

# Delve Deeper into *Food, Inc.*

A film by Robert Kenner

This multi-media resource list, compiled by Susan Conlon and Martha Perry of the Princeton Public Library, includes books, films and other materials related to the issues presented in the film *Food, Inc.*

In *Food, Inc.*, filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that's been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. We have bigger-breasted chickens, the perfect pork chop, insecticide-resistant soybean seeds, even tomatoes that won't go bad, but we also have new strains of *E. coli* — the harmful bacteria that causes illness for an estimated 73,000 Americans annually. We are riddled with widespread obesity, particularly among children, and an epidemic level of diabetes among adults.

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## ADULT NONFICTION

**Bittman, Mark. *Food Matters: A Guide to Conscious Eating*. New York: Simon & Schuster, 2008.**

Bittman offers a no-nonsense rundown on how government policy, big business marketing, and global economics influence what we choose to put on the table each evening. He demystifies buzzwords like "organic," "sustainable," and "local" and offers straightforward, budget-conscious advice that will help you make small changes that will shrink your carbon footprint--and your waistline.

**Foer, Jonathan Safran. *Eating Animals*. New York: Little, Brown and Co., 2009.**

Brilliantly synthesizing philosophy, literature, science, memoir and his own detective work, "Eating Animals" explores the many fictions we use to justify our eating habits--from folklore to pop culture to family traditions and national myth--and how such tales can lull us into a brutal forgetting.

***Food, Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer--And What You Can Do About It.***

**Public Affairs, 2009.** Expanding on the film's themes, the book *Food, Inc.* will answer those questions through a series of challenging essays by leading experts and thinkers. This book will encourage those inspired by the film to learn more about the issues, and act to change the world.

**Hamilton, Lisa M. *Deeply Rooted: Unconventional Farmers in the Age of Agribusiness*. Counterpoint, 2009.** Journalist and photographer Hamilton presents a multicultural snapshot of the American sustainable agriculture movement, profiling a Texas dairyman, a New Mexican rancher and a North Dakotan farmer, all who have converted from conventional to sustainable agriculture for economic and personal reasons. From *Publisher's Weekly*.

**Niman, Nicolette Hahn. *Righteous Porkchop : Finding a Life and Good Food Beyond Factory Farms*. New York, NY: Collins Living, 2009.** Part memoir, part expos, "Righteous Porkchop" offers a searing account of the factory farm industry--and the effects the techniques have on health and well-being--by an engaging crusader who finds love and purpose along the way.

**Paytress, Mark. *Break it Up: Patti Smith's "Horses" and the Remaking of Rock & Roll*. London: Portrait, 2006.** The release of Smith's album, "Horses," played a crucial role in the art-punk movement of the mid-1970s. In this book, Paytress explores how Smith changed the music world with her distinctive aesthetic and became one of the most influential rock & roll artists of all time

**Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals*. New York: Penguin Press, 2006.** An ecological and anthropological study of eating offers insight into food consumption in the twenty-first century, explaining how an abundance of unlimited food varieties reveals the responsibilities of consumers to protect their health and the environment. Also by Pollan: *The Botany of Desire: A Plant's Eye View of the World* (2001); *Food Rules: An Eater's Manual* (2009); *In Defense of Food: An Eater's Manifesto* (2007);

***Second Nature: A Gardener's Education* (1991).**

**Richardson, Jill. *Recipe for America: Why Our Food System is Broken and What We Can Do to Fix It*. Ig Publishing, 2009.**

Food activist Jill Richardson shows how sustainable agriculture—where local farms raise food that is healthy for consumers and animals and does not damage the environment—offers the only solution to America's food crisis. In addition to highlighting the harmful conditions at factory farms, this timely and necessary book details the rising grassroots food movement, which is creating an agricultural system that allows people to eat sustainably, locally, and seasonally.

