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## What is the participation process of the inhabitants of the popular districts for a food democratization?

The problem we wish to address in this intervention concerns the possibilities of the advent of a process of democratisation of food based on real participation (Zask) around participation, contribution and benefit for oneself and others in a tripartite relationship. This involves researchers, actors on the ground represented by local food-brokering structures and local inhabitants.

I propose a presentation based on a case study of an ongoing project called "Filap". This project is funded by the Fondation Carasso/Fondation de France and aims to address food insecurity and innovate local food circuits in Vaux en Velin in the interest of ecology. This project aims to facilitate access to quality food by combining two approaches: helping people change their behaviour and improving the content of supply and the way it is distributed to respond to situations of food insecurity. The long-term objective is to build a chain from production to distribution that offers such food in good conditions of quality, accessibility and price, with a change of scale compared to current initiatives and with a fair distribution of value along the chain. The objective is therefore to contribute to improving local food self-sufficiency by diversifying and improving production systems and distribution methods. To be successful, this project is based on an action-research approach. The aim is to mobilise local people on food practices.

