

# BORN *Of* WOMAN FILMS

A FILM BY KRISTI MOYA



## *edible*

An 8-minute film illuminates the meaning of food and nourishment. It guides the viewer to the importance of their eating choices and to find nourishment in healthy relationships with the Earth and family.

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***“Eating is no longer about love, but about consuming fuel.***

*A woman cooks some food, and no one smiles at her or says thank you. Neither is there any fascination with food. In Mediterranean Europe, there is still that fascination, still the conviviality, and the ritual. The most important thing about eating is to enjoy the moment of affection between family members, or friends or work colleagues. A civilization that loses this ritual becomes very poor. It’s especially important for children to learn again how to experience communal eating.”*

–Carlo Petrini, founder and president of the Slow Food movement

# A Question of Nourishment

## *Objectives and Purpose*

Expanding upon the story in the film *Edible*, this guidebook will help you initiate conversations around what it takes to feel nourished from food and relationships. Healthy nutrition encompasses wise food choices and their impact on our lifestyle and environment. In addition to talking points, we offer activities and resources to enrich the fundamental act of eating.

### FACT:

Children from families that regularly share meals together have fewer problems in school or other behavioral problems. They are less likely to be obese, have eating disorders, be in gangs or addicted to drugs. They are more likely to eat healthier foods, enjoy better social skills and do better in school and life. Adults who nourish relationships exhibit better health.

### OBJECTIVES:

1. To explore and identify nourishing food choices
2. To identify family eating patterns that contribute to health & well-being
3. To contribute to the better health of our youth, adults and elders
4. To explore factors of the relationship between the environment and food

### FOR TEACHERS:

Have your class watch the film and then open discussion as detailed in p.4. The discussion and lessons can supplement your literacy, health, nutrition or science competencies as well as help create positive change in the eating habits at school and home.

### FOR PARENTS:

Watch this DVD with your children and ask how your family is different or similar to the one depicted in the film. What changes do they want made? What changes do you want to initiate?

### FOR HEALTH PROFESSIONALS AND ELDERS:

Watch this DVD with your group and explore the changes they'd like to see happen. How might you support your clients and friends to engage in healthier eating habits? Follow the discussion guide for helpful suggestions.

# Questions for Conversation & Education

## *Kids and Adults*

### OBSERVATIONS ABOUT THE FILM EDIBLE

- Compare the 'vibes' of both women in the film.
- What does the young girl Jennifer eat? Does she ever stop eating?
- What importance does the girl's family place on food?
- What importance does the girl's family place on eating together?
- What importance does the teacher in the DVD place on food?
- What is the teacher really showing Jennifer when she offers her the lemon?
- What pleasure does each of the women have in cooking for themselves?
- What is the connection each young woman has with her mother?
- Why did Jennifer end up shopping at the Farmers' market?
- Are there farmers' markets in your neighborhood? Have you been to one? If so, what do you like, or not like about it?
- What do you see in farmers' markets that differs from the supermarket?

### QUALITIES

- What's your favorite meal? Are you eating with someone?
- Who does most of the food shopping in your family?  
Where? Do you participate?
- Do you look forward to dinner?
- What foods are most often available at home for meals and snacks?
- Who does the cooking in your family? How do you like to help?
- What role do you play around meals, choices, preparation, clean up?
- Who do you usually eat with – breakfast, lunch, dinner?
- What's your favorite memory around food?
- What is your favorite comfort food when you are alone or feeling blue?
- How many servings of fruits and vegetables do you usually have each day?
- What about soda or candy, fast food?

### KNOWLEDGE

- What's the difference between conventional and organic growing practices?  
How do certified organic and natural foods differ?
- Does your family eat organic foods? If so, which ones?
- How can antibiotics or hormones given to animals affect you?
- What foods must you eat to stay healthy?
- What foods should you limit?
- What are the good fats and the not-so-good fats?
- What is healthy dirt?
- What's the consequence on the environment of food packaging such as plastics, aluminum cans, paper, Styrofoam, etc?

