

# Hungry for Change: Food, Ethics and Sustainability



*"We are as vulnerable as the eroding topsoil if we do not enrich ourselves with knowledge about our food system, and then share and support such knowledge with others."*

— Wes Jackson

**HUNGRY FOR CHANGE: FOOD, ETHICS AND SUSTAINABILITY IS A SIX-SESSION DISCUSSION COURSE FOR THE WORKPLACE, COMMUNITY CENTER, HOME OR UNIVERSITY.**

## **PARTICIPANTS IN THIS DISCUSSION COURSE WILL:**

- Explore the interconnected nature of food systems and our relationships to them.
- Examine the impact our food choices have on our health, the health of others and the health of our planet.
- Consider the ethical and political implications of our current food system and our personal food choices.



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# HUNGRY FOR CHANGE: FOOD, ETHICS AND SUSTAINABILITY

SESSION THEME	DESCRIPTION	READINGS
<b>The First Bite</b>	The global food web has become increasingly complicated with the industrialization and globalization of our world. Session one explores the interconnectedness of food and our relationship to it, and previews the topics that will be explored in the rest of the course.	<p>"Gardening as Politics" by Andrea Wulf            "The Working Mom's Eating-In Challenge" by Lisa Bennett            "The Indignity of Industrial Tomatoes" by Barry Estabrook            "What Do You Eat in January?" by Barbara Kingsolver            "The Ecology of Food" by Vanessa Barrington            "Most Good Least Harm" by Zoe Weil            "Putting Down Roots" by Scott Dodd</p>
<b>Politics of the Plate</b>	Session two focuses on the global geopolitics of food systems, including hunger, subsidies and externalized costs. What are the connections and what can we do to bring about more equity?	<p>"The New Geopolitics of Food" by Lester Brown            "Feeding the World: It's Not About Quantity" by Danielle Nierenberg and Mara Schechter            "Food is Cheap at Market..." by Marion Nestle            "Aquacalypse Now: The End of Fish" by Daniel Pauly            "Can Organic Farming Feed the World?" by Sandra Steingraber            "US Farming Subsidies Cost US Taxpayers Billions..." by Gauri Jain            "Food Rebellions: Seven Steps to Solving the Food Crisis" by Eric Holt-Gimenez            "The Paradox of Hunger" by Luca Bernardini</p>
<b>A Healthy Appetite</b>	This health-focused session examines how our current food system affects the health of our selves and our loved ones. Topics covered include GMOs, lifestyle diseases, soy, organics and pesticides.	<p>"Food Science's Golden Age" by Michael Pollan            "How to Save a Trillion Dollars" by Mark Bittman            "Is the Rise of Food Prices All Bad?" by Francis Lam            "Still No Free Lunch" by The Organic Center            "What We Know — and Don't Know — about the Safety of Eating GMOs" by Tom Philpott            "The Dark Side of Soy" by Mary Vance            "Brain Food for Kids" by Alan Greene            "The Aborigine in All of Us" by Michael Pollan</p>
<b>Just Food</b>	Our eating choices often have hidden ethical implications. Session three explores the ethical and justice considerations of what we eat and how it's produced, including factory farming and humane meat, fair trade vs. free trade and human rights violations in Florida's tomato farms.	<p>"What's Wrong With What We Eat" by Mark Bittman            "Fear Factories" by Matthew Scully            "Joel Salatin: How to Eat Animals and Respect Them, Too" by Madeline Ostrander            "Fair Trade" by Peter Singer and Jim Mason            "Child Slavery" by John Robbins            "The Price of Tomatoes" by Barry Estabrook</p>
<b>Eating for Earth</b>	Session five discusses how climate change affects food supply and how our current food production system contributes to climate change and environmental degradation.	<p>"Factory Farms and Air Pollution" by Sustainable Table            "Is Your Cheese Killing the Planet?" by Lisa Hymas            "Assault on Nature: CAFOs and Biodiversity Loss" by George Wuerthner            "Water: Will There Be Enough?" by Sandra Postel            "The Lowdown on Topsoil: It's Disappearing" by Tom Paulson            "Perennial Solution" by Robert Kunzig            "How Fertilizers Harm the Earth More than Help Your Lawn"            "Global Warming and Food Choices" by Natalie Reitman-White and Sarah Mazze</p>
<b>Hungry for Change</b>	This solutions-focused session looks at some exciting things others are doing and what we can do to affect change.	<p>"A Planetary Crisis Is a Terrible Thing to Waste" by Christian Schwägerl            "The Environmental Impact of Overconsumption" by Mark Bittman            "Help the Planet: Stop Wasting Food" by Jonathan Bloom            "Growing Power in an Urban Food Desert" by Roger Bybee            "A Better Fish Farm" by Lisa Abend            "Transforming Our Tastes" by Raj Patel            "Three Pillars of a Food Revolution" by Anna Lappé</p>

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