



A world tour on positive food

Sponsorship opportunities

Food Respect Tour: why?

70% of the world population will live in **cities** by 2050

The import of food products is not resilient as it currently depends on fossil fuels. Paris and Brussels have only 4 days of food supplies.

Source: [OCDE](#)



35 pesticides are found on a conventional **apple**

Pesticides are toxic for farmers and for the biodiversity, and are causing health issues for consumers.

Source: [INRA](#)



1/3 of food produced is **wasted**

If food waste was a country, it would be the 3rd biggest emitter of greenhouse gases, just after the USA and China.

Source: [FAO](#)



3 positive solutions

In line with the UN Sustainable Development Goals



Urban farming

Objective 11.7: By 2030, provide universal access to **green & public spaces**

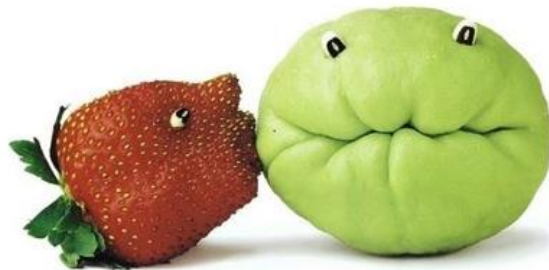


Organic & permaculture

Objective 2.4: By 2030, ensure a **sustainable food production**, with **resilient agricultural practices** that maintain the ecosystems and adapt to climate change



Zero Food waste



Objective 12.3: By 2030, **halve** per capita **food waste** at the retail and consumer level, and reduce food losses along production and supply chains



Some initiatives

Vancouver

The hotel Fairmont has an urban farm on their roof to cook with local products



San Francisco

The Urban Permaculture Institute of San Francisco applies permaculture in an urban context.



Equator

Microfarming isolates natural microorganisms to replace pesticides



Rosario (Argentina)

The city has developed urban gardens as a solution to the crisis in 2000



Cape Town (South Africa)

"Moyo" combines restaurant, market and site producing seafood with aquaponics



France

The logo "Gueules Cassées" identifies products with small blemishes. They are as good and less expensive.



Amsterdam

Unsold food from supermarkets "Albert Heijn" are used in the restaurant Instock



Brussels

The coffee grounds waste from Exki are used by Permafungi for the production of Oyster Mushroom, then sold at Färm



Austria

20% national food production is organic



Bangkok

Green Bangkok disseminates best urban permaculture practices



Singapore

SkyGreens uses towers to produce 800 kg vegetables per day



New Zealand

"Love Food Hate Waste NZ" provides some advice on food waste reduction



Hong-Kong

Some farms promote the production of vegetables on rooftops



Jakarta


Parung Farm uses hydroponics, more and more used in Jakarta



Australia

The Permaculture Research Institute, initiated by the founder of permaculture, experiments & disseminates scientific research





Which other
solutions
have been
developed
in the world?

Why
these kind of
initiatives are not
more widespread?

How to develop a
positive food,
from farm to fork?

Which bottlenechs
& which **opportunities?**

What better way
than to go & **meet**
involved food actors?

The Food Trotteur



Benoît Liégey

30 years old, French

**theater, cooking, photo,
biking, swimming, sailing**

**Agronomist engineer
(AgroParisTech)**

**6 years of professional experience
in Brussels on food & environment**

**Specialized on food waste &
climate change**

**Summer school of urban farming
in Brussels in 2016**

**Permaculture Design Course (PDC)
in Portugal in 2016**

Compost master

Travelling:

Austria, Belgium, Canada, China, Croatia,
Denmark, Germany, India, Italia, La Reunion,
Luxembourg, Morocco, Mayotte, Montenegro,
Norway, Portugal, Qatar, Serbia, Spain,
Sweden, Switzerland, UK, USA, Turkey

**Training at the Belgian
Development Agency**

My route



Planning

Brussels 

Do an internship at the Permaculture Research Institute

Harvest "ugly" veggies in an organic farm in WWOOFing

Cook in a veggie restaurant valorizing unsold food

Work for a retailer of local & organic food products





2017

Janvier	Février	Mars	Avril	Mai	Juin	Juillet	Août	Sept.	Oct.	Nov.	Déc.
Russia China	Laos Vietnam	Thailand Myanmar	Singapore Malaysia	Indonesia		Australia 					

2018

Janvier	Février	Mars	Avril	Mai	Juin	Juillet	Août	Sept.	Oct.	Nov.	Déc.
New Zealand			USA	Canada 				Mexico	Central America	Colombia Equator	Bolivia Paraguay

