

# Eating for a Healthy World

A MENU FOR CHANGE



DEVELOPED BY:

Bill Alt

Margaret Gleeson

Lindsay Marciniac

Jan Wright

Climate Change and

Earth Care Task Force



*Interfaith Council  
for Peace & Justice*

# CHANGE AT THE END OF YOUR FORK



Each day we make choices about what we are going to eat. Sometimes those choices are made deliberately with care and thought, a special meal prepared for friends and family, but more often we unreflectively choose the food at the end of our forks.

## AND THAT FOOD IS MAKING OUR WORLD SICK

Americans eat 31% more processed foods than fresh, whole foods. These processed foods, loaded with high levels of salt and sugar, not only harm our physical health but their production also brings the added environmental cost of excess packaging and processing. Even the fresh food we do eat is produced by an industrial agricultural system that relies heavily on petro-chemicals and deadly pesticides. This reliance on fossil fuels in fertilizers and pesticides ultimately strips the soil of its fertility and ability to hold carbon.

According to the USDA, Americans consumed 26.4 billion pounds of beef in 2010. We are eating meat at twice the global average and we are consuming over three times the amount of protein needed for our health, the majority of it from animal sources. Our insatiable appetite for meat is raising our risk for heart disease, cancer, and diabetes. And the way we raise animals to feed that appetite is taking a huge toll on our environment with deforestation, increase emissions of climate-change gasses, and pollution from animal manure.

Over one billion people face food insecurity. Big agricultural companies and wealthy nations exacerbate the problem of hunger through land grabs, commodity speculation, and bad governmental policy. Our excessive use of fossil fuels affects the climate causing longer droughts and more severe flooding. Farm workers who bring us our food face exposure to unhealthy pesticides as well as abuse and harassment. It is the poor and most vulnerable who suffer the most.

The way we produce our food is making us sick; it is making our communities sick and it is making our world sick. We need to change.

We need to begin eating for a healthy world.

# EATING for a HEALTHY W RLD

Interfaith Council for Peace and Justice is launching *Eating for a Healthy World* to encourage people of faith and their congregations to put their faith into action by making healthy food choices that will reduce the effects of climate change, protect the environment, and provide access to healthy, sustainable food to everyone especially the poor and vulnerable.

In this *Menu for Change*, you will find information and resources to help you explore the relationship between faith, food, fairness, and environmental justice. You will learn how our food, what we eat and how we produce it, affects the Earth's climate.

At the center for *Eating for a Healthy World* is a 5 week challenge to eat a "Climate Friendly diet" with a "menu" of options around weekly themes:

- Eat local and seasonal food
- Choose whole and organic food
- Reduce meat and dairy
- Decrease packaging and food waste
- Celebrate farmers, farm workers, and fair food; take action for a fair food system

In addition, you will receive on-going *monthly specials*, action steps to connect you and your congregation with organizations and efforts working to improve access to sustainable and just food in your community, country, and world.

We want you to become engaged citizens committed to justice and fair food for all that preserves our planet and creates a healthy world.

Together we can find the better way.



# why does food matter to people of faith

*a menu for change*



**F**ood—what we eat, the way it is produced, and how it affects the earth—has religious and moral value. Food, the breaking of bread, the sharing of a meal is integral to the world’s religious traditions. It is part of the stories we tell and central to the rituals we perform. Food is meant to nourish us body and soul and sustain our relationships.

Religion, at its core, is about right relationships, an orientation towards the other. Our faiths call us to be in right relationship with God, the divine, the sacred, recognizing mystery in our experience of the abundance and fecundity of life. Our faiths call us to be in right relationship with all of creation tending and protecting what has been given. Some traditions even highlight that we are one family with all of life, children of creation. With compassion and care, we find ourselves connected in this web of life. Our faiths call us to build communities where all are cherished, where justice is proclaimed for the poor.

Sadly and all too often, the food we eat and how it gets to our tables is harmful to these relationship. It literally sickens us and our world rather than nourishing our connection.

We need food that fosters, promotes, and protects right relationships. We need food that benefits the poorest of our society. We need food made for people and communities and not for profits and shareholders. We need food that allows for greater choice and strengthens local economies. Food matters to people of faith because it is about justice— justice for those who grow it, justice for those who harvest it, justice for us who share it, and justice for the earth that sustains it.

The [Baltimore Food and Faith Project](#), a project of the Johns Hopkins Center for a Livable Future, has compiled an excellent resource of policy statements from various faith traditions.

*To live, we must daily break the body and shed the blood of creation. The point is, when we do this knowingly, lovingly, skillfully, reverently, it is a sacrament; when we do it ignorantly, greedily, clumsily, destructively, it is a desecration. . . in such desecration, we condemn ourselves to spiritual and moral loneliness, and others to want.*  
- Wendell Berry

*While the sage, Htoni, was walking along a road, he saw a man planting a carob tree. Htoni asked him, "How long will it take for this tree to bear fruit?" "Seventy years," replied the man. Htoni then asked, "Are you so healthy a man that you expect to live that length of time and eat its fruit?" The man answered, "I found a fruitful world because my ancestors planted it for me. Likewise I am planting for my children."*  
-Babylonian Talmud, Taanit 23a



## eat locally / eat seasonally *a menu for change*

**W**HY EAT LOCALLY? The average meal in this country travels 1,500 to 2,500 miles from the field to the market (Food and Water Watch). We have become geographically disconnected from most of the food we eat. Clearly, transporting food over such distances uses an enormous amount of fossil fuel, which is very harmful for the climate.



