

## **Beyond Our Plates**

Critical Thinking Tools & Advocacy Resources to Feed Ourselves *Well*

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### 1. **Advocacy:**

"Tips for Child Advocates," American Academy of Pediatrics: [www.aap.org/advocacy/childadvocacytips.htm](http://www.aap.org/advocacy/childadvocacytips.htm)

"Top 10 Rules for Advocacy," American Public Health Association:

[www.apha.org/NR/rdonlyres/B333E66A-5E83-408B-9871-9808EFAA209D/0/TopTenRulesofAdvocacy.pdf](http://www.apha.org/NR/rdonlyres/B333E66A-5E83-408B-9871-9808EFAA209D/0/TopTenRulesofAdvocacy.pdf)

### 2. **Agriculture, Environment and Public Health:**

- Center for a Livable Future. (Johns Hopkins School of Public Health) Pew Commission report on industrial agriculture.

[www.jhsph.edu/clf](http://www.jhsph.edu/clf); <http://aphg.jhsph.edu/>

- Environmental Health Perspectives. Research on the environment and human health. National Institute of Environmental Health Sciences. [www.ehponline.org/](http://www.ehponline.org/)

- Institute for Agriculture and Trade Policy: [www.iatp.org](http://www.iatp.org)

- *Food Fight: The Citizen's Guide to a Food and Farm Bill*, Dan Imhoff.

[www.watershedmedia.org/foodfight\\_overview.html](http://www.watershedmedia.org/foodfight_overview.html)

- Healthy Food Action: Information and action steps on food- and farming-related federal policies.

[www.healthyfoodaction.org/](http://www.healthyfoodaction.org/)

- *Living Downstream: An Ecologist's Personal Investigation of Cancer and the Environment*, Sandra Steingraber, Da Capo Press, 2010. [www.livingdownstream.com](http://www.livingdownstream.com)

- Nutrition and Biodiversity, Food and Agriculture Organization. [www.fao.org/docrep/010/i0112e/i0112e00.htm](http://www.fao.org/docrep/010/i0112e/i0112e00.htm)

- President's Cancer Panel Report: "Reducing Environmental Cancer Risk: What We Can Do Now."

[http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP\\_Report\\_08-09\\_508.pdf](http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP_Report_08-09_508.pdf)

- *Sustaining Life: How Human Health Depends on Biodiversity*. Harvard Medical School. Center for Health and the Global Environment. <http://chge.med.harvard.edu/programs/bio/index.html>

- Union of Concerned Scientists: [www.ucsusa.org/food\\_and\\_agriculture/](http://www.ucsusa.org/food_and_agriculture/)

### 3. **Art and Media:**

- F.A.R.M.: Food, Art, Revolution, Media: A focus on photography to re-vitalize agriculture and strengthen democracy.

<http://enduring-image.blogspot.com>

- **Food Sleuth Radio**: <http://kogn.org/> (Click on *Food Sleuth*): Connects the dots between the food we love, the health we treasure, and the agriculture which influences both.

- PhotoVoice. Participatory photography and digital storytelling to give voice to disadvantaged and marginalized communities. Tool for advocacy and positive social change. [www.photovoice.org/](http://www.photovoice.org/)

- *What I Eat: Around the World in 80 Diets*. Portraits and essays of 80 individuals and the food they eat over the course of a single day. Also see: *Hungry Planet*. [www.menzelphoto.com/books/wie.php](http://www.menzelphoto.com/books/wie.php)

### 4. **Composting, Recycling & Reducing Food Waste:**

- *BioCycle*: Advancing composting, organics recycling and renewable energy: [www.jgpress.com/biobcycle.htm](http://www.jgpress.com/biobcycle.htm)

- Food waste reduction and recovery challenge. [www.epa.gov/osw/conservematerials/organics/food/](http://www.epa.gov/osw/conservematerials/organics/food/)

- "The Progressive Increase of Food Waste in America and its Environmental Impact," Kevin Hall, et. al. PLoS ONE, November 2009. [www.plosone.org/article/info:doi/10.1371/journal.pone.0007940](http://www.plosone.org/article/info:doi/10.1371/journal.pone.0007940)