2019

Janvier	Février	Mars	Avril	Mai	Juin	Juillet	Août	Sept.
Argentina		Antarctica		South Africa Mozambique	Zimbabwe Namibia		Europe  Austria, Germany, Romania, Italia, Switzerland, France, Belgium, Netherlands	

Rescue unsold food for an NGO

Some concrete actions

1 book at the end of the project
gathering the **100** best initiatives
around positive food



Media



Website: www.foodrespect.com

I will do a logbook and an invitation to adventure
I will list and promote players of positive food



Newsletter

A summary of my adventures and important information



Social media

To share my progress, my photos
To present the initiatives
To grow the community following me



Exhibitions & conferences

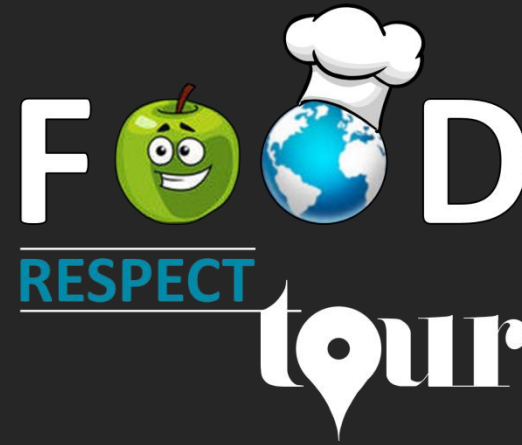
I will organize at my return presentations / photo exhibitions
in cultural centers, companies and/or associations.



You find my initiative interesting? Willing to be part of that adventure?

Become a partner

- By making a cash donation
- By making an in-kind donation (equipment)