**Schlosser, Eric. *Fast Food Nation: The Dark Side of the All-American Meal*. Boston: Houghton Mifflin, 2001.**

Journalist Schlosser argues that the fast food industry has triggered the growth of malls in America's landscape, widened the gap between rich and poor, fueled an epidemic of obesity, and propelled American cultural imperialism abroad. He discusses facts about food production and preparation, the ingredients and taste-enhancers in the food, the chains' efforts to reel in young, susceptible consumers, and other unsettling facts.

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## ADULT FICTION

**Grimes, Martha: *Dakota*. New York: New American Library, 2008.** Once an animal rights activist, now an amnesiac driver, Andi Oliver wanders from one small Western town to the next. She takes a job at Klavan's pig farming facility and learns the gruesome truth about modern livestock management. As she begins to uncover darker secrets about Klavan's sister facility, BigSun, a stranger from her past comes to the surface, demanding information about which Andi has no memory.

**Ozeki, Ruth L. *All Over Creation*. New York: Viking, 2003.** The three clans at once enabling and torturing each other in Ruth Ozeki's *All Over Creation*--the central Fuller family, the neighboring Quinns, and the rag-tag activist found-family known as the "Seeds"--lift a basic morality play about forgiveness to a higher level. But what really gives



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*All Over Creation* its steam and sends it off in unexpected directions is the supporting story of modern mankind's crucial but tenuous connection to nature, set in this case on a potato farm in sleepy Idaho.

**Ozeki, Ruth L. *My Year of Meats*. New York: Viking, 1998.** When Jane Takagi-Little finally lands a job-producing a Japanese television show sponsored by BEEF-EX, an organization promoting the export of U.S. meats-she takes her crew on the road in search of all-American wives cooking all-American meat. Over the course of filming, though, Jane makes a few troubling discoveries about both. Meanwhile, on the other side of the globe, in Japan, Akiko Ueno watches *My American Wife!* and diligently prepares Coca-Cola Roast and Panfried Prairie Oysters for her husband, John, (the ad-agency rep for the show's sponsor). As Akiko fills out his questionnaires, rating each show on Authenticity, Wholesomeness, and Deliciousness of Meat, certain ominous questions about her own life-and the fact that after each meal she has to go to the bathroom and throw up-begin to surface.

**Tiffany, Carrie. *Everyman's Rules for Scientific Living: a novel*. New York: Scribner, 2006.** In this novel, Jean Finnegan searches for her place in a tumultuous world wracked by the Great Depression and the beginning of World War II. The "Better Farming Train" slides through the wheat fields and small towns of Australia, bringing advice to the people living on the land.

**Logsdon, Gene. *The Last of the Husbandmen*. Ohio University Press, 2008.** From the Great Depression, when farmers tilled the fields with plow horses, to the corporate farms and government subsidy programs of the present, this novel presents the complex transformation of a livelihood and of a way of life.

## NONFICTION FOR YOUNG ADULTS

***Animal Rights*. Shasta Gaughen, editor. San Diego: Greenhaven Press, 2005.** Grades 9+. The treatment of animals raises many complex philosophical and ethical issues. This anthology includes selections that discuss the philosophical basis of animal rights,

and also addresses the question of whether or not animals should have legal protection. Additional topics include the use of animals for human consumption, and the ethics of using animals for research and experimentation.

**Ichord, Loretta Frances. *Double Cheeseburgers, Quiche, and Vegetarian Burritos : American Cooking from the 1920s Through Today*. Minneapolis: Millbrook Press, 2007.** Grades 3-6. In its introduction, this title in the *Cooking through Time* series claims to cover the eating habits in the United States from 1920 up to the present time. Each chapter, illustrated with lighthearted drawings, presents an overview of an American eating trend--from the first processed foods through TV dinners, fast food, the mainstreaming of organic foods, and more. Relevant recipes close each chapter.

**Pollan, Michael; adapted by Richie Chevat. *The Omnivore's Dilemma: The Secrets Behind What You Eat*. New York: Dial Books, 2009.** Grades 6+. In a smart, compelling format with updated facts, plenty of photos, graphs, and visuals, *The Omnivore's Dilemma* encourages kids to consider the personal and global health implications of their food choices.

