



# AgriFOOD CHALLENGE

YOUTH LEADERS CREATE  
SUSTAINABLE SOLUTIONS

syngenta®

CHALLENGE  
IDEA GUIDE



## What is Sustainable Agriculture and Food Security?

According to Sustainable Agriculture Research and Education (SARE), “sustainable agriculture involves producing enough food and fiber to satisfy today’s needs without compromising the ability of future generations to do the same.”<sup>1</sup>

There are 3 things to keep in mind when it comes to farming and sustainability:

- Making sure farms can keep making money in the future
- Taking care of the land, air, and water
- Helping farmers, workers, and their communities have a good life

The Food and Agriculture Organization of the United Nations (FAO) defines food security as “when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”<sup>2</sup>

For food security to happen, the four parts of food security all need to be addressed at the same time.

- Food availability
- Access to food
- Food utilization
- Stability of food systems<sup>3</sup>

## Why is Sustainable Agriculture and Food Security Important?

As our world population continues to grow, there are more and more people to feed. How can we produce more food while maintaining the current quality of our earth, or even improving it? How can we produce more using the same amount of land and resources? How can we improve access to food and food sources for everyone? How can we decrease the amount of food

loss and waste that happens from production through to consumption? How can we ensure that every person has reliable access to affordable, safe, nutritious food that meets their needs? These are just some of the questions sustainable agriculture and food security are hoping to find answers and solutions to.<sup>4</sup>

1 Sustainable Agriculture Research and Education (SARE). “What is Sustainable Agriculture?”. Accessed April 23, 2025. <https://www.sare.org/resources/what-is-sustainable-agriculture/>

2 Food and Agriculture Organization of the United Nations (FAO). “An Introduction to the Basic Concepts of Food Security”. Accessed April 23, 2025. <https://www.fao.org/4/al936e/al936e00.pdf>

3 World Vision. “The basics of food security (and how it’s tied to everything)”. Accessed April 23, 2025. <https://www.worldvision.ca/stories/food/the-basics-of-food-security>

4 United Nations. “Food security and nutrition and sustainable agriculture”. Accessed April 23, 2025. <https://sdgs.un.org/topics/food-security-and-nutrition-and-sustainable-agriculture>

# Incorporating Sustainable Agriculture and Food Security in Club Projects

Here are some ideas on how to include sustainable agriculture and food security in different clubs and/or projects.

## LIVESTOCK



- Put up posters in the show barns to educate the public on sustainable livestock practices
- Start a compost program collecting safe vegetable scraps from members of the community or a local grocery store to help feed 4-H animals
- Invite a guest speaker to share the latest innovations and practices in sustainable agriculture that apply to your club/project

## OUTDOOR LIVING



- Learn about soil health by starting a composting program within your community
- Research the impacts wildfires have on agriculture and food security in Canada and present your findings at your local fair

## SKILLED TRADES/STEM



- Design and install a rainwater collection system at your local community garden
- Run a repair service, where you repair and maintain farm/garden tools or small engines for local farmers and community members
- Build bee hotels to place in approved locations in your community to support pollinators

## CROPS & GARDENING



- Plant pollinator seeds in approved areas in your community to support pollinator populations
- Complete an experiment exploring the most drought resistant types of crops or garden vegetables
- Team up with your local food bank to plant a community garden, with the goal to donate the food harvested
- Host a gardening night where you teach members of the community tips and tricks for growing simple vegetables in pots, planters, or their backyards

## CULINARY



- Organize a farm to table cooking night using locally grown ingredients
- Start a sourdough sharing program where you learn about sourdough, make sourdough starter and share it with your community
- Learn about ways to reduce food waste by practicing various food preserving methods

## CANINE



- Create designs to recycle farm waste (i.e. feed bags, ropes, tires) and turn them into dog products like toys, collars, beds, etc.
- Make pet-safe treats using locally grown ingredients



4-h-canada.ca

**Questions? Concerns? We're here to help** and it's just an email away. Contact us at [program@4-h-canada.ca](mailto:program@4-h-canada.ca)