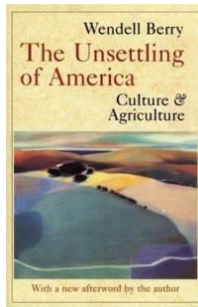
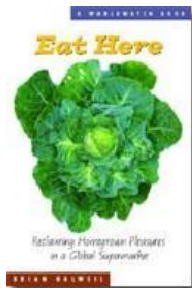


## CRITIQUES of INDUSTRIAL AGRICULTURE & SUPPORT for LOCAL FOOD



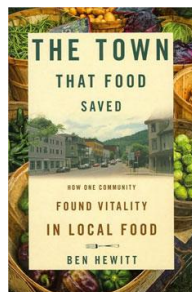
**Berry, Wendell. *The Unsettling of America*. 1977.**

Published by Sierra Club Books in 1977, *The Unsettling of America* demonstrates the deep connection between land, food, community and the value of human work. Wendell Berry argues that farming and gardening is a cultural practice at the bedstone of community life.



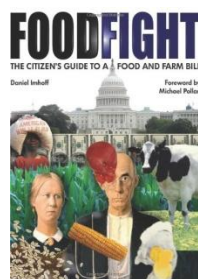
**Halweil, Brian. *Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket*. 2004.**

A persuasive read that lays out in clear terms the hidden costs of food at the supermarket, told through small scale success stories that add up to an irrepressible argument in favor of sustainable agriculture.



**Hewitt, Ben. *The Town That Food Saved*. 2010.**

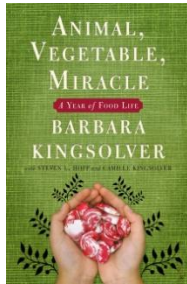
“Through the last decade the Northern Vermont town of Hardwick, population 3200, gradually evolved into a nationally respected source of local food and began to reap benefits. Hewitt, an area resident and family farmer, previously wrote about the area as a potential example of localized agriculture and economics, especially for a population whose residents' median income was below state average. But curiosity and healthy skepticism, along with his own investment, spurred him to this deeper investigation into the local personalities (and characters) driving the movement.” –Publisher’s Weekly



**Imhoff, Daniel. *Food Fight: The Citizen's Guide to A Food and Farm Bill*. 2008.**

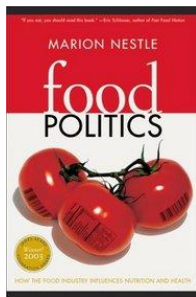
A informative overview of the 2007 Farm Bill, legislation that influences which crops are grown where and for how much compensation.

# ADULT READINGS



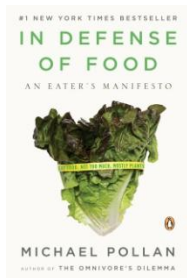
**Kingsolver, Barbara. *Animal, Vegetable, Miracle*. 2008.**

Kingsolver chronicles a year in the life of her family, as they relocate to a farm in southern Appalachia and practice eating only what they have grown or obtained through the local food chain. Filled with anecdotal insight and interspersed with recipes and entries from Kingsolver's eldest daughter and husband.



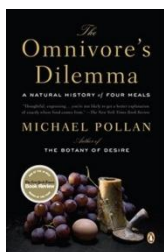
**Nestle, Marion. *Food Politics: How the Food Industry Influences Nutrition and Health*. 2007.**

An in depth look at the paradox of food production. In an abundant food market food producers must persuade buyers to eat more, in order to increase their market share and profits, even when we should be eating less.



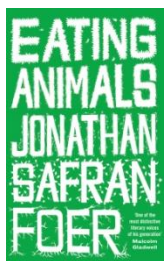
**Pollan, Michael. *In Defense of Food*. 2008.**

The excess of diet and nutrition fads promising to help us lead healthier lives is symptomatic of a growing void between Americans and their relationship to food. Pollan argues most of what constitutes the Western diet is actually not 'real food', but rather 'food-like substances'.