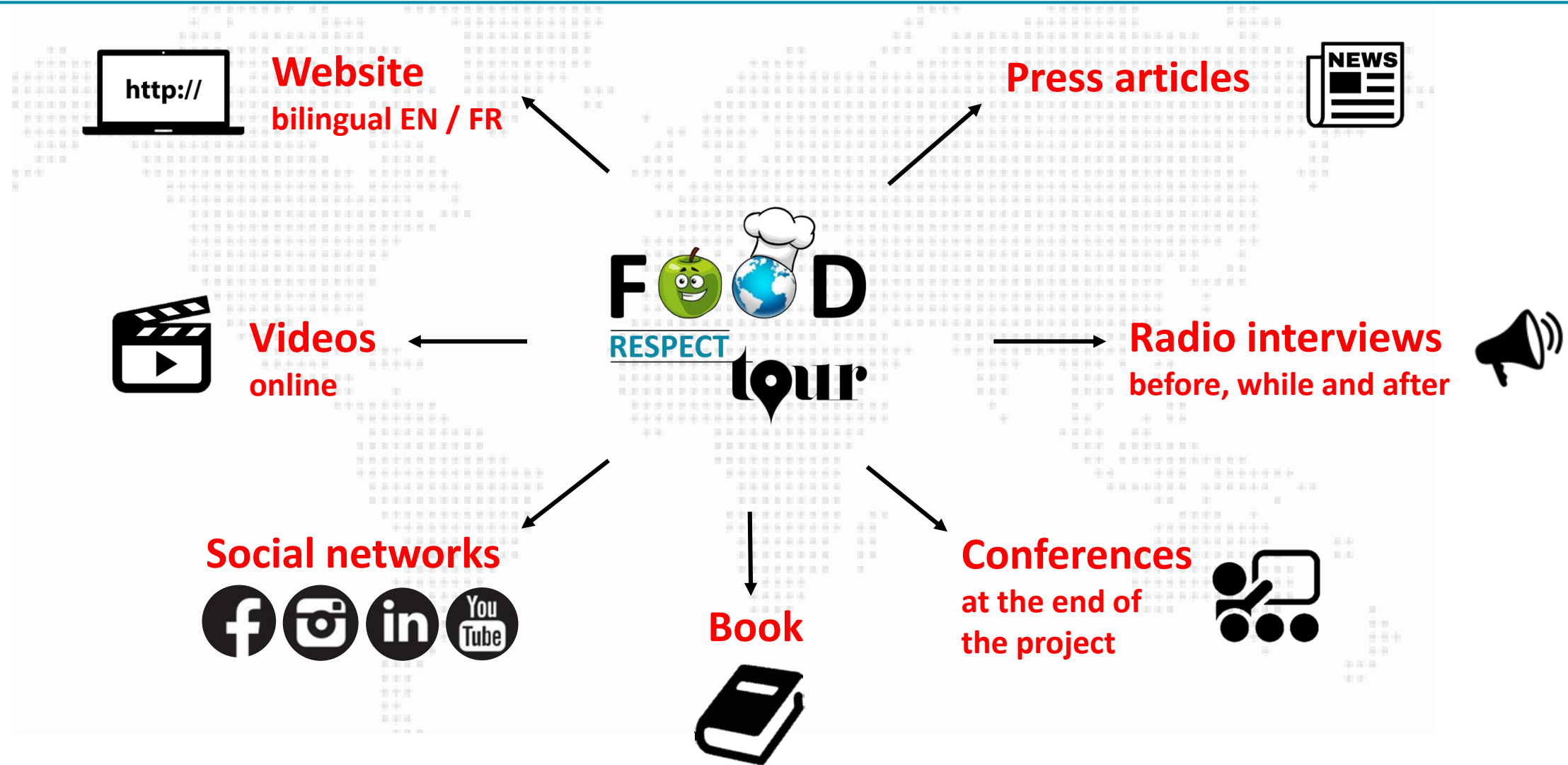


*"When a single man dreams, it is only a dream.
But if a lot of men dream together,
it is the start of a new reality."*



Benefit from my media visibility

Reinforce your image by associating it with an image of **engagement**, sustainability, dynamism, commitment, enthusiasm, entrepreneurship and **adventure**. A **positive** image turned toward people and the world.



Choose your option !

Your logo on:

And some visibility:

The website

Presentation materials before the project

My backpack

Copyright-free pictures in 3 countries

Videos from the project

On the website: article dedicated to your organization

On social networks: 60 days of cover picture

In all media events

In the final book



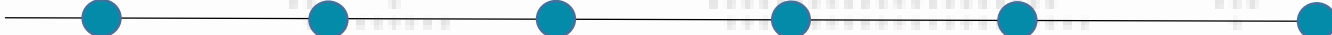
Option "Basics"
from 500 €



Option "Partner"
from 1 000 €



Option "Silver"
from 2 500 €



Option "Gold"
from 5 000 €



Option "All Inclusive"
from 10 000 €



Total budget : 73 600 €

I am already supported by



Agriculture urbaine
—
Gembloux Agro-Bio Tech
Université de Liège









Not yet gone and already in the media



NOSTALGIE

My budget

Costs

Category		Amount (€)
Transport by sea		14 500
Transport by road		6 000
Daily budget (<i>accommodation, food, local transports</i>)		38 800
Vaccines		500
Visas		1 000
Insurance		2 500
Material		5 300
Book edition & website		5 000
TOTAL		73 600

Revenues

Category	Amount (€)
Personal contribution	20 000
Sponsors/external contribution	15 000
Material already owned	3 000
Jobs on site (<i>estimate</i>)	8 000
Crowdfunding (<i>estimate</i>)	4 000
Garage sale (<i>estimate</i>)	300
Photo sale (<i>estimate</i>)	300
TOTAL	50 600

Remaining to be financed

23 000



"Live the dreams that life challenges you to dream"

Martin Luther King

"Concerning the future, it is not about forecasting it, but making it possible"

