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School food suddenly finds itself at the forefront of contemporary debates about healthy eating, social inclusion, environmental sustainability and local economic development. The starting point of The School Food Revolution is that school meal systems can provide significant payoffs, including lower food miles, creation of markets for local producers and effective food education initiatives that empower consumers by nurturing their capacity to eat healthily.

~~The School Food Revolution: Public Food and the Challenge ...~~

The School Food Revolution inspires us to think about different approaches toward building sustainable school food systems.' Environmental Grantmakers Association Journal 'Anyone interested in changing the current school food system, including the lunch ladies, teachers, parents, producers, buyers, governors and politicians will enjoy reading this well composed book.'

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Peter Riggs, Director, Forum on Democracy & Trade 'The School Food Revolution should be an inspiration for policy makers and for school heads and school canteen operators.' Tom Vaclavik, President, Organic Retailers Association School food suddenly finds itself at the forefront of contemporary debates about healthy eating, social inclusion, ecological sustainability and local economic development.

~~The School Food Revolution | Taylor & Francis Group~~

Abstract. School food suddenly finds itself at the forefront of contemporary debates about healthy eating, social inclusion, ecological sustainability and local economic development. All around the world it is becoming clear - to experts, parents, educators, practitioners and policy-makers - that the school food service has the potential to deliver multiple dividends that would significantly advance the sustainable development agenda at global, national and local levels.

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The School Food Revolution: Public Food and the Challenge of Sustainable Development. Kevin Morgan, Roberta Sonnino. 'The School Food Revolution is an important book that deserves success.'. Journal of Organic Systems 'A great new book that describes how 'the humble school meal' can be considered as 'a litmus test of... government's political commitment to sustainable development.'

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The School Food Revolution is a timely book for a world of obesogenic food, a world of the fat poor in rich countries, and the hungry poor in poor countries. Worldwide, malnourishment is a marker of poverty.

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The National School Lunch Program provides low-cost or free school lunches to 31 million students at more than 100,000 public and private schools per day. Meals must meet nutritional standards based on the Dietary Guidelines for Americans. Participating schools receive approximately \$1.30 to spend for each child.

~~School Lunch In America: Why It 's Unhealthy And How You ...~~

The School Food Revolution presents the possibility of a sustainable school food system, indeed a sustainable food system at any scale. Despite the structural and historically particular barriers to sustainable food systems, The School Food Revolution shows that sustainability is possible through an ethic of public care which utilizes social, environmental, and economic dimensions.

~~Review: The School Food Revolution | FoodAnthropology~~

The School Food Revolution is a timely book for a world of obesogenic food, a world of the fat poor in rich countries, and the hungry poor in poor countries. Worldwide, malnourishment is a marker of poverty. Readers impatient for the revolution are advised to go directly to Chapter 4 - School Food as Social Justice: The Quality Revolution in Rome.

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The National School Lunch Program is a federally assisted meal program administered by the United States Department of Agriculture, Food and Nutrition Service operating in public, nonprofit private schools and residential child care institutions. It provides nutritionally balanced... Center for Science in the Public Interest

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'The School Food Revolution is an important book that deserves success.' Journal of Organic Systems 'A great new book that describes how 'the humble school meal' can be considered as 'a litmus test of... government's political commitment to sustainable development.' Peter Riggs, Director, Forum on Democracy & Trade 'The School Food Revolution should be an inspiration for policy makers and for school heads and school canteen operators.' Tom Vaclavik, President, Organic Retailers Association School food suddenly finds itself at the forefront of contemporary debates about healthy eating, social inclusion, ecological sustainability and local economic development. All around the world it is becoming clear - to experts, parents, educators, practitioners and policy-makers - that the school food service has the potential to deliver multiple dividends that would significantly advance the sustainable development agenda at global, national and local levels. Drawing on new