**Pollan, Michael. *Omnivore's Dilemma: A Natural History in Four Meals*. 2007.**

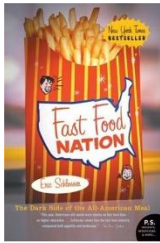
Widely read New York Times bestseller that asks a simple question: What should we have for dinner? Pollan takes the reader on a journey, tracing the origins and life span of four meals.



**Safran Foer, Jonathan. *Eating Animals*. 2009.**

At the brink of becoming a father, Safran Foer considers with new urgency the moral and ethical considerations involved in what we eat.

# ADULT READINGS



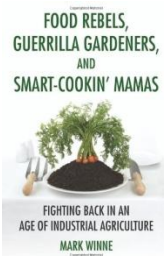
**Schlosser, Eric. *Fast Food Nation: The Dark Side of the All-American Meal*. 2001.**

“Schlosser documents the effects of fast food on America's economy, its youth culture, and allied industries, such as meatpacking, that serve this vast food production empire.” Mark Knoblauch



**Weber, Karl ed. *Food, Inc. A Participant Guide: How Industrialized Food Is Making Us Sicker, Fatter, and Poorer- What You Can Do About It*. 2009**

Thorough, detailed and informational; this book is a thoughtful follow-up to the film *Food Inc.*, analyzing the industrial food complex. In thirteen essays, the book explores the industrialization of food, its global impacts, its environmental impacts, and how to “declare your independence” from industrialized food.



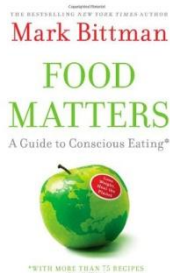
**Winne, Mark. *Food Rebels, Guerrilla Gardeners, and Smart-Cookin' Mamas*. 2010**

Mark Winne frames his critique of the industrialized food system around the works of great thinkers like Dostoevsky and Emerson, but also moves from philosophy to action, with the stories of a myriad of “local doers” leading the charge. This book challenges us to go beyond eating local to become part of a larger solution, demanding a system that sustains body and soul.

# ADULT READINGS

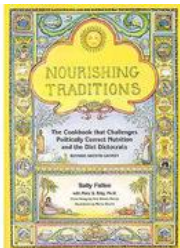


## COOKBOOKS & NUTRITION



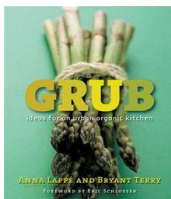
**Bittman, Mark. *Food Matters: A Guide to Conscious Eating With More Than 75 Recipes*. 2009.**

Bittman, author of *How to Cook Everything*, offers simple earth-friendly recipes to reduce your carbon footprint. Check out his blog on The New York Times, 'On Food'.



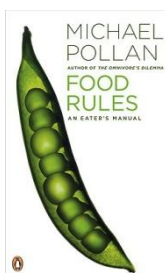
**Fallon, Sally. *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*. 1999.**

A cookbook that suggests abandoning the latest nutrition fads in favor of well-informed food choices based on family diets generations back.



**Lappe, Anna and Bryant Terry. *Grub: Ideas for an Urban Organic Kitchen*. 2006.**

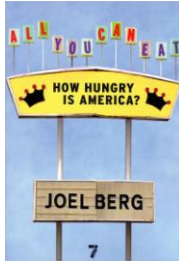
A quick informative read, laying out the arguments for buying organic food alongside recipe suggestions and ideas.



**Pollan, Michael. *Food Rules*. 2009.**

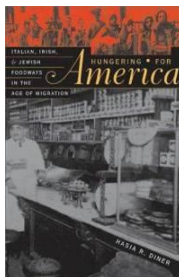
A short, concise guide to eating. Pollan has collected 64 cultural sayings, mottos and proverbs to help us simplify and make decisions as to what we eat, in the age of mis-information.

