

**RMB
FOOD
LAB**

Women in Food
Emergency



In collaboration:
Pla Estratègic
Metropolità de
Barcelona

A public abstract

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Food food food food is a necessity for homo sapiens to survive. At the same time the food system is part of the greatest challenges of our global society – particularly climate, environmental, social, financial and health crises – currently facing the world.

This project could have been carried out in almost any place in the world, but it ended up taking place within the food system of the metropolitan area of Barcelona. An area consisting of 36 municipalities and 5.4 million citizens, where the city of Barcelona is the biggest with 1.7 million citizens.

Barcelona is known for its culture of self-organising and strong activist movements. From a big number of co-operatives running small scale food stores to squatters and eviction activists, from gentrification resistance to Catalan independence - Barcelona has a past and present of social movements.

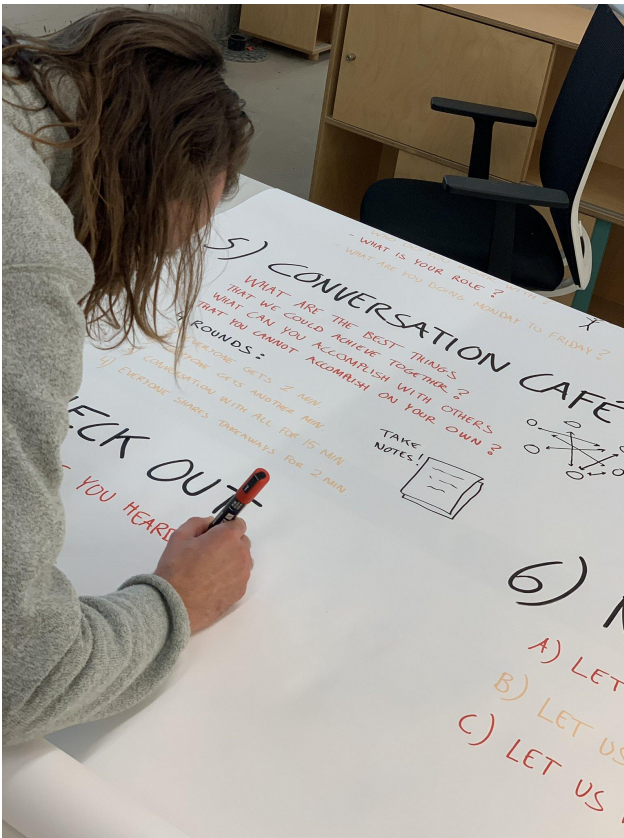
And what we created in the fall of 2020 was another movement – an ignition point. A flame. A seed that will grow. A chance for the role of the women in the food system to shine and inspire.

Over the duration of 8 weeks we gathered 15 women, working within different sectors of the food industry from catering to food waste prevention and from academic research to gleaning agricultural fields for leftover crops. The question has been: “How might we make the role of the women in the food system more visible?”. The women were interviewed individually, brought together, invited to share hopes, dreams and current best ideas to motivate and inspire each other.



With deliberate, open-ended questions, the group was facilitated in three workshops. With an agile mindset the facilitators from RMB Food Lab assisted the group in having meaningful conversations that lead to real social change initiatives.

We are RMB Food Lab and consist of 11 [Kaospilot](#) students with diverse skill sets and mindsets. Collectively we work towards creating a more resilient, just and sustainable food system in the Metropolitan Area of Barcelona in close collaboration with [PEMB](#) – a non-profit association formed by both private and public organizations in the region. Currently they are finishing and presenting the Strategic Plan for 2030, and working on the strategy and prioritized challenges for 2021.



But why might we make the role of women in food more visible?

The COVID-19 crisis has called into question the status quo of the hyper globalised world we live in, changed our priorities and highlighted the fragility of our economic and food systems, the interdependence between human societies and the rest of nature, social and personal vulnerabilities, and the critical importance of becoming more resilient.

Not long ago it was culturally normal that women would handle all cooking at home including grocery shopping and keeping track of family finances. This is still the case in many households today. Women have been buying and cooking food for centuries, while it has been mostly men legislating and owning the companies that produce, process and distribute food.

This group of women wants to create a movement to acknowledge that women have a tremendous amount of knowledge of dealing with food, how to prevent food waste, what crops are locally produced and how to create a nutritious dietary plan. The many years of experience women have with food culturally make them experts on food issues and one can wonder why food systems around the world are so heavily dominated by men?



Our job as RMB Food Lab has been to support the group of women who by the end of the third and final workshop agreed to continue moving forward independently. In 2021 Barcelona will be the [world capital of sustainable food](#) and plans regarding creating an event for the International Women's Day (March 8th) are currently in progress. The group will continue to work in close collaboration with PEMB which benefits from aiding such initiatives. Most importantly to mention is that this group of talented experts of the food system can assist the organisation in creating better strategic plans for the metropolitan area of Barcelona in the future.

