

Menu for the Future

"Food is our common ground, a universal experience."

— James Beard



Join an upcoming *Menu for the Future* course:

What:

When:

Where:

Contact:

Additional information and cost:

PARTICIPANTS IN THIS SIX-SESSION DISCUSSION COURSE WILL:

- Explore food systems and their impacts on culture, society and ecological systems.
- Discuss the importance of our eating habits.
- Discover food choices that are good for themselves and that support sustainable food systems.



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DISCOVER CHANGE, TOGETHER.

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MENU FOR THE FUTURE

DISCUSSION COURSE DESCRIPTION

SESSION THEME	DESCRIPTION	READINGS
Setting the Table	Given the array of food choices and advice, eating in modern society can be wrought with confusion, contradictions and anxiety. But food also has tremendous power to feed us more deeply — to connect us to traditions, a sense of place and each other. Session One helps us reflect on both the pleasures and anxieties of eating in our modern culture.	<p>"A Tale of Two Saturdays" by Alexandra Zissu</p> <p>"The Anxiety of Eating" by Michael Pollan</p> <p>"Food for Thought" by Jeff Gordinier</p> <p>"Traditional Foods Help Remind Us of Who We Are" by Kim Eckart</p> <p>"When There Isn't Enough" by Jackleen de La Harpe</p> <p>"Fruits of Desire" by Mike Madison</p> <p>"The Pleasures of Eating" by Wendell Berry</p>
A Growing Concern	Today, much traveled, highly processed and heavily marketed food has become so much the norm that many people no longer know where their food originates. Session Two examines the hidden costs of the industrial food system — to farmers and farmland, to animals and to the environment.	<p>"The Folly of Big Agriculture: Why Nature Always Wins" by Verlyn Klinkenborg</p> <p>"Industrial Food: Myth and Reality" by Daniel Imhoff</p> <p>"How Happy Was Your Meal?" by Madeline Ostrander</p> <p>"When Good Food Goes Bad" by Justine Hausheer</p> <p>"Farming in the Time of Climate Catastrophe" by Gary Paul Nabhan</p> <p>"Can We Restore the Prairie — And Still Support Ourselves?" by Wes Jackson</p>
Farming for the Future	Session Three explores emerging food system alternatives, highlighting sustainable growing practices and the benefits of small farms and urban food production. The session considers how individuals can make choices that lead to a more sustainable food supply.	<p>"Instead of Trying to Feed the World, Let's Help It Feed Itself" by Shannon Hayes</p> <p>"Planet Organic" by Greg Nichols</p> <p>"Lawn to Farm: Suburbia's Silver Lining" by Wylie Harris</p> <p>"Backyard Permaculture: A 12 Step Program" by Doug Pibel</p> <p>"Up on the Farm" by David Ferris</p> <p>"Growing Local Markets" by Angela Sanders</p>
You Are What You Eat	Though we are continually exposed to new information about how food affects our health, as a society we suffer from many nutrition-related illnesses. Government food policies, conflicting information and corporate marketing influence our food choices in ways of which we are often unaware. Session Four explores the impact of our food choices on our health and the health of our planet.	<p>"Our Culture's Food Crisis through a Relational Lens" by Francis Moore Lappé</p> <p>"Food Labels: Do you Know What's in Your Food?" by Kristin Kirkpatrick</p> <p>"Detroit's Good Food Cure" by Larry Gabriel</p> <p>"Local or Organic" by Alexandra Zissu</p> <p>"Making Informed Food Choices" by Marion Nestle</p>
Towards a Just Food System	Contrary to what many believe, there is plenty of food in the world to feed everyone living. But who has access to that food? And how are the humans, animals and land involved in its production treated? Session Five focuses on food justice and ways in which a greater number of people might have access to nutritious food.	<p>"Creating Scarcity from Plenty" by Frances Moore Lappé and Anna Lappé</p> <p>"Taking Root: Rethinking School Food in New Orleans" by Robert Gottlieb and Anupama Joshi</p> <p>"Bryant Terry — The Food Justice Activist" by Miriam Wolf</p> <p>"The Unpalatable Truth about Quinoa" by Joanna Blythman</p> <p>"Care about Your Food? Then Care about Your Farmworkers Too" by Laura-Anne Minkoff-Zern</p> <p>"Breadbasket of Democracy" by Ted Nace</p>
Cultivating Change	Individuals and communities are discovering the benefits of choosing local, seasonal, and sustainably grown and produced foods. Session Six offers inspiration and practical advice in taking steps to create more sustainable food systems.	<p>"Slow Eating" by Jennifer Allen Keilty</p> <p>"Community Kitchens" by Julia Levit</p> <p>"On Washing Rice" by Nancy Singleton Hachisu</p> <p>"Excerpt from Small Wonder" by Barbara Kingsolver</p> <p>"Dinner on a Dream Ranch" by Margo True</p> <p>"An Invitation — Thinking Like an Ecosystem" by Frances Moore Lappé</p>