

# Menu for The Future

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

- James Beard

**MENU FOR THE FUTURE IS A SIX-SESSION DISCUSSION GUIDE  
FOR THE WORKPLACE, COMMUNITY CENTER OR HOME.**

**PARTICIPANTS IN THIS DISCUSSION COURSE WILL:**

Explore food systems and their impacts on culture, society  
and ecological systems

Gain insight into agricultural and individual practices that  
promote personal and ecological well-being

Consider ways to create and support sustainable food  
systems



**INSPIRING PEOPLE TO TAKE RESPONSIBILITY FOR EARTH**

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# MENU FOR THE FUTURE: DISCUSSION COURSE DESCRIPTION

SESSION THEME	DESCRIPTION	READINGS
<b>What's Eating America</b>	Given the array of food choices and advice, eating in modern industrial society can be wrought with confusion, contradictions and anxiety. Session one considers the effects of modern industrial eating habits on culture, society and the Earth.	<p>"Organic, Local, and Everything Else" by Zoë Bradbury</p> <p>"Navigating the Catch of the Day" by Daniel Duane</p> <p>"The Anxiety of Eating" by Michael Pollan</p> <p>"Sunday Dinner" by R.W. Apple, Jr.</p> <p>"Inheritance" by Sue Browning</p> <p>"The Pleasures of Eating" by Wendell Berry</p>
<b>Anonymous Food</b>	Session two traces the historical shift from family farms to industrial agriculture to present day questions surrounding GMOs and industrial organics. The session examines the ecological and economic impacts that have accompanied the changes in how we grow and prepare food.	<p>"On Trial: Industrial Agriculture" by James E. Horne and Maura McDermott</p> <p>"Your Food Doesn't Come From the Store" by Tom Philpott</p> <p>"The SUV in the Pantry" by Thomas Starrs</p> <p>"Rethinking the Meat Guzzler" by Mark Bittman</p> <p>"Mean or Green?" by Liza Featherstone</p> <p>"The Potato" by Michael Pollan</p>
<b>Farming for the Future</b>	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>"Can Organics Save the Family Farm?" by Eliot Coleman</p> <p>Excerpt from <i>Deep Economy</i> by Bill McKibben</p> <p>"Lawn to Farm: Suburbia's Silver Lining" by Wylie Harris</p> <p>"Making Food Deserts Bloom" by Brian Halweil</p> <p>"Why Don't We Have Gardens Like This?" by Jennifer Cockrill-King</p> <p>"Look Mommy, There's Our Farmer" by Frances Moore Lappé and Anna Lappé</p>
<b>You Are What You Eat</b>	Session four explores food systems from a human health perspective. The session considers the influences that shape our choices and food policies from the fields to Capitol Hill, and the implications for our health and well-being.	<p>"Unhappy Meals" by Marco Visscher</p> <p>"The Illusion of Safe and Clean" by Anna Lappé and Bryant Terry</p> <p>"Five Easy Ways to Go Organic" by Tara Parker Pope</p> <p>"Food Without Thought" by Heather Schoonover and Mark Muller</p> <p>"Making Informed Food Choices" by Marion Nestle</p>
<b>Towards a Just Food System</b>	The readings in session five examine issues of hunger, equity, and Fair Trade. The session considers the role that governments, communities and individuals can play in addressing these issues to create a more just food system.	<p>"Creating Scarcity from Plenty" by Frances Moore Lappé and Anna Lappé</p> <p>"Beautiful Horizon" by Frances Moore Lappé and Anna Lappé</p> <p>"Growing Resistance" by Alison Hope Alkon</p> <p>"Bananas" by Ed Hamer</p> <p>"Breadbasket of Democracy" by Ted Nace</p>
<b>Choices for Change</b>	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>"When Eating Local Gets Personal" by Brian Halweil</p> <p>"Local or Organic? A False Choice" by Samuel Fromartz</p> <p>"Tangerine Meditation" by Thich Nhat Hahn</p> <p>"A Grand Experiment" by Bill McKibben</p> <p>"Returning Stories to the Modern Kitchen" by Ann Vileisis</p> <p>Excerpt from <i>Small Wonder</i> by Barbara Kingsolver</p>