



Sustainable Food Systems Resource List

There are many publications, web sites and media resources available to help define, add credibility, and educate us about the Sustainable Food movement. The list of revolutionaries and their wonderful news grows on a daily basis. If you watch and listen, you'll see that the public's call for better food is being answered in some very articulate and convincing ways. The following are some of our favorite references.

Sustainable Table Introduction to Sustainable Food Dictionary;

<http://www.sustainabletable.org/intro/dictionary>. A very thorough and easy to comprehend explanation of all the terms surrounding the topic of sustainable food.

Appetite For Profit: How the Food Industry Undermines our Health and How to Fight Back;

Michele Simon; Nation Books, 2006. "An expose of Big Food's unethical behavior and devious marketing strategies and a convincing call to action." – Library Journal

Center for EcoLiteracy, *<http://www.ecoliteracy.org/programs/index.html>*. A great resource for the need to improve the quality and curriculum surrounding school food.

Fast Food Nation: The Dark Side of the All-American Meal and Chew on This: Everything You Don't Want to Know About Fast Food;

Eric Schlosser; Houghton Mifflin, 2001 and 2006. Two well-documented and entertaining portrayals of big food industry's effect on our society. **Chew on This** is designed to be read by our youth — an invaluable lesson for our next generation. Essential reading for school-age children.

Food Politics: How the Food Industry Influences Nutrition and Health; Marion Nestle; University of California Press, 2003. A reality check on how the food industry can impact our decisions and our diets through manipulative marketing and advertising.

Food Routes, *<http://www.foodroutes.org>*. The **Food Routes'** food map can help connect with local farmers and producers throughout the country.

Healthcare Without Harm, *<http://www.noharm.org/us/food/issue>*. HCWH works with hospitals to adopt food procurement policies and practices that provide nutritionally improved food for patients, staff, visitors and public.

Hungry Planet: What the World Eats; Peter Menzel and Faith D'Aluisio; 10 Speed Press, 2005. A photographic study revealing what people throughout the world normally eat in the course of a week.

Monterey Bay Aquarium Seafood Watch, A clear and up-to-date resource to help understand the complexities of sustainable seafood.
<http://www.mbayaq.org/cr/seafoodwatch.asp>.

National Food Security Coalition, *<http://www.foodsecurity.org>*. The home of the National Farm-to-School and Farm-to-College program.

The Omnivore's Dilemma: A Natural history of Four Meals; Michael Pollan; The Penguin Press, 2006. A social, economic, environmental and delicious look at the food choices we make to eat and the impact they have on so much and so many.

The Real Food Revival: Aisle by Aisle, Morsel by Morsel; Sherri Brooks Vinton and Ann Clark Espuelas; Tarcher Penguin, 2005. A comprehensive and realistic A to Z guide on the principles of the sustainable food movement.