

Aurelia Roman

Interdisciplinary PhD (c) and MA in Human Systems Interventions
Concordia University

Urban Prosumersim

Aurelia Roman, Concordia University
Interdisciplinary PhD (c) and MA in Human Systems Interventions

Abstract

In the midst of multiple global crises affecting human and environmental health, the principles and practices of agroecological interventions provide effective ways to create sustainable futures, reduce food insecurity and improve health outcomes. By using high levels of diversity, systems thinking, and sustainability – features that characterize agroecology - we can start shifting from a consumer to a prosumer mindset, rethink our responses to climate change, and redesign our food production, distribution and consumption processes. Agroecology helps us envision a local economy rooted in the principles of reciprocity, redistribution and exchange in which food prosumers use ecological learning to grow their own food or are involved in its production in an active way. In this presentation we will explore how urban prosumerism based on agroecological principles connects the urban space to alternative food systems attempting to redefine how they intersect.

Bio

Aurelia Roman is an interdisciplinary researcher doing her doctoral studies at Concordia University, holds a master in human systems interventions and undergraduate degrees in law and applied human sciences. She is passionate about health, alternative food systems, and how peoples' stories and collective action intersect and redefine each other in the pursuit of social change. Aurelia promotes ecological learning through multiple roles: as an international councilor with the Centre for Civil Society, as a North-American colleague of the Sustainable Future Planning and Design, as a fellow researcher for the Adaptive Communities Network, and as a volunteer with several grassroots organizations in Montreal. She is the happy mother of a teenage boy, loves to dance tango and cook healthy meals.

