The face of the world is changing. This paper argues that, as globalization shrinks distance, it generates significant obligations of global justice or, more precisely, legitimacy to ensure that people can avoid severe poverty. By appeal to democratic (and other liberal) theories of legitimacy, it argues that those subject to coercive international institutions must at least have basic freedoms under their rules. For people to have these freedoms they must be able to reason and plan and this requires that they be able to secure adequate food, water and so forth. So, if no one else is ensuring that these people can secure these things, the only way for coercive international institutions to be legitimate is if they do so.