## Questions and Topics for Conversation

### *Parents and Elders*

*In addition to exploring any of the issues on previous pages, consider the following topics to help guide you to enjoying nourishing meals.*

#### FOR PARENTS

- Do you think it's important to share meals?
- How many meals each day, each week do you share as a family?
- What are family mealtimes like? Is the TV on?
- Are your children involved in shopping or food preparation?
- Is there anything around meals you would like to see changed?
- Do you have food adventures together? A food adventure - eating something new, a new place to eat or shop, or having an indoor picnic.
- Do you have a favorite market where you shop or take your kids?
- How often do you eat pre-packaged foods vs. food prepared from scratch?
- Do you generally purchase organic foods? If so, why, if not, why not?
- Do you have celebratory meals together?
- What meals do you remember as a child being your favorite?
- What favorite foods from childhood do you share now?
- What are your comfort foods?
- Do you recycle?
- Do you compost?
- Do you have an edible garden?
- Do you enjoy a glass of wine (or beer) with dinner?

#### FOR ELDERS

- Do you enjoy preparing your meals?
- How often do you eat alone?
- Do you invite people to share with you?
- Do you prefer convenience foods or cooking "from scratch"?
- Is there a special meal you like to share with friends or family?
- What would be a favorite food situation?
- Do you watch what you eat in terms of fat, calories, other?
- Are you content with your body?
- What would you like to change about your mealtimes?

## Things You Can Do Together

1. Watch this film, then prepare and share a delicious meal. Enjoy yourselves.
2. Plan a meal together. Sit together with a cookbook and choose a recipe to make together. Plan the whole menu with each person having a first choice.
3. Read labels. It will build awareness of what goes into your body. Go to your local market and read the labels of all the foods you plan to buy. Discuss what those ingredients do. Check out your kitchen and see what ingredients are in the food you typically eat.
4. Visit a farmers' market and talk to one or more of the vendors. Find out where and how they grow or produce their product.
5. A Taste Fest. Cook a one-pot meal, a stew or soup. Then each of the others eating with you smell, taste and name all the ingredients you put in the dish.
6. Adapted from Alice Waters' Edible Schoolyard, we call it "Come to Your Senses"

### TASTINGS

Students taste fruits and vegetables that are grown in the garden or bought from local farms at the farmers market. They use their senses to make observations about the food. It helps broaden their awareness of new foods and pay attention to their senses. This can be done with different varieties of one type of vegetable or fruit as a comparison, or organic vs. conventionally grown.

### MATERIALS NEEDED:

Food, cutting boards, knives, toothpicks, materials to record their experience.

#### Preparation

- ~ Wash hands then the fruits and vegetables
  - ~ Have them list their five senses in their journal with space left to record observations
  - ~ Describe the fruit or vegetable to students including: background history; where it was grown; what the variety is.
  - ~ Have students taste, noting its physical appearance, smell, taste, texture, and sound it makes when you bite into it.
  - ~ They should use pictures or the most descriptive words they can. Whatever creative expression helps support their experience, drawing, poetry, storytelling, or even a song about the food will help them learn
7. An Indoor Picnic. A favorite for Friday night when everyone's tired. This is a great way to use up leftovers. Each person is responsible for bringing one food item to the picnic. They can make it from leftovers or start something new. Spread out a blanket or tablecloth on the living room floor. One person sets the 'table' and each shares their food, telling why they brought it.

8. Celebrate Family Day every day. To encourage parents to make time to have dinner with their families, Nick at Nite's Family Table and The National Center on Addiction and Substance Abuse at Columbia University announce a special day each year as Family Day. In 2007 September 24 is the date to make a special effort to celebrate family.
9. Cooking Chemistry. Decide on one food to make together, like bread. Gather the ingredients; discuss each one and how cooking transforms the individual components into something completely different to eat. A great resource to learn about the science of food is Harold McGee's *On Food and Cooking*.
10. Edible Gardens. This also takes patience and can be so much fun. You can do this in a space as small as a windowsill, a corner of a deck or a big yard. Go together as a family to your local nursery and decide what you'd like to grow and eat. What can be planted now? What grows well in your area? You can start with seeds (takes longer) or starts (you can already see what the plant will look like). Lettuce, spinach and chard are good beginning plants. If your space is limited you might want to choose some herbs to grow. With herbs you can expand your tasting experience – rosemary, sage and basil are good ones to start with.