**Schlosser, Eric and Wilson, Charles. *Chew on This: Everything You Don't Want to Know about Fast Food*. Boston: Houghton Mifflin Co., 2006.** Grades 6+. Eric Schlosser and Charles Wilson unwrap the fast-food industry to bring you a behind-the-scenes look at a business that both feeds and feeds off the young. Find out what really goes on at your favorite restaurants-and what lurks between those sesame seed buns.

## FICTION FOR YOUNG ADULTS

**Clark, Catherine. *Wurst case scenario*. New York: HarperTempest, 2001.** Grade 8+. Courtney, a vegetarian animal-rights activist, records in her diary the events of the beginning of her freshman year at a Wisconsin college, far away from Colorado and her boyfriend Grant, surrounded by cheese- and meat-lovers.

**Cole, Henry. *Jack's Garden*. New York: Greenwillow Books, 1995.**

Preschool-grade 2. Cumulative text and illustrations depict what happens in Jack's garden after he plants his seeds.

**Drescher, Henrik. *A Vegetarian Tale*. Cambridge, Mass.: Candlewick Press, 2006.** Grades 1-3. As one of many Pudgies awaiting their trip to the meat factory from the Pudge Processing Farm, little Hubert escapes to the jungle where the animals show him all the good foods he can eat and, as a result, he becomes the first Pudge to achieve full size since ancient times.

**Harrington, Janice N. *The Chicken-Chasing Queen of Lamar County*. New York: Farrar, Straus and Giroux, 2007.** Grades K-2. A young farm girl tries to catch her favorite chicken, until she learns something about the hen that makes her change her ways.

**Smith, Greg Leitich: *Tofu and T. Rex*. New York: Little, Brown, 2003.** Grades 5-8. Hans-Peter, who enjoys working in his family's Chicago delicatessen, applies for admission to the prestigious Peshtigo School that his cousin Freddie, a vegan and outspoken animal rights activist, attends. Sequel to *Ninjas, Piranhas, and Galileo*.

## BOOKS FOR CHILDREN

**Barden, Christine. *Music for Mozarts: Music Discovery Book 4*. Van Nuys, CA: Alfred Publishing Company, 2000.** This music discovery book encourages children's exploration of music through singing, movement, and rhythm activities. The lessons include selections of classical music and popular songs.

## FILMS/DOCUMENTARIES

**"Food Fight." A film by Christopher Taylor. Positively 25<sup>th</sup> Street Productions, 2008 (91 min).** A fascinating look at how American agricultural policy and food culture developed in the 20th century, and how the California food movement rebelled against big agribusiness to launch the local organic food movement.



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**"FRESH." A film by ana Sofia joanes. Specialty Studios Release, 2009 (72 min).** *FRESH* celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet.

**"The Future of Food." A film by Deborah Koons Garcia. Lily Films, 2004 (88 min).** In-depth investigation into unlabeled genetically-modified foods which have become increasingly prevalent in grocery stores. Unravels the complex web of market and political forces that are changing the nature of what we eat.

**"King Corn." A film by Aaron Woolf, Curt Ellis and Ian Cheney. Mosaic Films, 2006 (92 min).** Ian Cheney and Curt Ellis, best friends from college on the east coast, move to the heartland to learn where their food comes from. With the help of friendly neighbors, genetically modified seeds, nitrogen fertilizers, and powerful herbicides, they plant and grow a bumper crop of America's most productive, most subsidized grain on one acre of Iowa soil. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat-- and how we farm.

**"Super-Size Me." A film by Morgan Spurlock. Roadside Attractions, Samuel Goldwyn Films and Showtime Independent Films, 2004 (100 min).** Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making Americans fat. For 30 days he can't eat or drink anything that isn't on McDonald's menu; he must eat three square meals a day, he must eat everything on the menu at least once and supersize his meal if asked. He treks across the country interviewing a host of experts on fast food and a number of regular folk while downing McDonald's to try and find out why 37% of American are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac.

