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Alpha Sennon's hot 10 countdown list on how to be food secure

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Colaboradores

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The **main security** that the world was/is extremely worried about when the pandemic hit was Toilet Paper Security and **Food Security**¹.

Now that the toilet paper security seems to be under control, **Food and Nutrition Security are still threatened**.

Here's my hot 10 countdown list below on what you can do as an individual to be food secure and protect your country's food security:

10. 🌱 Grow as much food in your back/ side/ front yard as possible or even on your rooftop. This will help you move one step closer to household food security. (If you don't know how, WhatsApp 1-868-382-5780 to join the **Plant Yuh Plate Movement**).
9. 🌱 Start cooking as much **LOCAL food** as possible. Get your kids acquiring the taste of local veggies, provisions and fruits as much as possible.
8. 🌱 If you have **excess food** at home or excess crops in your garden, **don't waste it**; give it to someone in need within your community.
7. 🌱 Save all your **green scrap waste** from your kitchen and start developing a **compost heap**. This will help cut down on the amount of fertilizer you buy. Investigate more traditional methods to use for pests in your garden; e.g., neem, garlic, soapy water, eggshells, etc.

“Make Agriculture your Culture and make Farming charming”

6. 🌱 Start Saving all your seeds and dry them to start making **new seedlings /plants**.
5. 🌱 Visit and support **local farmers markets** as much as possible.
4. 🌱 Get a few plantain and fig suckas (from our Agrikoolture Tings ShUPpe), and a few sweet potato slips and yam head and dasheen plants and chuck it in the ground. (provision will ensure yuh belly FULL). (**This point is directly pertaining to Trinidad**)
3. 🌱. Make Agriculture your Culture and make Farming charming.
2. 🌱 Go and volunteer on a community farm near you; if none exist, then use your land to build a **community food park**.
1. 🌱 Do NOT, I repeat **DO NOT go back to your LAZY ways** after the pandemic has passed. Yes, I said Lazy. If you leave home early and return late, then set up an irrigation system to water your plants. Keep GROWING.
0. 🌱 **STOP EATING FAST FOOD** and SAY NO TO FOOD on drugs (imported food)

With Sincerity and honesty

***Alpha Sennon** is a Tribagonian farmerpreneur, motivational speaker and a creative youth in agriculture advocate. Alpha is the founder of WHYFARM (We Help You-th Farm) a globally recognized and award-winning nonprofit organization established to creatively promote agriculture among children by increasing their awareness of the world's food problems and by doing so grow the future feeders of 2050.*

¹*The original article appeared in Loop Cayman (<http://www.loopcayman.com/content/alpha-sennons-hot-10-countdown-list-how-be-food-secure>)*

Blog tags

PERSPECTIVAS-COVID-19 (/tags/perspectivas-covid-19)

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