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empirical data collected in urban and rural areas of Europe, North America and Africa, this book offers a timely and original contribution to the school food debate by highlighting the potential of creative public procurement - the power of purchase. The book takes a critical look at the alleged benefits of school food reform, such as lower food miles, the creation of markets for local producers and new food education initiatives that empower consumers by nurturing their capacity to eat healthily. To assess the potential of these claims, the book compares a variety of sites involved in the school food revolution - from rural communities committed to the values of 'the local' to global cities such as London, New York and Rome that feed millions of ethnically diverse young people daily. The book also examines the UN's new school feeding programme - the Home Grown Programme - which sees nutritious food as an end in itself as well as a means to meeting the Millennium Development Goals. Overall, the book examines the theory, policy and practice of public food provisioning, offering a comparative perspective on the design and delivery of sustainable school food systems. The cover illustration is by a Roman child. The authors would like to thank the City of Rome (Department for School and Educational Policies) for permission to reproduce it.

'The School Food Revolution is an important book that deserves success.' Journal of Organic Systems 'A great new book that describes how 'the humble school meal' can be considered as 'a litmus test of... government's political commitment to sustainable development.' Peter Riggs, Director, Forum on Democracy & Trade 'The School Food Revolution should be an inspiration for policy makers and for school heads and school canteen operators.' Tom Vaclavik, President, Organic Retailers Association School food suddenly finds itself at the forefront of contemporary debates about healthy eating, social inclusion, ecological sustainability and local economic development. All around the world it is becoming clear - to experts, parents, educators, practitioners and policy-makers - that the school food service has the potential to deliver multiple dividends that would significantly advance the sustainable development agenda at global, national and local levels. Drawing on new empirical data collected in urban and rural areas of Europe, North America and Africa, this book offers a timely and original contribution to the school food debate by highlighting the potential of creative public procurement - the power of purchase. The book takes a critical look at the alleged benefits of school food reform, such as lower food miles, the creation of markets for local producers and new food education initiatives that empower consumers by nurturing their capacity to eat healthily. To assess the potential of these claims, the book compares a variety of sites involved in the school food revolution - from rural communities committed to the values of 'the local' to global cities such as London, New York and Rome that feed millions of ethnically diverse young people daily. The book also examines the UN's new school feeding programme - the Home Grown Programme - which sees nutritious food as an end in itself as well as a means to meeting the Millennium Development Goals. Overall, the book examines the theory, policy and practice of public food provisioning, offering a comparative perspective on the design and delivery of sustainable school food systems. The cover illustration is by a Roman child. The authors would like to thank the City of Rome (Department for School and Educational Policies) for permission to reproduce it.

There's a battle going on in school lunchrooms around the country...and it's a battle our children can't afford for us to lose. The average kid will eat 4,000 school lunches between kindergarten and twelfth grade. But what exactly are kids eating in school lunchrooms around the country? Many parents don't quite know what their children are eating-or where it came from. As award-winning filmmaker and nutritionist Amy Kalafa discovered in researching her documentary film Two Angry Moms: Fighting for the Health of America's Children, these days it's pretty rare to find a piece of fresh fruit in your average school

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Lunchroom amid all the chips, french fries, Pop-Tarts, chicken nuggets, and soda that's being served. But what, if anything, can parents do about it? Written in response to the onslaught of requests she received from parents who saw her film and asked, "If I want to attempt to change the food culture in my kid's school, how on earth should I get started?!" this empowering book arms parents with the specific information and tools they need to get unhealthy—even dangerous—food out of their children's school cafeteria and to hold their schools and local and national governments accountable for ensuring that their growing children are served healthy meals at school. In *Lunch Wars*, Kalafa explains all the complicated issues surrounding school food; how to work with your school's "Wellness Policy"; the basics of self-operated vs. outsourced cafeterias; how to get funding for a school garden, and much more. *Lunch Wars* also features the inspiring stories of parents around the country who have fought for better school food and have won, as well as details Amy's quest to spark a revolution in her own school district. For the future health and well-being of our children, the time has come for a school food revolution.