## Domestic Hunger, Poverty & Federal Food Programs



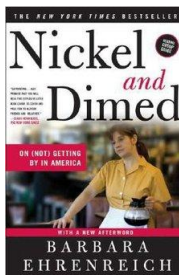
**Berg, Joel. *All You Can Eat: How Hungry Is America?* 2008.**

*All You Can Eat* challenges the president and Congress to make hunger eradication a top priority. Berg lays out in simple and clear terms an affordable plan to eliminate hunger in the United States.



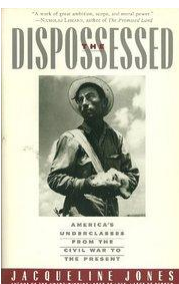
**Diner, Hasia. *Hungering For America: Italian, Irish, & Jewish Foodways in the Age of Migration.* 2001.**

Fascinating survey of the eating habits of Jewish, Irish and Italian immigrants between 1880 and 1920. Diner charts the politics of food, through the similarities and differences between these three ethnic groups as they encountered American mainstream culture.



**Ehrenreich, Barbara. (2001). *Nickel and Dime: On (Not) Getting By in America.* Henry Co.:NY**

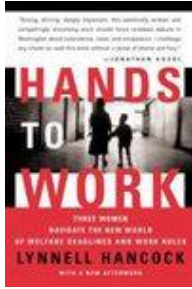
Ehrenreich takes a year out of her freelance life to try making it in the low wage world. This book gives us a compelling look at the challenges of being a part of America's working poor.



**Jones, Jacqueline. *The Dispossessed: America's Underclasses from the Civil War to the Present.* 1992.**

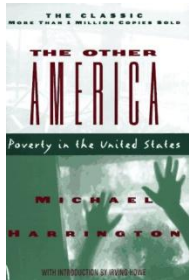
A well-written account of the historical roots of the underclass, following the development of the 19th century Southern poor, both black and white.

# ADULT READINGS



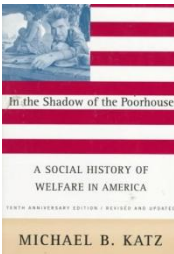
**Hancock, Lynnell. *Hands to Work: Three Women Navigate the New World of Welfare Deadlines and Work Rules*. 2002.**

A glimpse of national welfare policy through the day-to-day lives of three women and their families as they navigate through new rules and regulations of public assistance programs.



**Harrington, Michael. *The Other America*. 1962.**

A cornerstone social analysis, Harrington's story of "hidden poverty" in the United States served as the basis of the War on Poverty. Harrington wrote a reassessment of the issues raised in his 1962 work, just a few years before his death titled "The New American Poverty".



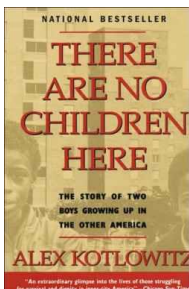
**Katz, Michael. *In the Shadow of the Poorhouse: A Social History of Welfare in America*. 1986.**

Offering a description of how poverty existed and was dealt with by government and private groups throughout American history, from the colonial period to the present.



**Katz, Michael. *The Undeserving Poor: From the War on Poverty to the War on Welfare*. 1989.**

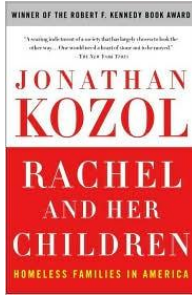
Focusing on the last three decades, Katz's historical analysis follows the course of debate over issues of hunger and poverty in America referring to the differential treatment given to the "deserving" and "undeserving" poor.



**Kotlowitz, Alex. *There Are No Children Here: The Story of Two Boys Growing Up in the Other America*. 1991.**

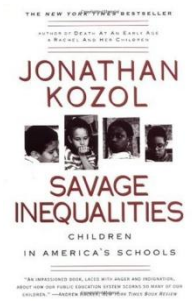
A powerful personal account of the lives of two families in the Chicago ghetto.