Another way in which our culture has become disconnected with the food we are consuming is the way in which we do not eat locally or seasonally. Eating locally and seasonally supports local economies by supporting local farmers and the small businesses that carry their products. It means our community is strengthened because we are now connected to the source of our food, to the farmer and land that produced it. Local food is fresher and even tastes better!

### LOCAL VERSUS ORGANIC

This is a complex question. Is organic asparagus flown-in from Mexico better for the environment than conventionally grown, local asparagus? When you can buy food that is both local and organic, it's great, but often we are faced with a choice of one or the other. A rule of thumb that helps is to avoid perishable out-of-season food (Should strawberries be a year round treat in Michigan?) Buy local first, in season, and organic when you can.

We are also able to keep in touch and be connected with the seasons when we eat locally and regionally. It means the distance from food to market averages 65 miles instead of 1,500 (Pirog, Rich, Benjamin, Leopold Center, 2003). In some cases, local food may even be better for the environment than organic (BBC News, 2005). Local and regional foods are estimated to produce 17 times less CO2

### WHAT IS LOCAL FOOD?

There is no one agreed on definition of what constitutes local food but the USDA has defined local food as food that has traveled less than 400 miles from its source. ([www.ers.usda.gov/Publications/ERR97/ERR97.pdf](http://www.ers.usda.gov/Publications/ERR97/ERR97.pdf) (p. iii))

**Buying locally-produced food generally decreases fuel use** (Natural Resources Defense Council (NRDC), 2007), The worst offenders when it comes to transporting food are planes, followed closely by trucks. A mile by air has more than 100 times the climate impact of a mile by sea.. (Berners-Lee, How Bad Are Bananas?) Thus, you can do a lot to improve your food carbon footprint by avoiding out-of-season produce that has been flown in—especially from another continent.

**Eating local supports local economies** - In most communities today only 7% of the food dollars spent stay within the local community . The remainder of food dollars go to processing, packaging, transporting, and distributing the food. In 1910, 40% of food dollars remained within the local economy (Food and Water Watch). (cont.)





## eat locally / eat seasonally

*a menu for change*

---

• • • •

---

The [Eat Well Guide](#) can help you find local and sustainable ways to eat in your area.

---

The [Natural Resources Defense Council](#) has an on-line resource to help you find what produce is in-season in your area

---

Buy your food from a local farmer's market. It will be fresher, supports a local farmer, protects the environment, and is a fun event.  
See the appendix for a list of local farmer's markets and their dates and times of operation.

---

Consider joining a CSA (Community Supported Agriculture) which will connect you to a local farmer. See the appendix for a guide to local CSA's

---

Start small, commit to buying more local food rather than a completely local diet.

---

Make a list of the staple foods you use now. Where do they come from?  
Can you get them from a local source?

---

### **FARMER'S MARKETS AND CSA'S**

Farmer's markets – In Iowa, farmers' markets generated 20.8 million in revenue and 325 jobs for the local economy. There were even additionally 146 full time jobs generated by secondary impacts (Otto and Varner, 2005).

CSAs – help existing growers expand and diversify as well as gaining business for new farmers (Bregendahl, Leopold Center for Sustainable Agriculture, 2006).

Grow a garden, or if you don't have a place to grow your own, join a community garden. Project Grow and Growing Hope will help you with community gardening in Ann Arbor/Ypsilanti. The American Community Garden Association can help you in other areas.

---

Extend the harvest by freezing, canning, pickling, and drying so you can eat local even in the winter. See the appendix for information.



## choose whole and organic food

*a menu for change*

---

**W**HY WHOLE FOOD? “Whole food” is food that has been processed or refined as little as possible and is free from additives or other artificial substances. Over the last 50-100 years, Americans have come to eat more and more highly-processed foods and soft drinks. These foods and beverages are fast and convenient, but their production and packaging use large amounts of materials and energy, which in turn impacts the climate. ([www.cdc.gov/climatechange/prevention.htm](http://www.cdc.gov/climatechange/prevention.htm)) Many of these foods and beverages also require refrigeration, another major user of energy. Consuming too much of these processed foods and beverages is not only bad for the health of our world, it is bad for our personal health as well.

More than half of all the energy used to produce food in the United States is devoted to highly-processed food and beverages such as chips, cookies, pop and beer. Compare this with only about a sixth of total energy use for producing fruits, vegetable and grains, which are central to a healthy diet. (<http://www.postcarbon.org/article/273686-beyond-food-miles>) **Why avoid food with more than five ingredients?** With a higher number of ingredients, processed food is likely to contain preservatives, stabilizers and chemicals. They require more energy to produce as well as being less healthy.