- The Story of Stuff: 20 minute video questions our consuming culture/ promotes sustainability. [www.storyofstuff.com/](http://www.storyofstuff.com/)

### 5. **Conflicts of Interest and Influence on Food Systems:**

- Baby Friendly Hospital Initiative. Policy to reduce exposure and promotion of infant formula/ breastmilk substitutes in the hospital setting. <http://www.babyfriendlyusa.org/eng/10steps.html>

- "Conflicts of interest and the UN high-level meeting on non-communicable diseases," *The Lancet*, Sept. 2011. [www.thelancet.com/journals/lancet/article/PIIS0140-6736%2811%2961463-3/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2811%2961463-3/fulltext)

- Corporations and Health Watch: Tracks corporate practices on public health. [www.corporationsandhealth.org](http://www.corporationsandhealth.org)

- "Partnerships between health organizations and the food industry risk derailing public health nutrition," Freedhoff, Y. and Hebert, P. Can.Med. Assoc. J. Jan. 31, 2011.

[www.cmaj.ca/cgi/rapidpdf/cmaj.110085v1?ijkey=f78130ae03f9549e7652b3d4f4ade9b380e22a7d&keytype2=tf\\_ipsecsha](http://www.cmaj.ca/cgi/rapidpdf/cmaj.110085v1?ijkey=f78130ae03f9549e7652b3d4f4ade9b380e22a7d&keytype2=tf_ipsecsha)

- "Relationship between Funding Source and Conclusion among Nutrition-Related Scientific Articles," Lesser, L. et al. PLOS Medicine, January 2007. [www.plosmedicine.org](http://www.plosmedicine.org)

### 6. **Economics & the True Cost of Cheap Food:**

- Full Cost Accounting: An Agenda for Action.

[http://www2.accaglobal.com/pubs/general/activities/research/research\\_archive/rr-073-001.pdf](http://www2.accaglobal.com/pubs/general/activities/research/research_archive/rr-073-001.pdf)

- *The Real Cost of Cheap Food*, Michael Carolan. Earthscan 2011.

