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## Food Autonomy

Build food autonomy without fake news: local supply chains, local and organic farming, food processing, foodtech...

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Until Covid, eating was no longer an issue. But what will we eat if tomorrow's drought lasts longer or if a pandemic stops the food industry?

Frédéric Wallet is an economist, a researcher at France's National Institute for Agronomic Research, and a lecturer at AgroParisTech. His work focuses on analyzing regional development and the food sector.

This book summarizes the complex reality behind our food consumption patterns. It addresses the consequences of the stranglehold food-processing groups and large retailers have on our current system and provides potential paths for achieving food security. A toolkit to understand our food system, based on abundance, and how that could develop instead toward food resilience.