial for a healthy lifestyle and a better quality of life;

knowledge and practical experience of both traditional and advanced production methods is critical to the efficiency of agricultural systems, from family farms to industrial farms;

the seas play a fundamental role in ensuring the equilibrium of the planet and therefore require supranational policies; an integral, healthy marine ecosystem is crucial for collective well-being, not least because fisheries provide jobs for millions of people and for many, fish offers the only source of high quality nutrients;

a sustainable strategy for addressing future food challenges must take a systemic approach, paying close attention to social, cultural, economic and environmental problems and involving all social and institutional actors.

Since we know we are responsible for leaving a healthier, fairer, more sustainable world to future generations, as citizens, we commit to

taking care with and being aware of the kind of food we eat, informing ourselves about its ingredients, their origin and about how and where it is produced, so that we can make responsible choices;

only consuming the quantity of food necessary for our requirements, ensuring that food is consumed before it perishes, donating any food that is in excess and conserving it so that it does not spoil;

avoiding water wastage in all daily, domestic and productive activities;

understanding and protecting the environment through responsible behaviour and sound practices, such as recycling, regenerating and reusing consumer goods;

promoting dietary and environmental education in the family, so as to foster a responsible development for new generations;

make responsible choices when buying food, considering the environmental impact of their production;

playing an active role in building a sustainable world, including through innovative solutions, developed by our work, creativity and skills.

As members of civil society, we commit to

making our voices heard at all decision-making levels, so as to define projects for a more just and sustainable future;

representing civil society bodies in debates and processes for shaping public policy;

strengthening and supplementing the international network of projects, actions and initiatives that constitute a significant collective resource;
promoting environmental and dietary education in order to achieve collective awareness on their importance;

identifying and reporting the critical issues in legislation governing the donation of unsold food, so that we can actively commit to salvaging and redistributing the surplus;

promoting instruments that defend and support the incomes of farmers, livestock keepers and fishers, strengthening tools for organization and cooperation, including those for small-scale producers;

giving value to local small-scale producers as protagonists of an advanced form of development, and promoting direct relationships between producers, consumers and territories of origin.

As businesses, we commit to:

applying environmental and social standards and international conventions and encouraging forms of work that contribute to the personal fulfilment of staff, both men and women;

investing in research, promoting a wider sharing of the results and developing it for the collective good, without distinction between the public and the

private sector;

promoting the diversification of agricultural production and livestock keeping so as to safeguard biodiversity and animal welfare;

improving production, conservation and logistics, so as to avoid (or eliminate) contamination and to minimize waste, including that of water, in all phases of the productive chain;

producing and marketing healthy, safe food, informing consumers about the nutritional content, environmental impact and social implications of the product;

promoting adequate packaging techniques, so as to reduce wastage and facilitate the disposal and recovery of used materials;

promoting innovations that inform consumers of consumption times that are compatible with the nature, quality, and means of preservation of food;

recognizing the positive contribution of cooperation and structural agreements in the sector, especially the food supply chain between farmers, producers and distributors, so as to allow more accurate forecasts of demand;

contributing to the sustainable development goals, by using innovative processes, products and services, and by adopting and practising codes of social responsibility.

Therefore in signing this Milan Charter, we women and men, citizens of this planet, strongly urge governments, institutions and international organizations to commit to

adopting regulations that guarantee the right to food and food sovereignty and make them effective;

strengthening legislation to promote the safeguarding of agricultural land, so as to regulate investments in natural resources, thereby protecting local communities;

promoting the theme of nutrition in international government forums, ensuring effective and concrete implementation of the undertakings at national level and coordination among specialized international organizations;

developing a system of open international trade, based on shared rules that are not discriminatory, and which can remove the distortions that restrict the availability of food, thereby creating the conditions for improved global food security;

considering food as a cultural patrimony, and as such, defending it from counterfeiting and fraud, protecting it from deceptive and improper business practices, highlighting the value of its origin and originality with transparent regulatory processes;

formulating and implementing legal rules and regulations regarding food and environmental safety that are easy to understand and apply;

promoting and disseminating the culture of healthy diet as a global health tool;

combating and eliminating child and unregulated labour in the agrifood sector;

working to build a supranational structure that gathers together the information activities of, and crime studies related to, the agrifood sector and which strengthens cooperation in countering criminal offences;

identifying best practices in public policy and development aid that are in keeping with local requirements, rather than designed to address emergency situations, and which seek to foster the development of sustainable food systems;

promoting international agreements for urban and rural food strategies for access to healthy and nutritious food, which involves both the planet's main metropolitan areas and the countryside;

increasing resources for research and transferring its results, training, and communication;

introducing or strengthening in schools and in school meal services, dietary, physical, and environmental education programmes as instruments of health and prevention and highlighting the value of knowledge and the exchange of different food cultures, starting with typical, local and organic products;

developing national health service measures and policies that promote a healthy and sustainable diet and reduce unbalanced diets, paying particular attention to people with special nutritional requirements, and those needing proper hydration and hygiene, especially the elderly, pregnant women, babies, children and the sick;

promoting equal access to food, land, credit, training, energy and technology, especially for women, small-scale producers and disadvantaged social groups;

creating support tools for the weaker sectors of the population, including coordination between actors working to collect and organize free distribution of surplus food;

including the problem of food and water loss and waste in the international and national agenda through public and private investment in more effective

production systems;

highlighting the value of biodiversity at local and global level, using strategies that include indicators which attest to both its biological and to its economic value;

considering the link between energy, water, air and food in a comprehensive and dynamic way, underscoring their fundamental relationship, so as to be able to manage these resources with a strategic long-term approach that can combat climate change.

Given that we believe in the possibility of a world without hunger, and consider this a matter of human dignity, in the European Year for Development and on the occasion of Expo Milano 2015, we commit to adopting the principles and practices outlined in this Milan Charter, in line with the strategy that the member states of the United Nations have developed to eradicate the problem of hunger by 2030. By signing this Milan Charter, we declare our concrete and active support for the Sustainable Development Goals promoted by the United Nations.

A fair and sustainable future is our responsibility too.

SIGNED

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The Children's Milan Charter

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