From chef and food activist Alice Waters, an impassioned plea for a radical reconsideration of the way each and every one of us cooks and eats. In *We Are What We Eat*, Alice Waters urges us to take up the mantle of slow food culture, the philosophy at the core of her life's work. When Waters first opened *Chez Panisse* in 1971, she did so with the intention of feeding people good food during a time of political turmoil. Customers responded to the locally sourced organic ingredients, to the dishes made by hand, and to the welcoming hospitality that infused the small space—human qualities that were disappearing from a country increasingly seduced by takeout, frozen dinners, and prepackaged ingredients. Waters came to see that the phenomenon of fast food culture, which prioritized cheapness, availability, and speed, was not only ruining our health, but also dehumanizing the ways we live and relate to one another. Over years of working with regional farmers, Waters and her partners learned how geography and seasonal fluctuations affect the ingredients on the menu, as well as about the dangers of pesticides, the plight of fieldworkers, and the social, economic, and environmental threats posed by industrial farming and food distribution. So many of the serious problems we face in the world today—from illness, to social unrest, to economic disparity, and environmental degradation—are all, at their core, connected to food. Fortunately, there is an antidote. Waters argues that by eating in a "slow food way," each of us—like the community around her restaurant—can be empowered to prioritize and nurture a different kind of culture, one that champions values such as biodiversity, seasonality, stewardship, and pleasure in work. This is a declaration of action against fast food values, and a working theory about what we can do to change the course. As Waters makes clear, every decision we make about what we put in our mouths affects not only our bodies but also the world at large—our families, our communities, and our environment. We have the power to choose what we eat, and we have the potential for individual and global transformation—simply by shifting our relationship to food. All it takes is a taste.

"A MacArthur "Genius Award" recipient and co-launcher of First Lady Michelle Obama's Let's Move! program describes his early experiences as a sharecropper's son and a KFC executive before building a preeminent urban farm to feed, educate and employ thousands of at-risk youths."

The tenth anniversary edition of an essential text on food politics: "Well researched and lucidly written . . . This book is sure to spark discussion" (Publishers Weekly). When John Robbins first released *The Food Revolution* in 1987, his insights into America's harmful eating habits gave us a powerful wake-up call. Since then, Robbins has continued to shine a

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spotlight on the most important issues in food politics, such as our dependence on animal products, provoking awareness and promoting change. Robbins' arguments for a plant-based diet are compelling and backed by over twenty years of work in the field of sustainable agriculture and conscious eating. This timely new edition will enlighten those curious about plant-based diets and fortify the mindsets of the already converted.

'The School Food Revolution is an important book that deserves success.' Journal of Organic Systems 'A great new book that describes how 'the humble school meal' can be considered as 'a litmus test of... government's political commitment to sustainable development.' Peter Riggs, Director, Forum on Democracy & Trade 'The School Food Revolution should be an inspiration for policy makers and for school heads and school canteen operators.' Tom Vaclavik, President, Organic Retailers Association School food suddenly finds itself at the forefront of contemporary debates about healthy eating, social inclusion, ecological sustainability and local economic development. All around the world it is becoming clear - to experts, parents, educators, practitioners and policy-makers - that the school food service has the potential to deliver multiple dividends that would significantly advance the sustainable development agenda at global, national and local levels. Drawing on new empirical data collected in urban and rural areas of Europe, North America and Africa, this book offers a timely and original contribution to the school food debate by highlighting the potential of creative public procurement - the power of purchase. The book takes a critical look at the alleged benefits of school food reform, such as lower food miles, the creation of markets for local producers and new food education initiatives that empower consumers by nurturing their capacity to eat healthily. To assess the potential of these claims, the book compares a variety of sites involved in the school food revolution - from rural communities committed to the values of 'the local' to global cities such as London, New York and Rome that feed millions of ethnically diverse young people daily. The book also examines the UN's new school feeding programme - the Home Grown Programme - which sees nutritious food as an end in itself as well as a means to meeting the Millennium Development Goals. Overall, the book examines the theory, policy and practice of public food provisioning, offering a comparative perspective on the design and delivery of sustainable school food systems. The cover illustration is by a Roman child. The authors would like to thank the City of Rome (Department for School and Educational Policies) for permission to reproduce it.

