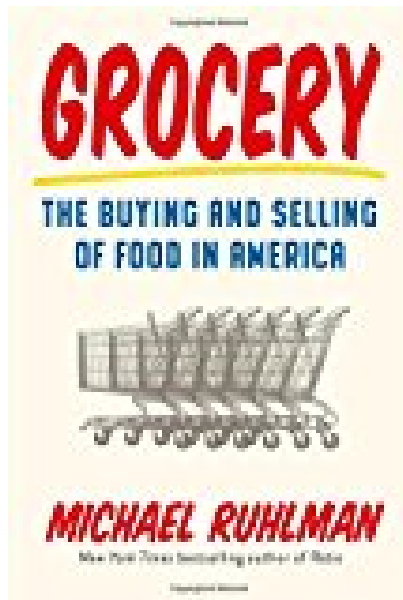


Grocery The Buying and Selling of Food in America



BOOK DETAILS

- Author : Michael Ruhlman
- Pages : 320 Pages
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BOOK SYNOPSIS

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.

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