*The renowned chef Alice Waters started Edible Gardens at the Martin Luther King, Jr. Middle School in Berkeley, California; you might consider bringing that idea to your school, day care or senior center*

11. Saving Seeds – Mystery Gardening. This is a project that takes patience. Enjoy an apple, pear or orange. Save the seeds and then plant them. Tend them regularly and watch a tree blossom from what you would have tossed out. This is called mystery gardening because frequently we forget to label what's been planted. Always a surprise. Some even bear fruit. Imagine that!
12. Discover Dirt! Imagine a world with no dirt. There would be no plant life as we know it. No grasses, shrubs or bushes, trees for fruit, nuts, berries, vegetables...NO food and maybe not even air to breathe. There wouldn't be any animals, not even any of us! Dirt, soil, earth –one and the same– is a vital and constantly changing element of our world. In fact, it's so important, that's what our planet is named...planet Earth. Soil is the foundation of life, it produces our food. What happens if the soil is unhealthy? With the use of pesticides for example, along with the pests, the billions of micro-organisms crucial to healthy soil activity die making the plants weaker and less resistant to bugs and disease. Other destructive practices like over-cultivating promote the breakdown of soil structure and leaching of essential trace minerals. This affects

the ability of the soil to hold moisture and nutrients for the plants. How can we take care of the soil so that it will sustain us?

We can learn to nurture dirt so it becomes nutritious for plants and therefore for us. Learn simple composting and use the soil you make, in your garden or in potted plants on your windowsill. You will begin to see the renewed vitality in your plants reflecting the life-force in the soil.

You can learn more from the following references:

[http://extension.oregonstate.edu/news/story.php?S\\_No=344&storyType=garden](http://extension.oregonstate.edu/news/story.php?S_No=344&storyType=garden)  
[www.howtocompost.org/info/info\\_composting.asp](http://www.howtocompost.org/info/info_composting.asp)

Let It Rot! The Home Gardener's Guide To Composting by Stu Campbell,  
Garden Way Publishing.

13. Initiate change in the school lunch program towards healthier foods and sharing.
14. Feeding the Needy. Find a local center and see how you might get involved to share food together.
15. We spend at least 50% of our life interacting with food, thinking about it, shopping for it, preparing it, eating it, etc. – so make it a source of joy. Bon Appétit!

## Evidence-Based Facts Underlying Edible

According to recent surveys less than half the families in the United States actually sit down to a meal on a regular basis. In addition to nutritional advantages, there are social, emotional and academic advantages in children when families share meals together.

### SOURCE:

- Harvard Medical School study published March 2000 Archives of Family Medicine
- [http://extension.unh.edu/news/2006/03/give\\_the\\_gift\\_of\\_family\\_mealti.html](http://extension.unh.edu/news/2006/03/give_the_gift_of_family_mealti.html)
- [http://www.raisingkids.co.uk/bttt\\_2006/fam\\_01.asp](http://www.raisingkids.co.uk/bttt_2006/fam_01.asp)
- Family Mealtime as a Context of Development and Socialization: Reed W. Larson et al  
<http://www.josseybass.com/WileyCDA/WileyTitle/productCd-0787985775.html>
- <http://www.kellybear.com/ParentTips/ParentTip7.html>

Teens who eat dinner with their families at least 5 times a week get better grades in school, are less likely to try illegal drugs, smoke, or join gangs than teens whose families rarely eat together.

### SOURCE:

- Decade-long study of family eating patterns by CASA, National Center on Addiction and Substance Abuse at Columbia University in Time Magazine June 12, 2006.
- Columbia News, CASA 2000 Teen Survey. Teens With "Hands-Off" Parents at Four Times Greater Risk of Smoking, Drinking, and Using Illegal Drugs as Teens With "Hands-On" Parents.
- <http://www.casacolumbia.org>
- <http://www.casafamilyday.org>

Kids who eat more frequently with their family generally have better nutrition, are less suicidal and have less out-of-wedlock sex. The more frequently children eat with their parents, the less likely they are to smoke, drink, or show signs of depression. Girls are less likely to think about or try suicide.

### SOURCE:

- Project EAT, University of Minnesota Study of more than 5000 youth
- Correlations Between Family Meals & Psychosocial Well-being Among Adolescents. Archives of Pediatrics & Adolescent Medicine. Aug. 2004, Vol. 158 Eisenberg, Marla et al
- <http://www.usnews.com/usnews/health/briefs/childrenshealth/hb041027a.htm>
- <http://www.eatright.org>

Suicide is the third leading cause of death for 15- to 19-year-olds in the United States. Young women attempt suicide more often than young men

SOURCE:

- Centers for Disease Control and Prevention

Where families share frequent meals young children show a higher level of literacy. Frequent family meals are related to better school performance provided that they eat at the family table not watching television.

