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Ellen Gustafson

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Ellen Gustafson : We the Eaters: If We Change Dinner, We Can Change the World before purchasing it in order to gage whether or not it would be worth my time, and all praised We the Eaters: If We Change Dinner, We Can Change the World:

4 of 4 people found the following review helpful. Imagine sitting down to dinner with a great story teller powered by a sharp policy brain...By Prabhjot SinghIf you want a high energy, brainy, and story-rich dive into global food policy, buy Ellen Gustafson's book. The genius of the authors book is how Gustafson weaves together the impossibly strange and interesting story about how a classic American meal comes together. In the process, Ellen gives us one central

insight: the best way to control a complex global food system is by reimagining this important daily meal, everyday. It actually reminded me of a passage from Adam Smith's classic *Wealth of Nations*, where he describes the economic and history forces that converge upon his woolen coat: "How much commerce and navigation in particular, how many ship-builders, sailors, sail-makers, rope-makers, must have been employed in order to bring together the different drugs made use of by the dyer, which often come from the remotest corners of the world!" Now imagine a really great story teller conveying the forces that bring together your classic burger apple pie meal. Along the way, she brings together sharp policy insights, interesting and relevant facts and credible sources to make the enjoyable experience a mentally nutritious one. More importantly, the author makes readers more conscious about how their small choices have a big impact on both America and "remote corners of the world." In my work as an international development practitioner and policy scholar at Columbia University, I am surrounded by talented thinkers and fresh ideas about fixing our broken food system. But I've yet to encounter a food policy expert who has the knack of distilling a complex world of policy and data into something as simple and relevant as dinner.

0 of 0 people found the following review helpful. Excellent data presented in a completely clear way
By J Radke I have taught Nutrition for years as an RN and thought I knew quite a bit about the food industry and problems with it, both health-related issues and animal welfare issues. But this book is dog-eared and highlighted throughout! Fabulous book. Excellent data presented in a completely clear way. The international stories were shocking and sobering. All eaters should read this book!

1 of 1 people found the following review helpful. I bought the book because I've met Ellen and her ...
By R. Bienemann I bought the book because I've met Ellen and her husband is a friend of mine. I had an inkling of how thorough and well written this book would probably be. I've had questions about our food chain for many years. This book has a lot of answers. She brings together many threads and ties them into one big Gordian knot. Then she presents a solution to unwind the problems she's laid out. It begins with us - we can be the solution. I'm blown away. Ellen is one squared away young woman.

The implausible truth: Over one billion people in the world are hungry and over one billion are overweight. Far from complete opposites, hunger and obesity are in fact different manifestations of the same problem: It's increasingly difficult to find and eat nutritious food. By examining the global industrial food system using the deceptively simple template of a classic American dinner, *We the Eaters* not only outlines the root causes for this bizarre and troubling dichotomy, but also provides a blueprint of actionable solutions--solutions that could start with changing out just a single item on your plate. From your burger to your soda, Gustafson unpacks how even the hyperlocal can cause worldwide ripples. For instance: American agricultural policy promoting corn and soybeans in beef farming means we feed more to cows than to hungry people. This is compounded by the environmental cost of factory livestock farming, rising obesity rates, and the false economics of unhealthily high meat consumption. The answer? Eat a hamburger; just make it a smaller, sustainably raised, grass-fed one. Gustafson--a young entrepreneur, foreign policy expert, and food policy advocate--delivers a wake-up call that will inspire even the most passive reader to take action. We can love our food and our country while being better stewards of our system and our health. *We the Eaters* is nothing short of a manifesto: If we change dinner, we really can change the world.

"*We the Eaters* is more than an eye-opening primer on how we consume in the 21st century. Encompassing the full scope of transformation from farm to fork, it's a manifesto for how we should act and unafraid of the radical change we need to get us to a sustainable future."
-Raj Patel, author of *Stuffed and Starved*

"This book is a major lesson on the global food system and how 'we the eaters' play an essential role in it. You will learn from Ellen Gustafson and feel empowered to change the world simply by being conscious of what you're eating."
-Sophia Bush, actress and activist

"A magnificent analysis of what has happened to our food and how it is impacting the health of our loved ones. *We the Eaters* is a data-driven wake-up call to the current state of our food system and how the most patriotic thing that we could be doing is to build a better one."
-Robyn O'Brien, author of *The Unhealthy Truth* and founder of *AllergyKids*

"A very smart look at a very complicated and very important issue. No one I know connects the dots to tell this story better than Ellen Gustafson. If you want to know how the power of food can change the world, you must read this book."
-Jose Andres, chef and restaurateur, *Think Food Group*

About the Author: Ellen Gustafson is a sustainable food systems activist and social entrepreneur. She is the cofounder of *Food Tank: The Food Think Tank* and lectures around the world on global food issues. The cofounder of *FEED Projects* and the *FEED Foundation*, which have provided more than 60 million school meals to children in need, Gustafson has also worked at the U.N. World Food Program, ABC News, and the Council on Foreign Relations.