### WHAT IS “ORGANIC”?

The USDA National Organic Program (NOP) defines organic as follows: “Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.”

All products sold as ‘organic’ must be certified. Certified organic refers to agricultural products that have been grown and processed according to uniform standards, verified by independent state or private organizations accredited by the USDA. (Organic Farming Research Association)

**WHY ORGANIC FOOD?** Organic farming uses considerably less energy than conventional farming, meaning less fossil fuel emissions. Other greenhouse gas emissions resulting from organic farming (especially nitrous oxide) are also considerably less than those from conventional agriculture. And organic farming actually contributes to sequestering carbon—i.e., putting it back into the soil—rather than releasing it, unlike conventional farming. (Food and Agriculture Organization of the UN)

Organic farming enables ecosystems to better adjust to the effects of climate change. It also supports pollinators such as bees, due both to ecosystem diversity and absence of pesticides. In addition, because its soil tends to contain more organic matter, organic farming reduces the risk of erosion and desertification. And it poses no risk of ground and surface water pollution through synthetic pesticides. (FAO)



## choose whole and organic food

*a menu for change*

---

**W**HERE CAN I FIND ORGANIC FOOD? The Ann Arbor and Ypsilanti Food coops and stores like Whole Foods and Arbor Farms carry many organic products. Most large grocery stores now have sections that include organic products, and many carry at least some organic produce.

The [USDA](#) has information about organic food and where to find it on their website.

You can also find organic growers at area farmers markets. Many growers at farmers markets are small and unable to afford the expensive process of becoming certified as organic, though they may use organic methods or something close. If you ask, they will let you know to what extent they use pesticides, etc. Often they will have signs indicating something like “no spray” or “pesticide free.”

### **MORE ABOUT PROCESSED FOOD**

If food can only be made in a lab with specialized equipment, it is not whole food! Learn more at [Eating Rules](#) and [Eat Local Grown](#).

**Why avoid foods that are labeled "light," "non-fat" etc.?** Too often the fat that is taken out of foods is replaced by salt, sugar and/or chemical additives to create flavor and texture--not good for your health and not good for the health of the planet. Check the label to see what has been added! Even low-fat and non-fat foods such as milk and plain yogurt that may be healthy for you require more energy to remove the fat.

### **T**HE HIGHER COST OF ORGANIC FOOD

The higher price of organic foods is an issue for many families but there are lists that can help you distinguish between fruits and vegetables that have high pesticide residues and those that don't helping you focus on organic produce that is good for the planet and you, rather than trying to buy all-organic. The [Organic Consumers Association](#) has a list based on a Consumer's Union study.

Check out “[The Dirty Dozen](#)” and “[The Clean Fifteen](#),” lists of fruits and vegetables with either especially high or especially low amounts of pesticide residue, developed by The Environmental Working Group.

Buying large quantities of produce and pickling, drying, canning, or freezing it can save you even more.

Buying organic dry goods such as beans, nuts or oatmeal in bulk and/or doing your own cooking rather than buying processed organic food is another way to eat more organic but save money.

Of course, growing your own organic food may be the most reasonably priced organic food of all.





## reduce meat and dairy

*a menu for change*

**W**HY REDUCE MEAT AND DAIRY Globally, meat consumption and production is on the rise (Worldwatch.org). Animal products, especially beef, are a major contributor to climate change through the greenhouse gases released as they are produced, processed, transported and stored. As climate change is occurring, we are looking for ways to consume less energy and be friendlier to the earth. Our current eating habits disconnect us from the land and each other; we harm the planet—and each other—without even meaning to. We live in a global community where opportunities to care are everywhere, we just need to begin enacting them. Some people already are; Americans are beginning to reduce their meat consumption (Bittman, 2012). When we look at fossil fuel energy use, overuse and degradation of the land, livestock and greenhouse gas emissions, biodiversity issues, and water use, we see that reducing meat consumption is a great way to foster positive change for the environment.



**ENERGY USE** Meat production takes a large amount of fossil fuel energy, especially compared to a plant-based diet. On average, 25 calories of fossil fuel goes into 1 calorie of meat production, compared to 2.2 calories for a plant-based diet. Lamb and beef are even higher than the average, with 57 and 40 calories, respectively (Pimentel & Pimentel, 2003).



**DEGRADATION OF LAND** Land is often overgrazed by livestock, in addition to deforestation for feed crops for the livestock or for pasture if they are grazing. These are linked to increased carbon dioxide emissions (FAO, 2006).



**GREENHOUSE GAS EMISSIONS** 18% of greenhouse gas emissions come from livestock production, and this contributes more to emissions than cars and trucks combined (Livestock's Long Shadow, United Nations Food and Agriculture Organization, 2006). Methane and nitrous oxide produced by ruminants effects climate change more than carbon dioxide.



**WATER USE** 1,800 to 2,500 gallons of water go into producing a pound of beef (Kreith, 1991). CAFO's threaten contamination of groundwater with their high concentration of animal waste held in unsafe manure lagoons.