SOURCE:

- The above Harvard Medical School study
- <http://www.csrees.usda.gov/newsroom/lgunews/family/news002.html>

When television sets are on during family mealtimes children increase the risk for being overweight.

SOURCE:

- Kaiser Family Foundation: Generation M: Media in the lives of 8-18 year-olds
- <http://www.kff.org/entmedia/7250.cfm>
- U.S. Dept. Health and Human Services National Survey of Children's Health 2003.
- <http://www.apa.org/pi/cyf/fam1.html>
- Dinner talk: Cultural patterns of socialization in family discourse. Blum-Kulka, S (1997) Lawrence Erlbaum Press
- Family Routines and Rituals. Fiese, B. H. (2006). Yale University Press

It's what happens around the table -- the social interactions -- that is important. Research shows that mealtimes provide special opportunities for encouraging the social development in a child.

SOURCE:

- <http://www.apa.org/pi/cyf/fam1.html>

Childhood obesity is a growing concern in the U.S. Since 1980, the percentage of overweight youth, ages 6-19, has more than tripled. Girls are far more likely to become overweight at 9-12 years of age than in later adolescence with the accompanying health risks of heart disease and diabetes. Children who dine with their families most days are less likely being overweight. About 30% of the adult population is overweight.

SOURCE:

- NIH-funded study of more than 2,300 girls, ages 9-10 followed for more than a decade
- <http://newsinhealth.nih.gov/2007/February/docs/02capsules.htm>
- The Harvard Study

A daily diet of soft drinks adds to the obesity problem in our teens. Soft drinks have no nutritive value and most are a source of high sugar content and caffeine.

SOURCE:

- Food Politics by Marion Nestle

Children who eat family meals often consume more fruit and vegetables, less fried food and significantly fewer sodas than their peers who eat alone.

SOURCE:

- Project EAT, University of Minnesota, <http://www.epi.umn.edu>
- <http://www.revolutionhealth.com/healthy-living/parenting/food-fitness/healthy-eating/mealtime-tips/planning>

Eating more fresh fruits and vegetables promotes better health in all age groups by lowering the risk for heart disease, diabetes, cancer and other chronic illnesses. Essential nutrients are absorbed better from food than supplements. The latest dietary guidelines call for 5-13 servings of fruits and vegetables a day. Though the original source for “5 a Day” came from cancer research, new studies show the biggest payoff is for the heart.

SOURCE:

- Dietary Guidelines for Americans 2005. Center for Nutrition Policy and Promotion, USDA
- Harvard-based Nurses' Health and Health Professionals Study of 110,000 men and women <http://www.hsph.harvard.edu/nutritionsource/fruits.html>
- Fruit and vegetable intake and risk of major chronic disease. J Nat'l Cancer Inst 2004; 96:1577-84, Hung et al.
- Fruit and vegetable consumption and LDL cholesterol: the National Heart, Lung, and Blood Institute Family Heart Study. Am J Clin Nutr 2004; 79:213-7. Djousse L et al

Food prepared away from home--in school or at work cafeterias, restaurants or fast-food places, is often a source of less healthy nutrition tending towards more calories, saturated fat, total fat, cholesterol and sodium.

SOURCE:

- Role of food prepared away from home in the American diet: Changes and consequences. J Nutr Educ Behav 2002; 34:140-150 Guthrie JF et al.
- The contribution of expanding portion sizes to the obesity epidemic. Am J Public Health 2002; 92:246-9, Young LR, Nestle M.
- Kant AK, Graubard BI. Eating out in America, 1987-2000: trends and nutritional correlates. Prev Med 2004; 38:243-49.
- Supersize Me

Farmers' Markets offer locally grown, sustainable and often organic food with less cost to the environment than "factory-grown" food. Eating locally grown food saves up to 17 times the fuel costs of food you buy in the supermarket, which on the average travels 2000 miles from farm to table.

SOURCE:

- Worldwatch Paper \*\*163: Home Grown, the case for local food in a global market, Brian Halweil November 2002
- <http://www.worldwatch.org/press/news/2002/11/21/>

What is the real cost of that tomato in your salad? Would you believe \$374? Consider all of the hidden costs of our industrial farmed food: fuel to run machinery, chemicals to amend the depleted soil, pesticides, water and waste, transportation to markets and home plus dangerous damage to the environment, toxic groundwater, poor quality food, poor health for farm workers, ourselves and our children. The list of the hidden costs of the 'cheap' all-mart food goes on.