7. **Fair Trade and Labor Issues:**
  - Equal Exchange: Fair trade; cooperative food systems. [www.equalexchange.coop/index.php](http://www.equalexchange.coop/index.php)
  - FairTrade: <http://transfairusa.org/>
  - Green America: Economic action for a just planet. [www.greenamericatoday.org/](http://www.greenamericatoday.org/)
  - "Injustice on Our Plates: Immigrant Women in the U.S. Food Industry," Southern Poverty Law Center. [www.splcenter.org/get-informed/publications/injustice-on-our-plates](http://www.splcenter.org/get-informed/publications/injustice-on-our-plates)
  - United Farm Workers. Founded by Cesar Chavez; advocates for fair wages/ safe working conditions. [www.ufw.org](http://www.ufw.org)
8. **Food Day.** Center for Science in the Public Interest's campaign to change the way Americans think about food. Observed on or near October 24, 2011. [www.foodday.org](http://www.foodday.org)
9. **Food Safety:**
  - Center for Food Safety. True Food Network. [www.centerforfoodsafety.org/](http://www.centerforfoodsafety.org/)
  - STOP Foodborne Illness. Advocates for prevention, public policies and assists those impacted by foodborne illness. Formerly: Safe Tables Our Priority. [www.stopfoodborneillness.org](http://www.stopfoodborneillness.org)
  - "A Sustainable Agriculture Perspective on Food Safety," National Sustainable Agriculture Coalition, Nov. 2010: [http://sustainableagriculture.net/wp-content/uploads/2010/11/Sustainable-Food-Safety\\_FINAL.pdf](http://sustainableagriculture.net/wp-content/uploads/2010/11/Sustainable-Food-Safety_FINAL.pdf)
10. **Food and Water Watch.** <http://www.foodandwaterwatch.org/>
11. **GMOs: Genetically Engineered Crops and Food Ingredients**
  - "Genetically modified crops safety assessments: present limits and possible improvements," Seralini, et. al. Environmental Sciences Europe, March 2011. [www.enveurope.com/content/23/1/10](http://www.enveurope.com/content/23/1/10)
  - "Uncertain Peril: Genetic Engineering and the Future of Seeds," Claire Hope Cummings, Beacon Press, 2008.
  - "Who Benefits from GM Crops?" Friends of the Earth. [www.foeurope.org/GMOs/download/who-benefits-from-gm-crops-2011.pdf](http://www.foeurope.org/GMOs/download/who-benefits-from-gm-crops-2011.pdf)
12. **Greenwashing:**
  - Consumer Reports: Greener Choices, newsletter and Eco-label definitions: [www.greenerchoices.org](http://www.greenerchoices.org)
  - "Green Washing: Do You Know What You're Buying?" Environmental Health Perspectives, June 2010. <http://ehp03.niehs.nih.gov/article/feetchArticle.action?articleURI=info%3Adoi%2F10.1289%2Fehp.118-a246>
13. **Organic Food and Farming:**
  - National Organic Coalition. Advocates for organic integrity. [www.nationalorganiccoalition.org/](http://www.nationalorganiccoalition.org/)
  - National Organic Program. USDA, Agricultural Marketing Service. 202-720-3252; [www.ams.usda.gov/nop](http://www.ams.usda.gov/nop)
  - "Nutritional quality and safety of organic food. A review," Agronomy for Sustainable Development, July, 2009. [www.agronomy-journal.org/index.php?option=article&access=doi&doi=10.1051/agro/2009019](http://www.agronomy-journal.org/index.php?option=article&access=doi&doi=10.1051/agro/2009019)
  - Organic Agriculture and Food Security: [www.fao.org/newsroom/en/news/2007/1000550/index.html](http://www.fao.org/newsroom/en/news/2007/1000550/index.html)
  - The Organic Center. [www.organic-center.org](http://www.organic-center.org).
  - "Organic Diets Significantly Lower Children's Dietary Exposure to Organophosphorus Pesticides," Environmental Health Perspectives, February 2006. <http://ehp.niehs.nih.gov/members/2005/8418/8418.html>
  - Organic Farming Research Foundation. See: "Organic Farming for Health and Prosperity:" <http://ofrf.org/publications/OrganicFarmingforHealthandProsperity.pdf>
  - Organic Valley. "Beyond the Plate:" [www.organicvalley.coop/community/beyond-the-plate/archives0/](http://www.organicvalley.coop/community/beyond-the-plate/archives0/)
  - "Report on Agroecological farming and its ability to feed the world." United Nations. [www.srfood.org/index.php/en/component/content/article/1-latest-news/1174-report-agroecology-and-the-right-to-food](http://www.srfood.org/index.php/en/component/content/article/1-latest-news/1174-report-agroecology-and-the-right-to-food)
  - Rodale Institute: Organic Farming Systems Trial: [www.rodaleinstitute.org/fst30years](http://www.rodaleinstitute.org/fst30years)
14. **Pesticides:**
  - Beyond Pesticides. Information for personal protection and policy change. [www.beyondpesticides.org/](http://www.beyondpesticides.org/)
  - Pesticide Action Network. See: "What's On My Food?" [www.panna.org](http://www.panna.org)
15. **Sustainable, Healing Food Systems:**
  - Health Care Without Harm. [www.noharm.org/](http://www.noharm.org/); Healthy Food Systems: [www.noharm.org/all\\_regions/issues/food/](http://www.noharm.org/all_regions/issues/food/)
  - The Principles of a Healthy, Sustainable Food System. American Planning Association, American Dietetic Association, and American Nurses Association. Shared platform for systems-wide food policy change. [www.planning.org/nationalcenters/health/foodprinciples.htm](http://www.planning.org/nationalcenters/health/foodprinciples.htm)
  - "Setting the Record Straight: Nutritionists Define Healthful Food:" The Prevention Institute: <http://preventioninstitute.org/component/jlibrary/article/id-58/127.html>
  - "Toward a Healthy, Sustainable Food System," American Public Health Association, Policy Statement No. 200712; November, 2007. [www.apha.org/advocacy/policy/policysearch/default.htm?id=1361](http://www.apha.org/advocacy/policy/policysearch/default.htm?id=1361)
  - Sustainable Food Systems: strategies to improve institutional food systems. [www.sustainablefoodsystems.com](http://www.sustainablefoodsystems.com)