## reduce meat and dairy

*a menu for change*



### **GRAIN FED VERSUS GRASS FED**

According to the Worldwatch Institute (2011), eating organic, pasture-raised livestock is better for our health and for the environment. There is less fat and more nutrients in grass-fed beef; also the risk of disease is reduced because there is less exposure to toxic chemicals. Animal grazing and the action of their hooves helps the soil sequester carbon. These procedures are less energy intensive; they conserve soil, reduce pollution and erosion, and preserve biodiversity.

### **CONFINED ANIMAL FEEDING OPERATIONS**

CAFO's, 238,000 in the United States, are how we feed our insatiable appetite for meat. Thousands of animals are confined in a limited space and with a high ratio of animals to land, they produce over 500 million tons of waste a year. This waste threatens groundwater through run-off. Animals are fed an unnatural diet of grain, animal by-products, and steroids to speed their development. Large doses of antibiotics are needed to keep the animals healthy in their unhealthy living conditions. Steroids and antibiotics have been detected in waters nearby CAFOs. CAFOs can also affect air quality and lead to respiratory disease and antibiotic resistant infections in people living near them (CDC 2006).



## reduce meat and dairy

*a menu for change*

---

**THERE IS HOPE** The USDA (2012) projects that the rate of meat consumption in 2012 will be 12.2% less than it was in 2007. A study done by the University of Chicago found that consuming no animal products (being vegan) is 50% more effective at fighting global warming than switching to a hybrid car. There is a lot of impact to be made by changing our eating habits.

Use meat as an accent rather than the main dish. The good old Middle American casserole, stir fries, and many soups lend themselves to using meat as an accent.

Check out the appendix for recipes and more ideas

---

Start being a “reduced meat eater”. Even just one day a week without eating meat will greatly reduce your carbon footprint

---

Remember how much fossil fuel energy it takes for lamb and beef (57 and 40 calories of energy to 1 calorie output) versus chicken and turkey (10 calories of energy to 1 calorie output) (Pimentel & Pimentel, 2003). Lamb and beef also have 4-5 times the amount of greenhouse gas emissions in their production as chicken and turkey. (Environmental Working Group, 2011)

If you have a meat craving, choose poultry.

---

Fish is a good protein option though some are better than others because of overfishing, toxins, and environmental pollution. Monterey Bay Aquarium has a [Seafood Watch guide](#) that will help you identify the best options when choosing seafood.

---

*Vegan* means not consuming any animal products including eggs, dairy, honey, etc. Eating a *vegan* diet may seem more daunting than just giving up meat but many of us have eaten *vegan* meals without realizing it. Many Indian, Asian, and Mexican recipes do not include animal products. The appendix has resources to help you plan a *vegan* meal.

---

Try alternate sources of protein such as beans, nuts, and grains



## decrease packaging and food waste

*a menu for change*

---

**W**HY DECREASE FOOD WASTE In the United States, we waste an amazing 40-50% of all food somewhere between production and our garbage cans. Whatever fossil fuel and other materials have gone into producing, processing, packaging, transporting and storing the food have created their carbon footprint for nothing. And the methane produced when the food rots contributes still more to our greenhouse gas problem. It is wasted and lost energy.

**WHY DECREASE PACKAGING** We have come to eat more and more pre-packaged foods and soft drinks. The packaging takes considerable energy to produce and creates greenhouse gases when it is picked up as part of our garbage or decomposes. Much of this packaging will not or cannot be re-used or recycled filling up our land-fills and leading to waster and pollution. And even that which is recycled uses energy to create something new.

### WHAT'S WRONG WITH PACKAGED FOOD?

Approximately 31 percent of all municipal solid waste is packaging-related material. That is about 39 million tons of paper/paperboard, 13.7 million tons of plastics and 10.9 million tons of glass (The EPA). Much of the food we eat is processed and comes with considerable packaging. Paper and cardboard that is not recycled but put in landfills also rots and releases methane. (How Bad Are Bananas? The Carbon Footprint of Everything, 2011, p.178.)

### WHAT'S WRONG WITH WASTING FOOD?

32 million tons of food waste was generated in 2008 with 97% of the waste put into landfills or incinerators. Decomposing food waste is a source of methane, a dangerous greenhouse gas (The EPA Food Recovery Challenge). Collectively, we consumers are responsible for more wasted food than farmers, grocery stores, or any other part of the food supply chain. (<http://grist.org/food/2012-01-16-a-look-at-the-175-in-your-compost/>)



## decrease packaging and food waste

*a menu for change*

---

### HOW CAN I WASTE LESS FOOD?

Check the cupboard and refrigerator before shopping & make a shopping list

---

Know how to store food to keep it fresh and understand “use by” date\*  
The “use by” date marked on packaging is not necessarily the best indicator of when food goes bad.  
(<http://grist.org/food/2011-11-18-use-by-dates-a-myth-that-needs-busting/>)

---

Figure out a system to help you remember what’s in the back of the refrigerator

---

Cook a reasonable amount and use leftovers creatively

---

Freeze food you know you won’t eat in time. Learn to process your own produce; the appendix has resources to help you.