SOURCE:

- [http://www TheTrueCostofFood.org](http://www.TheTrueCostofFood.org)
- Store Wars. [http://www.theorganicreport.com/pages/553\\_meet\\_cuke\\_skywalker\\_and\\_darth\\_tader\\_copy\\_.cfm](http://www.theorganicreport.com/pages/553_meet_cuke_skywalker_and_darth_tader_copy_.cfm)

Organic produce may provide greater nutritive value than conventionally grown.

SOURCE:

Three European research studies showed that organic tomatoes, peaches and apples all had higher nutritional quality than their non-organic counterparts.

- <http://www.naturalmatters.net>

Organic farmland is one of the fastest growing segments of US agriculture. In 1990 there were less than 1 million acres. From 2003 to 2005 organic farmland doubled to 4 million acres.

SOURCE:

- <http://www.ers.usda.gov/Data/Organic>

Packaged prepared foods are less healthy than fresh as they contain more salt, sugar, fats, preservatives and other chemical additives. If you buy prepared foods, read labels to know the acknowledged ingredients in what you are eating. You can avoid too much fat, sugar, salt, and their associated health risks. Contaminating toxic chemicals are not listed!

SOURCE:

- The U.S. Food and Drug Administration, <http://www.cfsan.fda.gov/~dms/foodlab.html>.

## Resources and Links

*\*\*Must Reads, See, Enjoy*

### BOOKS

- \*\*A General Theory of Love.* Thomas Lewis, MD, Fari Amini MD & Richard Lannon, MD.  
Vintage Books
- A Taste of Heritage. The New African–American Cuisine.* Joe Randall and  
Toni Tipton-Martin. Macmillan.
- Alice Waters and Chez Panisse:* Thomas McNamee. Penguin Press
- Between Two Fires: Intimate writings on life, love, food & flavor.* Laura Esquivel. Crown Publishers
- Consuming Passions: the anthropology of eating.* Peter Form & George Armelagos. Houghton Mifflin
- Everything You Pretend to Know About Food And Afraid Someone Will Ask.*  
Nancy Rommelmann Penguin.
- Fast Food Nation.* Eric Schlosser. Houghton Mifflin.
- \*\*Food Fight: the inside story of the food industry, America’s obesity crisis & what we can do about it.*  
Kelly Brownell and Katherine Horgen. McGraw-Hill
- Food is Elementary: A Hands-On Curricula for Young Students.* Antonia Demas. Food Studies Inst.
- \*\*Food Politics: How the food industry influences nutrition and health.* Marian Nestle UC Press
- Four Seasons in Five Senses: things worth savoring.* David Mas Masumoto. WW.Norton & Co
- \*\*Hope’s Edge: The next diet of a small planet.* Frances Moore Lappe and Anna Lappe.  
Tarcher/Putnam
- How Are You Peeling? Foods With Moods.* Saxton Freymann and Joost Elffers. Scholastic Press.
- \*\*Hungry Planet: What the world eats.* Peter Menzel & Faith D’Alviso.  
Material World Books, Ten Speed
- Kids in Gardens: Student Education Program, Aquatic Outreach Institute*
- \*\* Lunch Lessons: Changing the way we feed our children.* Ann Cooper and Lisa Holmes.  
Harper-Collins
- \*\*On Food and Cooking: The Science and Lore of the Kitchen.* Harold McGee. Simon and Schuster.
- \*\*Omnivore’s Dilemma: A Natural History of Four Meals.* Michael Pollan. Penguin Press
- \*\*Slow Food: the case for taste.* Carlo Petrini. Columbia University Press
- Slow Food Nation: A blueprint for changing how we eat.* Rizzoli Ex Libris
- Staying Healthy with Nutrition 2nd Edition.* Elson Haas. Celestial Arts
- Teaching Organic Farming and Gardening,* Albie Miles and Martha Brown, eds.  
University of Santa Cruz
- \*\*The Botany of Desire.* Michael Pollan. Random House
- The Food Chronology.* James Trager. Henry Holt and Co.
- The Gourmet Alter: The History, Origin and Migration of Food of the World.* Susie Ward. Macmillan.
- The Greatest Table: A Banquet to Fight Against Hunger.* Michael J. Rosen. Harcourt Brace and Co.
- The Green Kitchen Handbook.* Annie Berthold-Bond. Harper Perennial
- The Meaning of Food.* Patricia Harris et al Pequot Press
- \*\*The Surprising Power of Family Meals: How eating together makes us smarter, stronger,  
healthier and happier.* Miriam Weinstein. Steerforth Press, Hanover, NH
- The Tending Instinct.* Shelley E. Taylor. Times Books
- The Unsettling of America: Culture and Agriculture.* Wendell Berry. Sierra Club Books.
- Through the Kitchen Window: Women Explore the Intimate Meanings of Food and Cooking.*  
Beacon Press.
- \*\*What to Eat.* Marion Nestle. North Point Press
- You Eat What You Are: People, Culture, and Food Traditions.* Thelma Barer-Stern. Firefly Books.