Antoine de St Exupéry

To contact me

Thanks
for your
support

Benoît: +32 474 96 17 91

benoit@liegey.eu

www.foodrespect.com

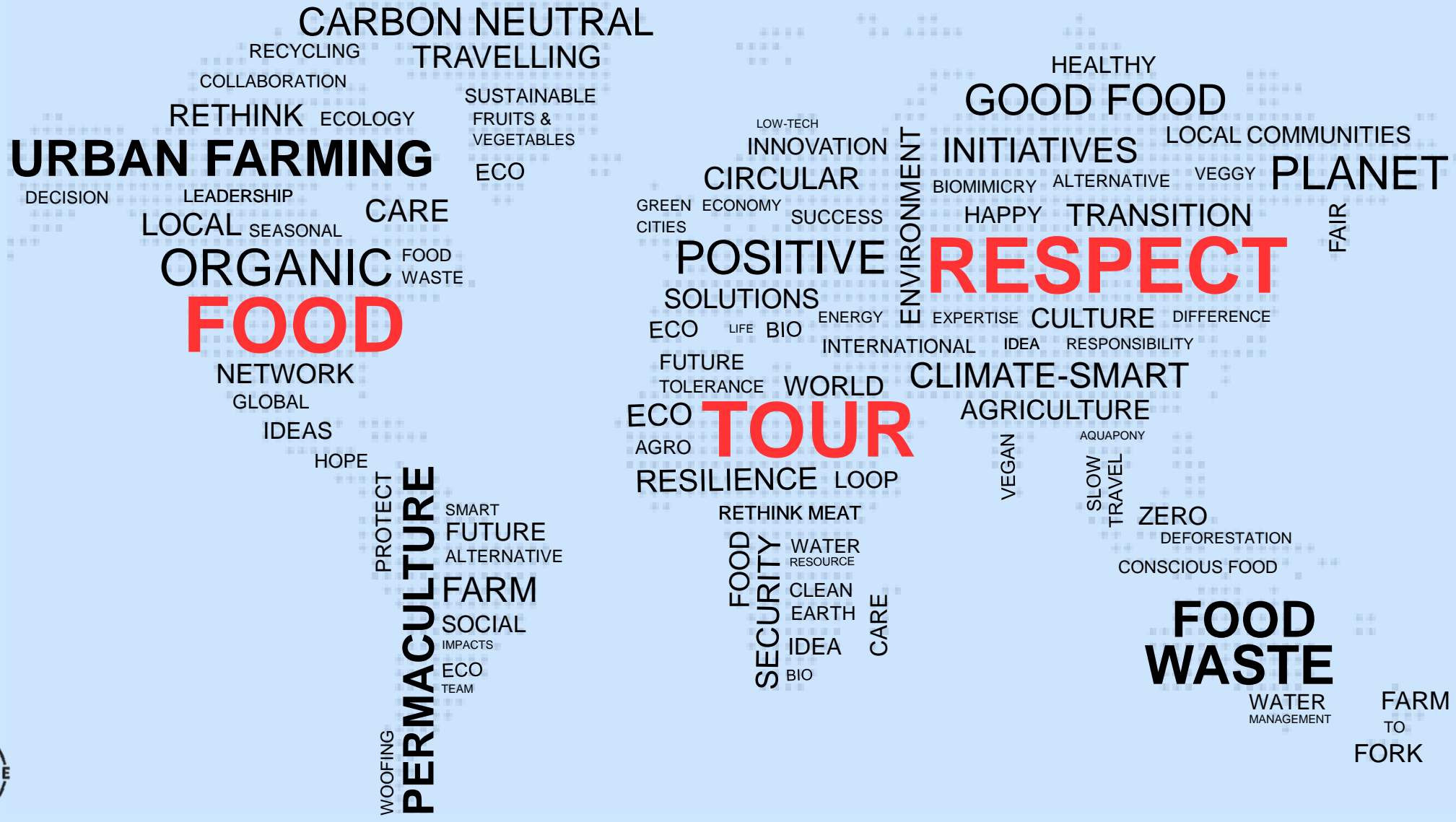
 food Respect Tour





Appendices

In a few words



The detailed budget

Transport by sea

Departure	Arrival	# days	Cost (€)
Indonesia (Bali)	Australia (Darwin)	8	600
Australia (Sydney)	New Zealand	6	900
New Zealand	USA (San Francisco)	20	2 500
Argentina (Ushuaia)	South Africa (Cape)	60	8 000
Namibia (Walvij Bay)	Germany (Hamburg)	20	2 500
TOTAL		114	14 500

Transport by road

Continent	# km	Cost/km (€)	Cost (€)
Trans Siberian train	7 000	0.06	400
Asia	10 000	0.07	700
Oceania	11 000	0.15	1 650
USA & Canada	12 000	0.11	1 300
Central / South Amer.	15 000	0.07	1 050
Africa	7 000	0.04	300
Europe	5 000	0.12	600
TOTAL			6 000

Daily budget

Country / zone	# weeks	Cost / day (€)	Cost (€)
USA & Canada	22	55	8 470
Central / South Amer.	24	30	5 040
Africa	11	35	2 695
Oceania	36	55	13 860
Asia	22	20	3 080
Europe	12	55	4 620
Other (<i>souvenirs</i>)	-	-	1 000
TOTAL	128		38 800

The detailed budget

Visas

Countries	Cost (€)
Australia (<i>working holiday visa</i>)	300
Canada (<i>working holiday visa</i>)	150
China	35
Indonesia	40
Laos	40
Malaysia	10
Mongolia	60
Mozambique	40
Myanmar	25
Namibia	40
Russia	30
Thailand	50
USA	60
Vietnam	60
Zimbabwe	60
TOTAL	1 000