### HOW CAN I USE LESS PACKAGING?

Use your own bags to shop. Keep them in the car or some other handy place.

---

Buy things in bulk or without packaging when possible. This can include a wider variety of foods than you might imagine. Fruits and vegetables, of course. Nuts, seeds, oatmeal, flour, rice and other grains, herbs and spices, granola, eggs, oils, vinegars, honey, maple syrup, even shampoo, lotion and cleaning products (though we don’t recommend eating them!).

---

The Ann Arbor and the Ypsilanti Food Coops and Arbor Farms and Whole Foods carry a lot of products in bulk. Many grocery stores also carry some bulk products.

---

Practice the 3 R’s— Reduce, Re-use, Recycle. Whenever possible, look to reduce your waste and re-use packaging before resorting to recycling.





## celebrate farmers, farmworkers, and fair food

*a menu for change*

---

**W**HY CELEBRATE We are long way from the agrarian roots of our country where the majority of the population produced its own food. Today, less than 1% of U.S. Americans farm the land. This evolution to an urban culture has many reasons and has been beneficial to the development of the United States. Still, urbanization creates a disconnect between farmers and farmworkers, the land, and the consumer and this disconnection helps create our broken food system.

The poor and vulnerable have limited access to safe and affordable food. The vertical integration and consolidation of food production creates monopolies that hurt small and mid-size farmers. Farmworkers are a hidden and exploited workforce subjected to harassment, abuse, and exposure to deadly pesticides. Industrial agriculture depletes and pollutes our soil and water while exacerbating climate change.

For a sustainable future, we need to restore our connection with the farmers and workers who bring us our food . But even more so, we need to work and advocate for fair food policies that ensure we all, especially the poorest members of our communities, have access to safe, nutritious, and affordable food, the dignity of the people who bring us our food is promoted, and the land, air, and water that provides the bounty is protected.





## celebrate farmers, farmworkers, and fair food

*a menu for change*

---

**A** **LEXICON OF FAIR FOOD** Though there is no one definition of **fair food**, a good description is food that is safe, nutritious, and affordable, produced by workers whose dignity and rights have been promoted, grown in a way that protects the environment, and accessible to all especially the poor and vulnerable. To understand why so much of our food is not fair, we need to understand the vocabulary of food.

**F** **ARM BILL** The Farm Bill is not just for farmers but affects everyone us. It is the massive omnibus piece of legislation that regulates food policy in the United States. Generally, it is written every five years and divided into “titles” that cover food production, nutrition programs, rural economic development, agriculture research, trade, etc. A fair farm bill will help create the sustainable food system we need.

**A** **GRIBUSINESS** You often hear agribusiness described as “Big-Ag” but what does that mean? Because of vertical integration, a relatively few number of large corporations control how our food gets from field to our plate. These are companies like Monsanto, Dole, Kraft, Cargill, Archer Daniels Midland, Tyson, and Wal-Mart.

**C** **OMMODITY CROPS** Corn, wheat, soybeans, rice, cotton, sorghum, oats, barley, dairy products, and sugar are considered commodity crops according to U.S. farm policy and receive to one degree or another government subsidies. They are easily stored and generally non-perishable agriculture staples. They find their way into the processed foods that form the majority of the typical American diet.

**F** **ARMWORKERS** Our food is brought to us by the hands of a hidden workforce. Poor and underserved migrant labor, sometimes undocumented, work in the fields, the processing plants, and restaurants so that we may eat. Often times those who pick our fruits and vegetables are paid for what they pick instead of a regular salary. They endure hard and dangerous working conditions, harassment and discrimination, and exposure to deadly pesticides.

**I** **NDUSTRIAL AGRICULTURE** Industrial agriculture relies upon a tremendous use of fossil fuels in the form of synthetic fertilizers, pesticides, and heavy machinery. It’s emphasis is on efficiency, lowering costs, and increasing yields in order to maximize profits. Rather than seeing the land, the farmers, and animals as part of an ecosystem, industrial agriculture uses them as means of production, capital for the “factory”.

**M** **ONOCULTURE** Our current food system requires farmers to plant monocultures, huge tracts of land devoted to one crop (often corn or soybeans). Monocultures are genetically weak and require to huge inputs of synthetic fertilizers and pesticides to produce.

**L** **AND GRABS** In the developing world, wealthy agribusiness with the cooperation of local governments are able to buy large tracts of land forcing indigenous people off their farms and devoting it to monocultures that do not feed the local population.



appendix  
*a menu for change*

---

## Further Reading

### Food, the Environment, and Spirituality

**AbuLughod, Sarrah. Green Muslims: Ramadan Tool-Kit. 2011.** <<http://green-muslims.org/wp-content/uploads/2011/08/Green-Muslims-Ramadan-Tool-Kit-2011.pdf>>

**Coalition on the Environment and Jewish Life. What's Jewish About Protecting the Environment? New York, 2011.** <<http://coeil.org/wordpress/wp-content/uploads/2011/08/TenYearReport.pdf>>

**Jung, L. Shannon. Food for life: The spirituality and ethics of eating. Minneapolis, MN: Augsburg Fortress Publishers, 2004.** This book explores the ethics of food and the spirituality needed behind it. In order to have a healthy way of life through what we eat and drink, we must explore not just the personal, but the global. He explores how Christians can be complicit in eating disorders personally, culturally, and globally experienced and how these can be reversed through faith and care.

