A degrowth-oriented circular society for packaging and food system transformation

4th April 2023

Martin Calisto Friant
The main drivers of the plastics problem

1. Globalisation and long food chains.

2. Urbanisation and the rise of supermarkets,

3. Constraints on households' time and hyper-processed foods
Globalisation and long food chains.

The main drivers of the plastics problem
The main drivers of the plastics problem

- Urbanisation and the rise of supermarkets,
The main drivers of the plastics problem

- Constraints on households' time and hyper-processed foods
The degrowth-oriented circular society approach to solving the food packaging problem

1. Re-localisation and decentralisation of food systems

2. Freeing people from overwork

3. Transforming current cultural, education and communication practices which are oriented to increase production, competition and consumerism
The degrowth-oriented circular society approach to solving the food packaging problem

Re-localisation and decentralisation of food systems:

- local food networks and a transition to greener and healthier diets, with less meat and more seasonal fruits and vegetables
- Local networks of community-supported agriculture, farmer markets, urban agriculture allotments, agroecological family farms, community composting initiatives, cooperative shops, and community kitchens could thus supply healthy, fresh and affordable food for all
- reduce the food miles travelled by produce but also require no marketing, processing and packaging
Freeing people from overwork

- work-sharing mechanisms,
- job guarantees,
- universal basic services,
- shorter and more flexible work weeks,
- increased parental leave and holidays
- ensuring rights to part-time work and sabbatical leave

The degrowth-oriented circular society approach to solving the food packaging problem
The degrowth-oriented circular society approach to solving the food packaging problem

Transforming current cultural, education and communication practices which are currently oriented to increase production, competition and consumerism

- Banning or highly restricting advertisements (esp. for hyper-processed and overpackaged foods),
- Creating and supporting alternative community-owned media sources,
- Creating ecological education programs for communities and schools:
  - Encouraging community ethics,
  - teaching food growing and cooking skills,
  - Promoting slower, healthier and more convivial ways of life
Thank you!
For more information see:


