

## **Reconnecting with the Food We Eat.**

### **Urban Human-Food Resonance for Sustainable Consumption Patterns.**

The current food system of Western societies is identified as an outstanding example for the present social-ecological crisis humanity is facing. Meanwhile, a number of scholars agree that human's alienation from nature, which accelerated through the progressive urbanisation and the associated external and internal distance from nature, presents a major driver of the social-ecological crisis. Reasons for that are seen in primarily instrumental relations between human beings and nonhuman nature, which are also visible in human-food relations. Therefore, voices are growing louder to refocus on inner transformations of Western societies in regard of relational qualities with food based on values, world views, and behaviours as a major driver for sustainability transformation. In this connection, the recently introduced theory of *Resonance* by Hartmut Rosa, which focuses on human beings' general relational qualities with the world, presents a promising approach to address patterns of unsustainable human-food relations. The theory elaborates on the broken relations of modern societies with the world lacking qualities of affective and responsive relationality. Correspondingly, the missing understanding of relational qualities between urban residents and food will be the research gap in focus. Thereby, the thesis will explore potential correlations between (not) getting affected by the food system's impact on the social-ecological crisis and corresponding responses in regard of (un)sustainable food consumption. Accordingly, the conceptualisation of urban human-food resonance and its potential positive impact on a sustainable transition of food consumption patterns as part of a good life displays the overarching research interest. To investigate *how* resonance can emerge, I plan on integrating *New Materialism* and the concept of *Care* where a new world view could be established of food having *agency* which leads to *feelings* and *actions of care* through values of trust and responsibility. I further plan to develop an understanding of *where* people are getting affected and develop resonant relations in regard of food consumption through the examination of different *access points* along the three *resonance axes* (vertical-world axis, diagonal-object axis, horizontal-social axis) by Rosa. At this, Dresden (Germany) is chosen as case study initially targeting the conceptualisation of urban human-food resonance of individual city dwellers through the execution of focus groups leading to a conceptual paper. Secondly, the conceptualised framework will be tested and complemented while examining common urban human-food relationships in conjunction with institutional urban structures resulting in a research paper. Based on the gained insights, the third step involves the development and evaluation of interventions to facilitate urban human-food resonance likewise resulting in a research paper. Accordingly, with this project I plan to contribute to a better conceptual understanding of urban human-food resonance and its impact on sustainable food consumption contributing to a flourishing life for nonhuman and human nature.

**Keywords:** urban human-food relationship; inner transformation; sustainable food consumption; agency; care; resonance