## COOKBOOKS

Chez Panisse Fruit. Alice Waters. Harper-Collins.  
Chez Panisse Vegetables. Alice Waters. Harper-Collins  
\*\* Grub. Anna Lappe & Terry Bryant. Tarcher/Penguin  
Kids Cook Farm Fresh Food, Sibella Kraus. CA Dept. of Education  
Play With Your Food. Joost Elffers. Stewart, Tabori, and Chang.  
Potatoes from Pancakes to Pommes Frites. Annie Nichols. Rizzoli.

## DOCUMENTARIES, FEATURE FILMS AND TV SHOWS

Babette's Feast  
\*\*Chocolat  
Eat, Drink, Man, Woman  
Eating: A Very Serious Comedy about Women and Food - Jaglom  
Fast Food Nation  
Like Water for Chocolate  
\*\*Ratatouille  
\*\*Ripe for Change by director Emiko Omori for "California and the American Dream"  
PBS Series, goes beyond organic to sustainable and locally focused farming that  
reclaims the aesthetic and nurturing qualities of food.  
\*\*Sicko by Michael Moore  
Supersize Me  
\*\*The Future of Food  
The Meaning of Food, PBS documentary  
\*\*Tortilla Soup  
What We Eat – Burt Wolf

## WEBSITES

School Gardens/Food Systems/ Environment and Sustainability  
Center For Ecoliteracy [www.ecoliteracy.org](http://www.ecoliteracy.org)  
Wonderful visual tour linking food,  
culture, health and environment [www.ecoliteracy.org/programs/visual-guide/index.html](http://www.ecoliteracy.org/programs/visual-guide/index.html)  
Chef Ann Cooper [www.chefann.com](http://www.chefann.com)  
Community Alliance Family Farmers [www.caff.org](http://www.caff.org)  
Earth Pledge [www.FarmToTable.org](http://www.FarmToTable.org)  
Eco-Schools [www.eco-schools.org](http://www.eco-schools.org)  
Edible Schoolyard [www.edibleschoolyard.org](http://www.edibleschoolyard.org)  
Environmental Ed. Council of Marin [www.eecom.net](http://www.eecom.net)  
Evergreen [www.evergreen.ca](http://www.evergreen.ca) (Canada)  
Feed Me Better [www.feedmebetter.com](http://www.feedmebetter.com)  
Frances & Anna Lappe [www.smallplanetinstitute.org](http://www.smallplanetinstitute.org)  
Food Change [www.foodchange.org](http://www.foodchange.org)  
Food Matters [www.food-matters.org](http://www.food-matters.org)  
Gardens for Growing People [www.svn.net/growpepl](http://www.svn.net/growpepl)  
GRUB [www.eatgrub.org](http://www.eatgrub.org)  
Kids gardening [www.kidsgardening.com](http://www.kidsgardening.com)  
Life Lab [www.lifelab.org](http://www.lifelab.org)  
Occidental Arts and Ecology Center [www.oaec.org](http://www.oaec.org)  
O'Mama report – organics [www.theorganicreport.com](http://www.theorganicreport.com)  
People's Grocery [www.peoplesgrocery.org](http://www.peoplesgrocery.org)  
Project Food, Land and People [www.foodlandpeople.org](http://www.foodlandpeople.org)