# ADULT READINGS



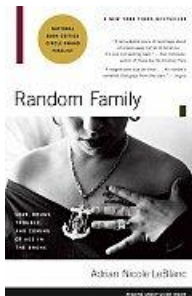
**Kozol, Jonathan. *Rachel and Her Children, Homeless Families in America.* 1989.**

A deeply personal analysis of homelessness, which centers on the travails of one homeless family.



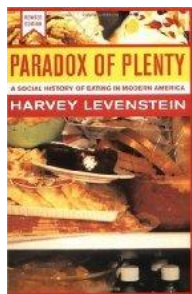
**Kozol, Jonathan. *Savage Inequalities: Children in America's Schools.* 1991.**

Through a strong personal account, Kozol outlines the inequalities in school expenditures and facilities between poor and rich children in America.



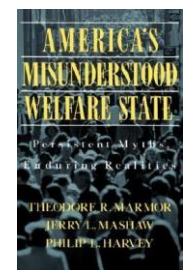
**LeBlanc, Adrian Nicole. *Random Family: Love, Drugs, Trouble, and Coming of Age in the Bronx.* 2003.**

LeBlanc provides a profoundly intimate portrait of a teenager, her family and a community in the Bronx throughout the 90's. This book illuminates the complicated and many layered challenge of poverty.



**Levenstein, Harvey. *Paradox of Plenty: A Social History of Eating in Modern America.* 2003.**

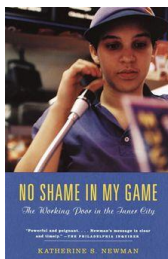
A detailed account of American eating habits from 1930s to the present. Levenstein explores the seeming contradiction of hunger alongside an abundance of food production.



**Marmor, Theodore R. and Jerry L. Mashaw and Phillip L. Harvey. *America's Misunderstood Welfare State: Persistent Myths, Enduring Realities.* 1990.**

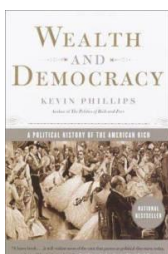
In separate chapters, analyzes the myths of the United States welfare system.

# ADULT READINGS



**Newman, Katherine. *No Shame in My Game: The Working Poor in the Inner City.* 2000.**

Katherine Newman explores the explosion of working poverty in urban America.



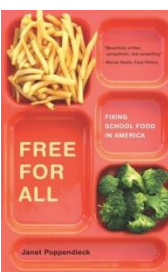
**Phillips, Kevin. *Wealth and Democracy.* 2002.**

A social criticism and economic history of plutocracy, excess and reform.



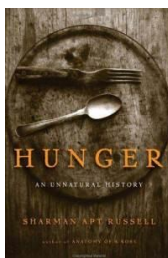
**Poppendieck, Janet. *Sweet Charity? Emergency Food and the End of Entitlement.* 1999.**

A straightforward analysis of emergency food programs. Poppendieck concludes “band-aid” food programs do more to deepen and prolong poverty, than to promote fundamental solutions.



**Poppendieck, Janet. *Free for All: Fixing School Food in America.* 2010.**

A comprehensive account of the food served in schools across the nation, complete with first-hand accounts and a final chapter on what can be done to improve the nutritional content of meals.



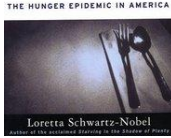
**Russell, Sharman Apt. *Hunger: An Unnatural History.* 2005.**

Sharman analyzes the psychological and physical consequences of food deprivation and semi-starvation, discussing topics ranging from hunger strikes and religious fasts to cannibalism and anorexia nervosa.

# ADULT READINGS

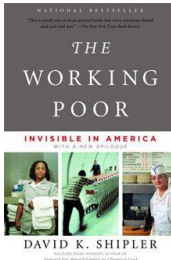


## GROWING UP EMPTY



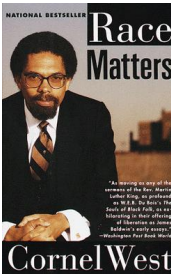
**Schwartz-Nobel, Loretta. *Growing Up Empty: The Hunger Epidemic in America.* 2002.**

An expansion upon Schwartz-Nobel's first book, *Starving in the Shadow of Plenty*, an award-winning account of hunger in Philadelphia in the early Eighties. In *Growing Up Empty*, the author describes the impact of government programs since the first publication, especially the Welfare to Work Act of 1996.



