

## Resources for Sustainable and Healthy Eating

### BOOKS:

[In Defense of Food: An Eater's Manifesto](#), by Michael Pollan

[This Organic Life: Confessions of a Suburban Homesteader](#), by Joan Dye Gussow

[Coming Home to Eat: The Pleasures and Politics of Local Foods](#), by Gary Paul Nabhan

[Food Politics: How the Food Industry Influences Nutrition and Health](#), by Marion Nestle

[Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm-Fresh Food](#), by Joel Salatin

[Slow Food: Collected Thoughts on Taste, Tradition, and the Honest Pleasures of Food](#),  
by the Slow Food Movement

[The Slow Food Guide to New York City: Restaurants, Markets, Bars](#), by Patrick Martins  
and Ben Watson

[Slow Food: The Case for Taste](#), by Carlo Petrini

### WEB RESOURCES:

**Center for Informed Food Choices ([www.informedeating.org](http://www.informedeating.org))** advocates for a diet based on whole, unprocessed, local, organically grown plant foods; their website contains a useful FAQ page about food politics and eating well, as well as an archive of relevant articles.

**Eat Well ([www.eatwellguide.com](http://www.eatwellguide.com))** is an online directory of sustainably-raised meat, poultry, dairy, and eggs. Enter your zip code to find healthful, humane, and eco-friendly products from farms, stores, and restaurants in your area.

**Eat Wild ([www.eatwild.com](http://www.eatwild.com))** lists local suppliers for grass-fed meat and dairy products.

**Food Routes ([www.foodroutes.org](http://www.foodroutes.org))** is a national nonprofit dedicated to "reintroducing Americans to their food—the seeds it grows from, the farmers who produce it, and the routes that carry it from the fields to our tables."

**Heritage Foods USA ([www.heritagefoodsusa.com](http://www.heritagefoodsusa.com))** sells mail-order 'traceable' products from small farms—maple syrup, pole caught tuna, grass-fed kobe beef—whose labels provide every detail about their production and processing.

**Just Food ([www.justfood.org](http://www.justfood.org))** works to develop a just and sustainable food system in the New York City region, through projects including City Farms (a NYC community garden program) and Community Supported Agriculture (which connects regional farmers with produce-hungry city dwellers).

**Local Harvest ([www.localharvest.com](http://www.localharvest.com))** offers a definitive and reliable nationwide directory of CSAs, farmers markets, family farms, and other local food sources.

**Locavores ([www.locavores.com](http://www.locavores.com))**, based in San Francisco, encourages people to eat only foods produced within a 100-mile radius of home. Their Food Web page offers a plethora of additional resources, including books, articles, and websites.

**Organic Consumers Association ([www.organicconsumers.org](http://www.organicconsumers.org))**, a research and action center for the organic and fair-trade food movement, maintains a comprehensive web-archive of articles about genetically engineered foods, cloning, food safety, organics, and globalization.

**Seafood Watch ([www.mbayaq.org/cr/seafoodwatch.asp](http://www.mbayaq.org/cr/seafoodwatch.asp))**—a program of Monterey Bay Aquarium designed to raise consumer awareness about the importance of buying seafood from sustainable sources—offers a downloadable, pocket-sized region-by-region guide to eco-friendly seafood.

**Slow Food USA ([www.slowfoodusa.org](http://www.slowfoodusa.org))** is a non-profit educational organization dedicated to land stewardship and ecologically sound food production; to supporting and celebrating the food traditions of North America; and to living a slower and more harmonious life.

**Stone Barns Center for Food & Agriculture ([www.stonebarnscenter.org](http://www.stonebarnscenter.org))** is a hands-on educational center and restaurant that aims to demonstrate, teach and promote sustainable, community-based food production on a real working farm 30 miles from Manhattan.

**Sustainable Table ([www.sustainabletable.org](http://www.sustainabletable.org))** offers an introduction to the sustainable food movement and the issues surrounding it, plus resources for further investigation (the links for 'Introduction to Sustainability' and 'The Issues' are good places to start).

**USDA Agricultural Marketing Service ([www.ams.usda.gov/farmersmarkets](http://www.ams.usda.gov/farmersmarkets))** includes a state-by-state listing of farmer's markets across the US.

**Worldwatch Institute ([www.worldwatch.org](http://www.worldwatch.org))** is an independent research organization working "for an environmentally sustainable and socially just society." Their website features accessible, compelling, analytical publications—including their annual State of the World book—that address critical global issues.