**Kennealy, S. Repairing Eden: Sustainable, Healthy Food Opportunities for Religious Institutions. Highland Park, NJ. GreenFaith, 2009.** <[http://greenfaith.org/resource-center/stewardship/food-and-faith/food-and-faith/?searchterm=Repairing Eden](http://greenfaith.org/resource-center/stewardship/food-and-faith/food-and-faith/?searchterm=Repairing%20Eden)>

**Kesten, Deborah. Feeding the body, nourishing the soul: Essentials of eating for physical, emotional, and spiritual well-being. Berkeley: Conari Press, 1997.** This book is written by a nutritional anthropologist, and examines the ways in which hectic daily life has damaged our relationships with food. Ways in which this can be remedied is also examined, coming from the ancient food wisdoms based upon various religious and cultural traditions.

**Tuttle, Will. The World Peace Diet: Eating for Spiritual Health and Social Harmony. New York: Lantern Books, 2005.** This book is for various religious traditions to be able to explore how food must change to be used for a tool of peace rather than violence. Realizing eating is a sacred act is crucial for a better understanding of the impacts of our food choices and where we desire to go instead when we change this path. Incorporating systems theory, knowledge from mythology and religions, and the human sciences, this book shows us how to be empowered by our eating choices.

**Unitarian Universalist Association. Ethical Eating: Food and Environmental Justice Resource Guide. April 2010.** <<http://www.uua.org/documents/washingtonoffice/ethicaleating/studyguide.pdf>>



## appendix

*a menu for change*

---

### **Food Production and Food Choice**

**Barndt, Deborah. *Tangled Routes: Women, Work, and Globalization on the Tomato Trail*. Landam, MD: Rowman & Littlefield Publishers, 2008.** This book is an exploration of the food system, where food comes from, sustainability, and justice through the tomato. It examines where it comes from and “whose hands have planted, cultivated, picked, packed, processed, transported, inspected, sold, and cooked it?” through a journey of a corporate tomato from a Mexican field to a Canadian fast food restaurant.

**Estabrook, Barry. *Tomatoland: How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit*. Kansas City, MO: Andrews McMeel Publishing, 2011.**

**Nestle, Marion. *Food Politics: How the Food Industry Influences Nutrition and Health*. University of California Press: Berkeley, 2002.** This book focuses on the political implications of food, expanding beyond the personal to the social, commercial, and institutional influences on food choice. It looks at the food industry’s tactics of lobbying, lawsuits, marketing, et cetera in order to protect its own economic interests and influence public opinion.

**Pollen, Michael. *The Omnivore’s Dilemma: A Natural History of Four Meals*. New York: The Penguin Press, 2006.** The author explores the national eating disorder which has resulted from a drastic change in our eating habits, to the point where we turn to a journalist to tell us where our food comes from. America, full of “notably unhealthy people obsessed with eating healthily” is in desperate need of change when it comes to food. The omnivores dilemma, or the question of what to eat and how it affects us, is deeply prevalent in the way food is chosen today only now through a choice of industrial, organic, and hunter-gatherer. The pleasures of eating are to be deepened through knowledge.

**Shiva, Vandana. *Stolen Harvest: The Hijacking of the Global Food Supply*. London: Zed Books, 2000.** The author emphasizes the differences between the farming and food production methods of the first world and traditional methods of the third world. Exposes globalized agricultural industry for how it is harming the earth and our food, and advocates a small, localized approach to farming. Giant corporations are overtaking native industries in places like India.



## appendix

*a menu for change*

---

• • • •

### Climate change, Food, and Care for the Earth

**Bellarby, J., Foeroid, B., Hastings, A., and P. Smith. Cool Farming: Climate Impacts of Agriculture and Mitigation Potential. Greenpeace, January 2008.** <<http://www.greenpeace.org/international/Global/international/planet-2/report/2008/1/cool-farming-full-report.pdf>>

**Bentley, Stephen and Ravenna Barker. Fighting Global Warming at the Farmer's Market: The Role of Local Food Systems in Reducing Greenhouse Gas Emissions. FoodShare Toronto: Second Edition, April 2005.** <<http://www.foodshare.net/resource/files/acf230.pdf>>

**Berners-Lee, Mike. How Bad Are Bananas? The Carbon Footprint of Everything. Berkeley, 2011.**

**Ching, L. Mitigating and Adapting to Climate Change through Ecological Agriculture. Third World Network, 2011.** <<http://www.twinside.org.sg/title/end/pdf/end11.pdf>>

**Goodall, Jane with Gary McAvoy and Gail Hudson. Harvest for Hope: A Guide to Mindful Eating. New York: Hachette Book Group, 2005.** As someone working closely with chimpanzees, Goodall began to see the connections between the problems they faced and the problems of Africa. In addition, she describes how growing, harvesting, selling, buying, preparing, and eating food plays "a central role in the world" and how we can create change and make a lasting difference.