Recipe list from eatgrub	<a href="http://www.eatgrub.org/book-downloads.cfm">www.eatgrub.org/book-downloads.cfm</a>
Rethinking School Lunch	<a href="http://www.ecoliteracy.org/programs/rsll.html">www.ecoliteracy.org/programs/rsll.html</a>
Rooted in Community	<a href="http://www.earthisland.org/ric">www.earthisland.org/ric</a>
San Francisco Green Schoolyard	<a href="http://www.sfgreenschools.org">www.sfgreenschools.org</a>
School Garden Network	<a href="http://www.schoolgardens.org">www.schoolgardens.org</a>
Slow Food USA Education	<a href="http://www.slowfoodusa.org/education">www.slowfoodusa.org/education</a>
Sustainable Agriculture Education	<a href="http://www.sagecenter.org">www.sagecenter.org</a>
The Ecology Center	<a href="http://www.ecologycenter.org">www.ecologycenter.org</a>
The Food Project	<a href="http://www.foodproject.org">www.foodproject.org</a>
The Food Systems Project	<a href="http://www.foodsystems.org">www.foodsystems.org</a>
The Garden Project	<a href="http://www.gardenproject.org">www.gardenproject.org</a>
Two Angry Moms	<a href="http://www.angrymoms.org">www.angrymoms.org</a>
Yale Sustainable Food Project	<a href="http://www.yale.edu/sustainablefood">www.yale.edu/sustainablefood</a>

### SUSTAINABLE EATING

Center for informed food choices	<a href="http://www.informedeating.org">www.informedeating.org</a>
Eat well - d sustainable foods	<a href="http://www.eatwellguide.com">www.eatwellguide.com</a>
Eat wild – grass fed meat	<a href="http://www.eatwild.com">www.eatwild.com</a>
Food routes	<a href="http://www.foodroutes.org">www.foodroutes.org</a>
Local Harvest	<a href="http://www.localharvest.org">www.localharvest.org</a>
Organic Consumers Assoc.	<a href="http://www.organicconsumers.org">www.organicconsumers.org</a>
Sustainable Table	<a href="http://www.sustainabletable.org">www.sustainabletable.org</a>
World Watch Institute	<a href="http://www.worldwatch.org">www.worldwatch.org</a>
Small Planet Institute	<a href="http://www.smallplanetinstitute.org">www.smallplanetinstitute.org</a>

### FOR KIDS/ABOUT KIDS

Cuke Skywalker – very clever, fun to watch and learn from	
<a href="http://www.theorganicreport.com/pages/553_meet_cuke_skywalker_and_darth_tader_copy_.cfm">www.theorganicreport.com/pages/553_meet_cuke_skywalker_and_darth_tader_copy_.cfm</a>	
Rodale Institute Kids Site	<a href="http://www.kidsregen.org">www.kidsregen.org</a>
California Dairy Council	<a href="http://www.dairyCouncilofca.org/">www.dairyCouncilofca.org/</a>
Children’s Nutrition Research Center	<a href="http://www.kidsnutrition.org">www.kidsnutrition.org</a>

### FOOD POLICY & TRENDS/OBESITY /HEALTH

California Project Lean	<a href="http://www.californiaprojectlean.org/">www.californiaprojectlean.org/</a>
California Wellness Program	<a href="http://www.californiahealthykids.org">www.californiahealthykids.org</a>
Community Food Security Coalition	<a href="http://www.foodsecurity.org">www.foodsecurity.org</a>
Healthy Schools	<a href="http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html">www.fns.usda.gov/tn/Healthy/wellnesspolicy.html</a>
Organic Consumers Assoc.	<a href="http://www.organicconsumers.org">www.organicconsumers.org</a>
Rudd Center for Food Policy & Obesity	<a href="http://www.yaleruddcenter.org/home.aspx">www.yaleruddcenter.org/home.aspx</a>

### FUNDING

School Garden Grants	<a href="http://www.kidsgardening.com/teachers2.asp">www.kidsgardening.com/teachers2.asp</a>
Environmental Protection Agency	<a href="http://www.epa.gov/teachers/grants.htm">www.epa.gov/teachers/grants.htm</a>
National Wildlife Foundation	<a href="http://www.nwf.org/schoolyardhabitats">www.nwf.org/schoolyardhabitats</a>
Nat’l Environmental Ed. & Training Fdn	<a href="http://www.neetf.org">www.neetf.org</a>
The Foundation Center	<a href="http://www.fdncenter.org">www.fdncenter.org</a>

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