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Conscious Food Systems Alliance

Reconnecting with ourselves, each other and nature

Conscious Food Systems Alliance (CoFSA)

Reconnecting with ourselves, each other and nature.

*“Nothing short of a wholesale shift in mindsets, translated into reality by policy, is needed to navigate the brave new world of the Anthropocene, to ensure that all people flourish while easing planetary pressures”
(UNDP Human Development Report, 2020)*

United Nations Development Program (UNDP)'s Nature, Climate Change and Energy (NCE) Team is engaged in trying to solve some of the most pressing, complex and intractable global problems linked to the interconnected climate and nature crises.

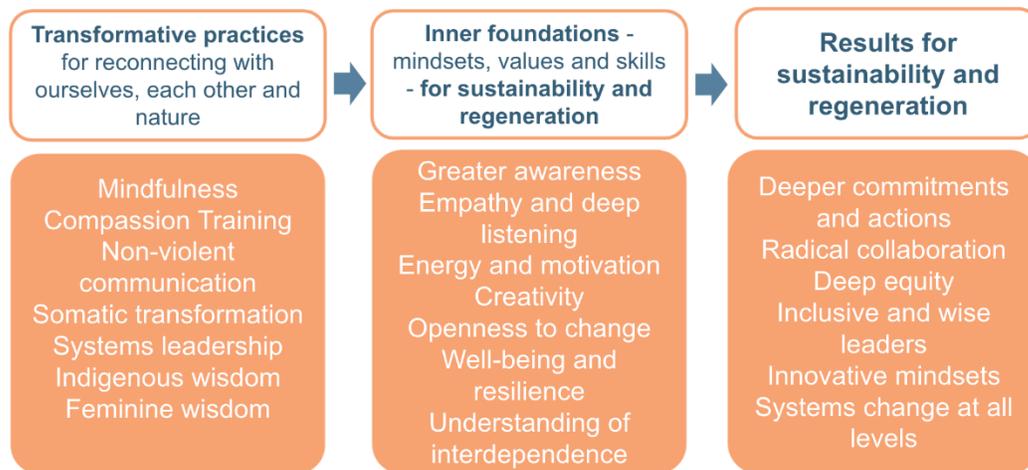
The world needs to embark on a major transition to build a sustainable future. Given the limited time that we have and the collective action imperative to move into a safe and just ‘operating space for humanity’ we need to explore the drivers that can catalyse major ‘systems change’ or ‘transformation’. We have the science, technical capacity, and technological tools to chart our way through the transformation. However, **we are lacking the collaborative mindset and agreed priority values required** to leverage necessary change. Until we address the fundamental issues entrenched value and belief systems, we will not be able to enact the necessary and critical actions to set us on a path for planetary sustainability.

In this context, UNDP is convening the ‘**Conscious Food Systems Alliance**’ (CoFSA) to **explore the role of consciousness and the potential of proven approaches such as mindfulness, somatic transformation, systems leadership, indigenous and feminine wisdoms to advance sustainability**. Fundamentally, helping us to reconnect with ourselves, each other and nature can build the inner foundations – mindsets, values and skills – for the actions and outcomes our society and planet needs.

We are at a pivotal moment. Now is the time and the opportunity to introduce new narratives and new ways of thinking and feeling so that individuals can through awareness and compassion for themselves and others be powerful agents of change. Only when we can better cultivate constructive thoughts and emotions and challenge our unhelpful mental patterns and embodied habits, can we engage differently and co-create solutions with others.

In particular, the transition towards sustainability requires a new leadership based on « being » (authentic, purposeful, compassionate, mindful, etc.), rather than « doing ». Leaders – in public and private sectors - need to access their feelings and whole-body intelligence – head, heart, gut – to facilitate this transformation. It will be this ‘consciousness’ approach that will unlock the full potential of the ‘technical’ capacity and solutions that we have developed over decades but never scaled appropriately.

Consciousness approaches can build the inner foundations for sustainability and regenerative practices