Heal your body, lose excess weight, and free yourself from toxic food with this simple guide focusing on sustainable food that has "depth, spirit, and [a] breadth of information" (Rip Esselstyn, New York Times bestselling author). 31-Day Food Revolution is your guide to liberation from a toxic food world. Author Ocean Robbins reveals the secrets the industrialized food industry doesn't want you to know, how specific ingredients and methods could be making you sick -- and what to do about it. And he shows you how -- in just 31 days -- you can use the amazing power of delicious food to heal your gut, lose excess weight, and lower your risk for disease, all while contributing to a healthier planet. Ocean's plan includes 31 simple and affordable step-by-step actions that give you a road map to healthy, ethical, and sustainable food. He breaks it down into four parts: Detoxify: Get rid of the unhealthy foods and environmental factors making you sick. Nourish: Fuel your body with the healthy micronutrients you need to thrive. Gather: Build your community and surround yourself with supportive, positive people. Transform: YOU can be part of the solution. It's a lot easier to change the world than you imagine! You'll discover amazing secrets, such as how to stop food cravings, why nuts are one of the best snack foods, time-saving habits, and how to catch dangerous ingredients hiding in food labels. In his nonjudgmental and down-to-earth way, Ocean Robbins meets you wherever you are on

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your personal journey with food. Then, he provides you with tools that make it easy to eat less sugar, processed foods, and unhealthy animal products--and to happily enjoy whole plant foods, and more fair trade, local, organic, and otherwise consciously sourced fare. Ocean helps you make small improvements that lead to big results. If you want to feel better, enjoy your food more, and help sustain the planet, start reading this book today. In just 31 days you can change your health for the better. And your body will thank you for the rest of your life.

"Today a buck gets you a quick burger (or two), but what's the real cost of that meal? The rates of chronic disease--specifically diseases like diabetes, caused by our lifestyles--have grown exponentially in recent years, edging medical expenses ever higher while threatening to give America its first generation to actually live shorter lives than their parents. Unfortunately finding good nutrition is no walk in the park, with more and more Americans living in cities, far from a farmer's field. To overcome distance and undercut price, we rely on industry to put dinner on the table--yet this system has valued efficiency and short-term profits over our own health and the health of our environment. So how do we keep America thriving? Congressman Tim Ryan may have a soft spot for chicken wings and ice cream, but he also knows the joy of farm-fresh produce and the feel of soil between his fingers. Here he presents easy, actionable steps that anyone can take, from starting an herb garden on your windowsill to helping implement food education in your child's school to petitioning your elected officials. Ryan also introduces some of the current food revolutionaries, who are shining examples of people who saw a problem with how we think about food today, rolled up their sleeves, and raised a crop of positive change. The commonsense ideas in these pages come big (replacing dilapidated neighborhoods with farms) and small (sitting down for a fresh, healthy meal with your family), and each will help you improve the quality of life for you and future generations"--

As this book takes us on an eye-opening journey into the nation's school kitchens, the author offers an assessment of school food in the United States. She reveals the forces that determine how lunch is served, such as the financial troubles of schools, the commercialization of childhood, and the reliance on market models. The author explores the deep politics of food provision from multiple perspectives including history, policy, nutrition, environmental sustainability, taste, and more. How did our children end up eating nachos, pizza, and Tater Tots for lunch? How did we get into the absurd situation in which nutritionally regulated meals compete with fast food items and snack foods loaded with sugar, salt, and fat? What is the nutritional profile of the federal meals? How well are they reaching students who need them? Opening a window onto our culture as a whole, she concludes with a vision for change: fresh, healthy food for all children as a regular part of their school day.

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