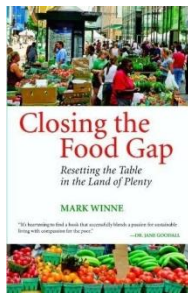
**Shieler, David K. *The Working Poor: Invisible in America.* 2004.**

An informed and impassioned portrayal and analysis of the plight of the surprisingly diverse and numerous Americans who work, but still walk the poverty line.



**West, Cornel. *Race Matters.* 1993.**

A collection of valuable essays from one of our principal social critics. West allows his readers to see race as a lens through which Americans view life.



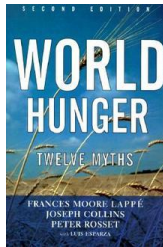
**Winne, Mark. *Closing The Food Gap: Resetting the Table in the Land of Plenty.* 2008**

**"Closing the Food Gap** reveals the chasm between the two food systems of America—the one for the poor and the one for everyone else. Mark Winne offers compelling solutions to making local, organic, and highly nutritious foods available to everyone." – Dr. Jane Goodall

# ADULT READINGS



## Global Food Politics



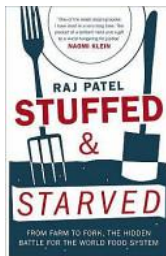
**Lappe, Frances Moore and Collins, Joseph and Peter Rosset. *World Hunger: Twelve Myths*. 1998.**

Addresses and debunks persistent myths about hunger and poverty.



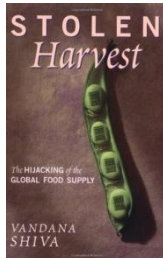
**Menzel, Peter and Faith D'Alusio. *Hungry Planet: What the World Eats*. 1998.**

Phenomenal photos. This book records the diets of 30 families from around the globe, complete with costs, descriptions and a photo of the family alongside a week's supply of the types and amounts of food typically consumed.



**Raj, Patel. *Stuffed and Starved: The Hidden Battle for The World Food System*. 2008.**

Explores the irony and imbalance of a food system creating both hunger and obesity. Patel links the U.S. food system with its global reparations abroad.



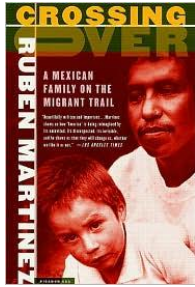
**Shiva, Vandana. *Stolen Harvest: The Hijacking of the Global Food Supply*. 2000.**

Shiva argues the benefits of local organic small scale agriculture by contrasting it with the ramifications of globalized corporate agriculture.

# ADULT READINGS

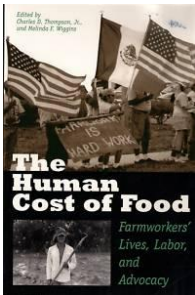


## Migrant and Seasonal Farm Work in the U.S.



Martinez, Ruben. *Crossing Over: a Mexican Family on the Migrant Trail*. 2001.

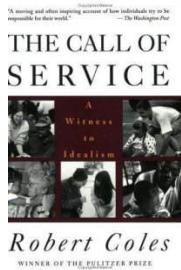
Martinez chronicles the narrative of a family that lost three sons to a border crossing gone horribly wrong.



Thompson, Charles D and Melinda Wiggins (eds.) *The Human Cost of Food: Farmworkers' Lives, Labor, and Advocacy*. 2002

A critical analysis of the connection between the cultivation, harvest, and packaging of fruits and vegetables with the farmworkers who labor for less pay, fewer benefits and under more dangerous conditions than workers in almost any other sector of the U.S. economy

## Volunteerism and Food



Coles, Robert. *The Call of Service: A Witness to Idealism*. 1993.

Coles interviews fascinating people who have dedicated time and energy in service to their communities