



THRIVE

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SUSTAINABLE PLANT BASED FOOD

SYSTEMS



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Thrive Philanthropy is a global grantmaker that accelerates alternatives to industrial animal agriculture and amplifies just, sustainable, plant-based food systems by strengthening frontline organizations and connecting impact-driven donors with a network of 300+ food justice advocates across the world.

70 +
COUNTRIES

6
CONTINENTS



Abigail Mukonyo is a youth advocate from Kenya. She is the Executive Coordinator of Thrive Philanthropy and the Co-founder of Mzizi Empowerment Initiative. Abigail has 8 years of experience in the nonprofit sector and is passionate about empowerment and community engagement to arrive at sustainable solutions. Her passion towards plant based nutrition is fueled by the desire to have humane treatment of animals, the health and lifestyle advantages associated with plant-based meals, environmental conservation and protection and empowered communities towards plant-based meals.

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PLANT BASED FOOD SYSTEMS

Plant-based food systems are defined as agricultural and dietary practices ranging from food production and processing that prioritize the cultivation and consumption of plant-derived foods.

This system prioritizes plants as the basic source of nutrition through cultivation of fruits, vegetables, whole grains, legumes, nuts, and seeds while reducing reliance on animal-derived products, promoting sustainability, and improving health outcomes.

SUSTAINABLE PLANT BASED FOOD SYSTEMS

COMPONENTS

01	SOCIAL AND ETHICAL CONSIDERATIONS	<ul style="list-style-type: none">• ANIMAL WELFARE• FOOD JUSTICE
02	FOOD PROCESSING	<ul style="list-style-type: none">• MINIMAL PROCESSING• INNOVATION (PLANT BASED OPTIONS)
03	NUTRITION AND HEALTH	<ul style="list-style-type: none">• BALANCED DIETS• HEALTH EDUCATION
04	CULINARY PRACTICES	<ul style="list-style-type: none">• DIVERSE RECIPES• COOKING TECHNIQUES
05	ECONOMIC CONSIDERATIONS	<ul style="list-style-type: none">• MARKET DEVELOPMENT• SUPPORT FARMERS



SUSTAINABLE PLANT BASED FOOD SYSTEMS

COMPONENTS

06	ENVIRONMENTAL SUSTAINABILITY	<ul style="list-style-type: none">● RESOURCE CONSERVATION● REDUCTION OF WASTE
07	AGRICULTURAL PRACTICES	<ul style="list-style-type: none">● CROP DIVERSITY● SUSTAINABLE FARMING● LOCAL FOOD SYSTEMS
08	POLICY AND ADVOCACY	<ul style="list-style-type: none">● SUPPORTIVE POLICIES● PUBLIC AWARENESS CAMPAIGN
09	COMMUNITY ENGAGEMENT	<ul style="list-style-type: none">● FOOD COOPERATIVES● EDUCATIONAL PROGRAMS
10	GLOBAL PERSPECTIVES	<ul style="list-style-type: none">● FOOD SOVEREIGNTY● CULTURAL INTEGRATION



AFRICA VEGAN RESTAURANT WEEK

2-8 September 2024




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SUSTAINABLE PLANT BASED FOOD SYSTEMS

BENEFITS

HEALTH BENEFITS

- LOWER RISKS OF CHRONIC DISEASES
- HIGHER DIETARY FIBER, VITAMINS AND ANTIOXIDANTS

ENVIRONMENTAL IMPACT

- LOWER CARBON FOOTPRINT
- LESS LAND AND WATER USE

ECONOMIC ASPECTS

- OPPORTUNITIES FOR PLANT-BASED MARKET
- PLANT BASED DIETS ARE MORE AFFORDABLE

CULINARY DIVERSITY

- DIVERSE CUISINES
- VARIETY OF TASTES AND DIETARY NEEDS

SOCIAL AND CULTURAL FACTORS

- SOCIAL AWARENESS ON HEALTH, NUTRITION AND FOOD JUSTICE



PARTNERSHIPS TOWARDS SUSTAINABLE PLANT BASED FOOD SYSTEMS

ENGAGE STAKEHOLDERS	COMMUNITY INITIATIVES
EDUCATION and AWARENESS	BUSINESS COLLABORATIONS
COLLABORATIVE RESEARCH	INVEST IN INNOVATION
POLICY ADVOCACY	FEEDBACK LOOPS
SUPPLY CHAIN DEVELOPMENT	SUCCESS STORIES

PARTNERSHIPS TOWARDS SUSTAINABLE PLANT BASED FOOD SYSTEMS

Sustainable plant-based food systems provide the ultimate level of animal welfare because no animals are used or exploited.

IT STARTS WITH YOU.



“ —
I am not
accepting the
things I can
not change. I
am changing
the things I
can not accept. |
ANGELA Y. DAVIS
— ”





THANK YOU!

REACH OUT TO US

WEBSITE : [THRIVEPHILANTHROPY](https://thrivephilanthropy.org)

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Linked in : Thrive Philanthropy