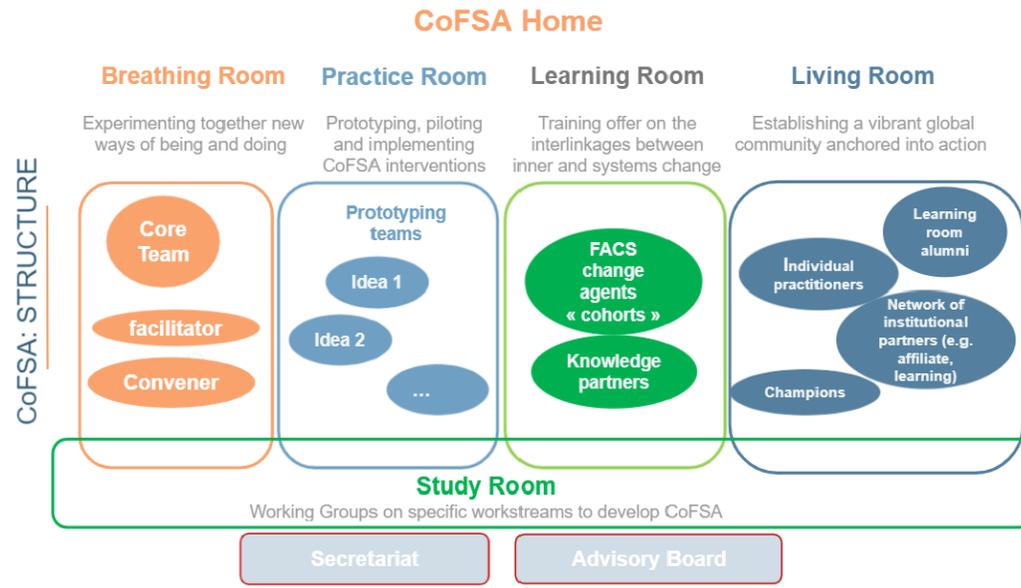
Beginning in October 2020, UNDP initiated the conceptual design of the Alliance with a Concept Note, and commenced partner outreach to more than sixty key stakeholders, including development agencies, companies, governments, NGOs, donors, academia, grassroots and indigenous networks, and consciousness experts.

In March 2021, the CoFSA held its first Partners Workshop with a group of over thirty partners dedicated to exploring the role of consciousness to support the transformation of food and agriculture systems. This event confirmed interest in the initiative and highlighted a number of key questions, leading to the launch of a series of mini-workshops from April-July to discuss and develop the initial vision of the Alliance. The inputs, learnings and next steps from these mini-workshops were captured in the [CoFSA Insights Report](#).

In October 2021, the CoFSA launched the next phase of building the Alliance in “the Breathing Room:” the intentional and transformative space where core partners connect deeply with themselves and one another to co-create and co-implement the Conscious Food Systems Alliance — vision, strategy, portfolio of activities, partnerships, resourcing, global reporting and advocacy. The Breathing Room initial phase is a six-month process with a committed group of 30 core partners – grassroots organizations, international NGOs, companies, representatives of the academia, as well as consciousness and systems change experts.

The Breathing Room operates alongside the Practice Room, where prototype and pilot activities may be implemented, and the Learning Room and Living Room which will be developed in due course.

In parallel, Working Groups to develop specific topics or workstreams related to the CoFSA are being established. These include groups on the Theory of Change and Evidence Base, Case Studies, Communications, Traditional Knowledge and Wisdom, and Network of Local Hubs.



CoFSA seeks to establish Consciousness as a key evidence-based practice to envision and create a regenerative system through a global community of practitioners and institutional partners, a comprehensive service offers and a portfolio of initiatives

What CoFSA could do

Convene, facilitate and support co-creation by sustainability and systems change practitioners, as well as consciousness experts



BUILD A GLOBAL COMMUNITY

Build a global community of institutional partners and practitioners developing shared learning around conscious regeneration.



SUPPORT ACTIONS

Co-creating sustainable development prototypes/programs and public and corporate policy commitments through **advisory and technical assistance services**.

TRAINING, FACILITATION and COACHING

Training and coaching sustainability/regeneration practitioners and stakeholders in conscious leadership.

Facilitation of workshops, multi-stakeholder processes and team meetings



We envision that through the different focal areas, CoFSA will support governments, companies and their supply chain partners, primary producers and others in **developing innovative approaches for individual and cultural change towards conscious sustainability.**

Transforming the food and agricultural commodities system



The initiative will **identify and build on the best wisdom and practice of conscious sustainability to provide the inspiration, creativity and sense of connection into sustainability practices that is needed to unlock systemic change.** We think it can generate a unique added value.

CoFSA unique added value

- UNDP has a trusted, convening power in 170 offices across the world
- Bringing together leading experts in consciousness, systems change and food and agricultural commodity systems
- Forging a global alliance across governments, businesses and civil society
- Working across a variety of consciousness approaches with thought leaders and practitioners
- Linking inner, organizational and systems change
- Formulating public and corporate policies for conscious food systems
- Injecting conscious practices into one of the largest global sustainability portfolio of projects
- Building on cutting edge expertise in multi-stakeholder collaboration



Please contact us if you are interested in joining the “Conscious Food Systems Alliance” (CoFSA) which aims to leverage the power of inner transformation, through proven approaches such as mindfulness, to support systemic change towards sustainability in the Food and Agricultural Commodities systems.

“There’s no systems change without organizational change, and no organizational change without individual change.”

Jonathan Raymond, Stuart Foundation

Contacts:

Andrew Bovarnick, Head Food and Agricultural Commodity Systems, andrew.bovarnick@undp.org

Thomas Legrand, Lead Technical Advisor CoFSA, thomas.legrand@undp.org

Alice Jervoise, CoFSA Coordinator, alice.jervoise@undp.org

See our series of articles on the deeper dimensions of our approach to sustainability at greencommodities.org