Insurances

Duration	Cost (€)
3 years	2 500

Vaccines

Type	Cost (€)
Diphtheria, Tetanus, Poliomyelitis	20
Japanese encephalitis	200
Yellow fever	90
Hepatitis A & B	100
Meningococcal A & C	50
Rage	100
Typhoid	40
TOTAL	500

The detailed budget

Backpack / sleeping

Material	Qty	Cost (€)
Backpack 65 L Gregory	1	220
Survival blanket	1	5
Light tent 1 person MSR Hubba	1	200
Carpet tent MSR Hubba	1	45
Sleeping bag	1	80
Silk cloth bag	1	45
Ground sheet	1	5
TOTAL		600

Security

Material	Qty	Cost (€)
Padlock code	2	20
Adjustable cable theft Pacsafe	1	25
Cord (3m)	1	2
Money belt	1	10
Security Neck Pouch	1	13
TOTAL		70

Clothing

Material	Qty	Cost (€)
T-shirt Ice Breaker (merinos)	2	90
T-shirt Quechua (synthetic)	1	15
T-shirt long sleeves (merinos)	1	70
Sleeveless top (synthetic)	1	5
Shirt	1	15
Fleece	1	25
Sweater	1	35
Technical pant / waterproof North Face	1	100
Pant transformable in short Quechua	1	30
Jean	1	25
Short	1	10
Light windbreaker Gore Tex Arc'teryx Zeta LT	1	320
Compact feather jacket	1	50
Pair of trail shoes Salomon	1	110
Pair of walking sandals	1	70
Swimsuit	1	10
Underwear	4	15
Pair of classic socks	2	5
Pair of hiking socks	2	30
Mitten	1	15
Scarf	1	10
Cap	1	10
Buff	1	15
TOTAL		1 080

The detailed budget

Toilet case

Material	Qté	Coût (€)
Marseille's soap	1	4
Soap case	1	10
Toothbrush and toothpaste	1	2
Razor + 4 blades	1	20
Mini shaving cream	1	2
Almond oil (moisturizer)	1	14
Solar cream SPF 50	1	14
Roll of toilet paper	1	1
Wipes	1	3
TOTAL		70

Camping accessories

Material	Qté	Coût (€)
Compactable bowl Sea to Summit	1	15
Knife Opinel outdoor (with whistle)	1	30
Camping fork	1	5
X-Kettle 1.3L compactable	1	35
Gas stove MSR SuperFly	1	25
Gas cartridge MSR IsoPro 110 g	1	5
Compactable glass Sea to Summit	1	5
TOTAL		120

First aid kit

Material	Qté	Coût (€)
Bandage	1	3
Compeed	1	6
Antiseptic	1	4
Box of paracetamol	1	2
Antibacterial for intestines	1	15
Antidiarrheal (turista)	1	4
Smecta	3	5
Spray anti-mosquitos	1	8
Mosquito-click + solar anti-mosquito device (ultrasounds)	1	19
Essential oil of organic peppermint (<i>motion sickness and digestive disorders</i>)	1	4
Essential oil of organic lemon Eucalyptus (<i>anti-mosquitos</i>)	1	4
Essential oil of organic lavender (<i>sunburns</i>)	1	4
Tweezer	1	2
TOTAL		80

The detailed budget

Multimedia

Material	Qty	Cost (€)
Camera + case	1	745
Stick gorillapod	1	25
Additional battery	1	70
Card SD Ultra SDHC 64 Go	1	50
PC portable ASUS + charger + case	1	950
Go Pro + stick	1	100
Hard Drive (500 Go to 2To)	1	200
USB stick 64 Go	2	60
TOTAL		2 200

Electronics

Material	Qté	Coût (€)
Universal plug adapter	1	10
Solar charger	1	60
Headlamp	1	30
Smartphone Crosscall Trekker	1	500
Kindle + USB charger	1	200
TOTAL		800

Accessories

Material	Qté	Coût (€)
Sunglasses + rigid case	1	70
Microfibre towel	1	7
Candle	1	1
Earplugs	2	1
Compass	1	15
Lighter	1	1
Filter gourd + 2 replacement filters	1	55
Guides (ebooks)	10	100
String to hang up laundry	1	1
Mini clothespins	4	2
Storage freezer bags (Ziploc)	8	2
Storage bags for clothes	2	5
Dehydrated food	2	10
Earphones	1	10
TOTAL		280