**Hamerschlag, K. Meat Eater's Guide to Climate Change and Health. Environmental Working Group. July 2011.** <<http://www.ewg.org/meateatersguide/a-meat-eaters-guide-to-climate-change-health-what-you-eat-matters/>>

**Klindienst, Patricia. The Earth Knows My Name: Food, Culture, and Sustainability in the Gardens of Ethnic Americans. Boston: Beacon Press, 2006.** This book explores how we are connected to the Earth through our gardens, and shows how gardens have been a part of our cultural history. The author traveled across the United States to write this novel, which is a collection of inspiring stories of how gardening can tie us to our ethnic identities and create a more environmentally sustainable society.

**Lappé, Anna. Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do About it. New York, Bloomsbury, 2010.**

**The National Academy of Sciences. Toward Sustainable Agricultural Systems in the 21<sup>st</sup> Century. Washington, D.C., The National Academies Press, 2010.** <[http://www.nap.edu/catalog.php?record\\_id=12832](http://www.nap.edu/catalog.php?record_id=12832)>





appendix  
*a menu for change*

---

**Paavola, K., and W. N. Adger. Justice and Adaptation to Climate Change. Centre for Social and Economic Research on the Global Environment and Tyndall Centre for Climate Change Research. October 2002.** <<http://www.tyndall.ac.uk/sites/default/files/wp23.pdf>>

**Restoring Eden. Community Supported Agriculture: Reconnecting With and Taking Care of God's Good Land. 2010.** <<http://restoringeden.org/resources/csa-fact-sheet>>

**Union of Concerned Scientists: Citizens and Scientists for Environmental Solutions. The Climate-Friendly Gardener: A Guide to Combating Global Warming from the Ground Up. April 2010.** <[http://www.ucsusa.org/assets/documents/food\\_and\\_agriculture/climate-friendly-gardener.pdf](http://www.ucsusa.org/assets/documents/food_and_agriculture/climate-friendly-gardener.pdf)>

**Land Grabs and Global Hunger**

**Food and Agriculture Organization of the United Nations. How to Feed the World in 2050. 2009.** <[http://www.fao.org/fileadmin/templates/wsfs/docs/expert\\_paper/How\\_to\\_Feed\\_the\\_World\\_in\\_2050.pdf](http://www.fao.org/fileadmin/templates/wsfs/docs/expert_paper/How_to_Feed_the_World_in_2050.pdf)>

**The Oakland Institute. Understanding Land Investment Deals in Africa: The Role of False Climate Change Solutions. December 2011.** <[http://www.oaklandinstitute.org/sites/oaklandinstitute.org/files/OI\\_brief\\_false\\_climate\\_change\\_solutions\\_0.pdf](http://www.oaklandinstitute.org/sites/oaklandinstitute.org/files/OI_brief_false_climate_change_solutions_0.pdf)>

**Zagema, B. Land and Power: The Growing Scandal Surrounding the New Wave of Investments in Land. Oxfam International: September 2011.** <<http://www.oxfam.org/sites/www.oxfam.org/files/bp151-land-power-rights-acquisitions-220911-en.pdf>>



appendix  
*a menu for change*

# CSA's: Community Supported Agriculture local to Washtenaw County



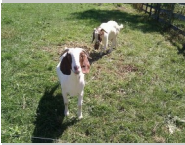
## Tantre Farm:

Chelsea, MI, 734-475-4323  
20 weeks, Summer CSA  
\$575-600, Organic,

[tantrefarm@hotmail.com](mailto:tantrefarm@hotmail.com)

[tantrefarm.com/](http://tantrefarm.com/)

Tantré Farm has been a certified organic farm since 1993. We are located about 20 miles west of Ann Arbor, Michigan. Our fruit crops include strawberries, raspberries, pears, and melons. We grow about 50 varieties of vegetables and a small variety of herbs and flowers.



## Capella Farm:

Ann Arbor, MI, 734-761-3554

Spring, Summer, Fall Options  
\$275-600, Offers non-CSA meat  
[capellafarm@gmail.com](mailto:capellafarm@gmail.com)

[capellafarm.com/](http://capellafarm.com/)

We own a small farm just west of Ann Arbor in Southeast Michigan. We purchased our farm in 2003 and have been growing organically here since. In 2009, we started selling veggies to a small group of CSA members (Community Supported Agriculture) and have steadily grown in size. We now raise veggies, flowers and herbs on 3 acres of land which includes two 30' x 96' hoophouses and one 16' x 96' hoop .

## Frog Holler

### Farms:

Brooklyn, Michigan, 517-592-8017

July-October

\$325-410, Organic,

Offers half share, tickets to music festival on farm with CSA membership  
[kings@froghollerorganic.com](mailto:kings@froghollerorganic.com)

[froghollerorganic.com/](http://froghollerorganic.com/)

As the oldest organic farm in this area, Frog Holler has plowed a deep furrow into the local food scene, sowing seeds of awareness for clean food, community connection and simple living since 1972. Holler Fest, the three-day music festival on Frog Holler Farm, has supported local artists, served lots of local food and created local fun for the whole family since 2007.



