

Leicester Secular Society

Some Notes for Politics of Food and food Justice:

Caroline Moles and Michael Gerard, Secular Hall, 9 May 2010

The Owners Cargill, ADM and Bunge. Monsanto. Farm suicides. Attempted monopolies.

The Monopolistic distributors/retailers Tesco etc. Value added – high sugar, salt and over-refined starch. The drive down of prices. "Just in time"

The Workers. Terrible exploitation of agricultural workers eg in wine in South Africa. Farm deaths and accidents. Use of hazardous chemicals. Etc Chicken and meat packers. Veg packers hours. Cheap immigrant labour.

The Consumers: sold vile cheap products nicely packaged eg Kiev.

The Land: degradation in Australia, ranch farming.

Conquest: Sugar and West Indies.

Slavery: and West Indies.

Expropriation: Palestine Water

Food Action: Grow your own!

Cook your own.

Reject packaging

Sourcing food e.g. farmers markets, Find out where the food comes from.

Beware packeted meat and salads.

Avoid supermarkets as much as possible.

Avoid politically tainted food especially Israeli eg Co fresh and Co flora.

Avoid food miles

Coca-Cola's Secret Recipe

REVEALED:

MURDER, REPRESSION OF TRADE UNIONISTS IN COLOMPIA

WATER THEFT IN KERALA, 'INDIA



Some Useful Sources of Information/Ideas on Food Topics

Walden BELLO: *The Food Wars* (Verso pbk).

Jared DIAMOND: *Collapse: How societies choose to fail or succeed* (Penguin pbk).

David A KESSLER: *The End of Overeating — taking control of our insatiable appetite* (Penguin pbk).

Tim LANG: has written eight books on food topics, frequently appears on media.

Felicity LAWRENCE: *Not on the Label* and *Eat Your Heart Out*. Two books from this frequent Guardian columnist (published Penguin pbks). Both well written and researched.

David C KORTEN: *When Corporations Rule the World* (Earthscan hbk).

Palestine Solidarity Campaign: will recommend books and articles on water and land theft from Palestinians.

Raj PATEL: *Stuffed and Starved — Markets, Power and the hidden battle for the World's Food System* (Routledge hbk). It's brilliant.

Royal Horticultural Society: *Grow it Eat it — Simple gardening projects and recipes*. Although designed for small kids this book is brilliant illustrated text on how to grow your own in very small space! (Dorling Kindersley hbk).

Eric SCHLOSSER: *Fast Food Nation = What the American Meal is doing to the World —* (Penguin pbk)

SOIL ASSOCIATION helped in creating the film *FOOD, Inc.* The Soil Association has become increasingly important as a pressure group on food issues.

Margaret VISSER: *Much Depends on Dinner — The extraordinary history and mythology, allure and obsessions, perils and taboos of an ordinary meal* (Grove Press pbk). Useful background to looking at food issues.

War on Want (Fighting Global Poverty): *Sour Grapes — South African wine workers and British supermarket power* (12 page pamphlet).

Growing Pains — The hidden cost of cut flowers in British supermarkets. (21 page pamphlet). War on want has many useful, concise publications.

Colin WARD and David CROUCH: *The Allotment — Landscape and Culture* (Five Leaves pbk)

Media: Radio 4's *The Food Programme* (12.30 on Sunday repeated 4.00 Monday) can have good background material. Internet etc etc...

Programmes such as dispatches on Channel 4 sometimes have very good food centred programmes. There are plenty more...