

## **Food self-provisioning in Russia: case study of Moscow and Saratov**

### **Abstract**

The main goal of this thesis is to study what is the peculiarity of food self-provisioning in Russia. The thesis tries to capture the main features in a self-provisioning topic, focusing on differences between the capital city - Moscow - and the peripheral city - Saratov. In the theoretical part of the thesis, different views on food self-provisioning, especially in Europe, were considered. The research part of this work is based on semi-structured interviews conducted with 20 respondents, 10 from Moscow and 10 from Saratov. The research sought to find out what are the main reasons to grow food by yourself, what motivates people to do it in "Russian" conditions. The results confirmed the hypotheses that the reason to grow food depends on the economic situation in the area of respondent's residence. Also, climate and soil play an important role.

**Keywords:** domestic food production; self-provisioning; Russia