## Beautiful Earth Family Farm:

Chelsea, MI, 734-649-5918

June-October

\$500, Organic,

<http://www.localharvest.org/postemail.jsp?id=19055>

Beautiful Earth Family Farm is a certified organic vegetable farm in Chelsea, Michigan. We grow a large variety of unique and heirloom vegetables, along with traditional Midwest family favorites on our small farm.



appendix  
*a menu for change*

## CSA's: Community Supported Agriculture local to Washtenaw County

### **G**reen Things Farm:

Ann Arbor, MI, 616-856-6907  
May-August, Sept.-Dec.  
\$400-\$550, Organic,  
Offers half-share  
farmers@greenthingsfarm.com  
[greenthingsfarm.com/](http://greenthingsfarm.com/)

Green Things Farm is owned and operated by young farmers Nate Lada and Jill Sweetman. Their concern for the environment and health of our community lead them to start the farm instead of pursuing other careers last year. After a successful first year, their CSA is expanding and they are in the process of buying 64 acres just 5 miles north of downtown Ann Arbor.

### **M**aggie's Farm:

Pinckney, MI, 734-476-5453  
April-November  
\$200-\$600, Organic,  
Offers half-share, work-share options  
margeeverhart@yahoo.com  
[maggiesfarmcsa.com/](http://maggiesfarmcsa.com/)

Maggie's Farm is more than just a space to grow vegetables. It is also a place of peace and beauty where people can get in touch with and gain understanding of the real natural world that we so often ignore.

### **F**usilier Family Farms:

Manchester, MI, 734-428-8982  
June-October  
\$320-\$345  
Offers half-share  
[http://www.fusilierfamilyfarms.com/contact\\_fusilierfamilyfarms.com](http://www.fusilierfamilyfarms.com/contact_fusilierfamilyfarms.com)

Fusilier Farms is a fun country experience from our family to yours! We feature hundreds of our own design hanging baskets, pots and flats of annuals as well as a new perennial greenhouse and farm market on the premises devoted to fresh high quality produce, a kids play area, and farm animals. Visit us at [Fusilierfamilyfarms.com](http://Fusilierfamilyfarms.com) and like us on facebook to keep up with all the happenings and festivals.

### **P**ortage River Farm:

Pinckney MI, 734-648-0244  
Year round  
\$385-\$700  
Offers work-share  
prfarmstand@yahoo.com  
[portageriverfarm.com/](http://portageriverfarm.com/)

We grow over 170 varieties of vegetables and herbs. We include eggs from our flock of free-range pastured chickens who are fed only certified organic food. We grow without any synthetic herbicides, pesticides or fertilizers and operate in compliance with the National Organic Program standards. We also include maple syrup and honey that we make here on the farm. We host monthly social events such as parties, picnics, square dances, skating parties and bonfire parties.



appendix  
*a menu for change*

# CSA's: Community Supported Agriculture local to Washtenaw County

## Meat CSA's:

### Our Family Farm:

Manchester, MI  
734-428-9100  
Season: Summer or Winter  
Cost: TBD, Now organic!  
[ourfamilyfarmllc.com](http://ourfamilyfarmllc.com)  
"Health from the farm not the pharmacy,"  
says Farmer John.



### Old Pine Farm:

Manchester, MI  
[Oldpinefarm123@yahoo.com](mailto:Oldpinefarm123@yahoo.com)  
Season: Year Round  
Start at \$220  
No antibiotics or hormones, free range  
[oldpinefarm.com/](http://oldpinefarm.com/)  
We offer one of the few Meat CSA's in the country. Our animals are free-range, pastured and fed organically as much as possible, with no growth hormones or animal by-products. Humane treatment in all aspects of our animals' lives is our top priority. We value genetic diversity and raise a variety of animal breeds recognized by the American Livestock Breed Conservancy and the Slow Food Ark of Taste that are adapted to our region.

### Two Creeks Organics:

Manchester, MI  
734-678-1984  
June-October, \$335-610, Organic  
Offers half-share  
[twocreeksorganic@aol.com](mailto:twocreeksorganic@aol.com)  
[twocreeksorganics.com/](http://twocreeksorganics.com/)  
We are a true family farm run by Mark and Amie Sanford and Amie's brother, Martin Mongeau. Bob "Bobby Appleseed" Mongeau, Amie and Martin's father, is in charge of our orchard project and Mark's Dad, Austin Sanford has been responsible for many of our facility updates.

### M'organic meadows:

Concord, MI  
517-358-8540 or 734-306-1437  
June-December  
\$14/mo.-\$300/mo  
Naturally Grown  
[EatMiMeat@gmail.com](mailto:EatMiMeat@gmail.com)  
[eatmimeat.com](http://eatmimeat.com)  
Our Meats, Poultry and Egg CSA is your source for nourishing, delicious and locally produced food. You will feel secure knowing the food for your family is hormone, antibiotic and chemical free!