BOOKS

**The Omnivore’s Dilemma: A Natural History of Four Meals** by Michael Pollan. 2008. What to eat? Pollan follows 4 food chains from the source to a final meal, and in the process develops a definitive account of the American way of eating.

**Fast Food Nation: The Dark Side of the All-American Meal**, by Eric Schlosser, 2001. In this classic expose of the American diet through the lens of fast food we are taken behind the scenes to explore the labor conditions of teenage workers, factory farms where the potatoes and beef are grown, and into the slaughterhouses to see the not so appetizing side of fast food.

**Behind the Kitchen Door**, by Saru Jayaraman, 2013. Diners today increasingly seek restaurants with organic, fair-trade, and local on the menu, but the labor to make this happen is often hidden.

**The American Way of Eating: Undercover at Walmart, Applebee’s, Farm Fields and the Dinner Table**, by Tracie MacMillan, 2012. MacMillan went undercover in three jobs that feed us: in California fields, a Detroit Walmart produce aisle, & NY Applebee’s kitchen. She examines the lives of workers who put food on our plates and the national priorities that make it happen.


**Closing the Food Gap**, by Mark Winne. 2009. After explaining the successes of the local food movement, Winne asks “what about those who cannot participate in these new food systems? Concerned with inequality, he examines how low-income shoppers can fit into these new sustainable models.

**Sweet Charity?: Emergency Food and the End of Entitlement**, by Janet Poppendieck, 1999. Working in soup kitchens and food pantries around the US, the author examines the effects of food charity. She concludes that the rise in charity exonerates governments from public policy, allowing poverty to continue to grow.

VIDEOS

**Food, Inc (2008)**
A look at what’s wrong with America’s food system its hidden costs. Stars Michael Pollan. Great to pair with “Omnivore’s Dilemma” or “Closing the Food Gap”

**People Like Us: Social Class in America** (2001) explores issues of social class and equality in the US...humorously shows how, despite our beliefs in equality, we subject each other to sharp class distinctions

**A Place at the Table** (2014)
A new look at hunger and food insecurity in the US. Stars Jeff Bridges. Pair with “Sweet Charity”

**Truck Farm, (2010)**
Explores the food movements’ efforts to transform the food system and correct social inequalities. Alternative forms of agriculture production are showcased – specifically a truck farm in NYC – as a way to institute local change.

**King Corn** (2007)
Two friends head to an Iowa farm to learn where food comes from. Pair with “Omnivore’s Dilemma”

**Asparagus: Stalking the American Life** (2008)
Reveals the connections among communities, farming, and global and national politics. Excellent look at how national policy impacts rural communities.

**Broken Limbs: Apples, Agriculture, and the New American Farmer** (2004). Documents the decline of apple farming in the northwest, as family farmers struggle to compete against the Goliaths that populate today’s global economy, only to be ultimately forced off their land. The future looks grim but many find hope in a new method of production called “sustainable agriculture”.

**Super Size Me** (2004)
A 30 day experiment in eating our way to bad health through fast food. Great to pair with “Fast Food Nation”.

**The Meaning of Food** (2005)
A look at how eating is shaped by culture – how it can define us and separate us. A number of great short vignettes 5-10 minutes long.
ON-LINE RESOURCES

US Dept. of Agriculture, ERS, Food Environment Atlas

USDA – Food Deserts

http://www.hungercoalition.org/hungerreportpa

Context’s, ‘Food’ issue, Summer 2014
http://contexts.org/

Pennsylvania Hunger Action Center
http://www.pahunger.org/

PA Budget and Policy center: Income Inequality
http://pennbpc.org/category/issue-tags/pa-economy/income-inequality

Food Policy Councils:
Adams County - http://www.adamsfoodpolicy.org/
Philadelphia - http://phillyfpac.org/about/
Pittsburgh - http://www.pittsburghfoodpolicy.org/

PENNSYLVANIA NETWORKS

PA Association for Sustainable Agriculture (PASA); Dir. Brian Snyder, (see newsletter)
Grow Pittsburgh
Pittsburgh Tastebuds
PSU Extension
  Clare Hinrichs, Professor, Agriculture Economics, Sociology & Education, PSU – chinrichs@psu.edu
  In Allegheny Co., Heather Mikulas, food policy, urban ag,
Buy Fresh/Buy Local Pennsylvania
Local food pantries, soup kitchens
Farmers’ Markets, Community Supported Agriculture