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AGRIFOOD JUSTICE IN TERRITORIAL FOOD SYSTEMS

**URBAN FOOD INSECURITY AND FOOD DEMOCRACY: OFFICE WORKERS'
EXPERIENCES IN TERRITORIAL FOOD SYSTEMS**

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Transforming food systems toward sustainability and justice requires attention to everyday experiences of food insecurity among urban populations. Rapid urbanization, rising living costs, and precarious labor conditions are intensifying food access challenges for urban workers worldwide. This paper examines food insecurity among low-income office workers in Bangkok, Thailand, a group often overlooked in food policy debates despite representing a substantial share of the urban workforce.

Based on qualitative research, the study analyzes how income precarity, time constraints, and urban food environments shape access to affordable and nutritious food. The findings show that food insecurity is not primarily an

individual issue, but a structural outcome of wage insufficiency, high living costs, and limited inclusion of urban consumers in food system governance. Situating these experiences within territorial food systems, the paper highlights how urban consumption, rural production, and policy frameworks are interconnected.

The Bangkok case reflects broader global patterns affecting urban workers across the Global South and North. Policy implications emphasize income security, improved urban food access, and the integration of urban consumers into democratic food governance as pathways toward food democracy and agrifood justice.

Palavras-chave: urban food insecurity; office workers; just and sustainability; food system; food justice.