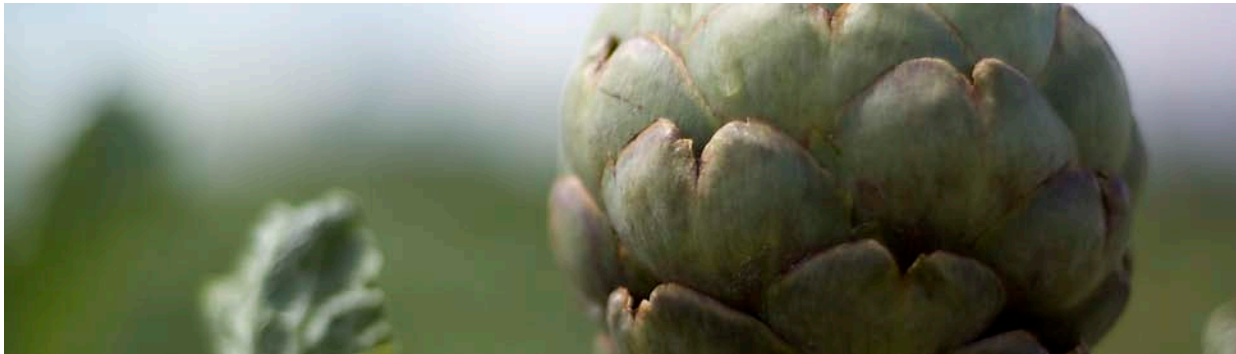


INGREDIENTS

The local food movement takes root.



CLASSROOM DISCUSSION GUIDE

QUESTIONS

-When discussing the state of food in this country the film utilized the term the “industrial food model,” what is meant by this term?

-What are some of the environmental concerns surrounding the “industrial food model”?

-What are some of the health and nutrition concerns with the “industrial food model”?

-There is no question that over the last several decades the small, family-run farms have begun to disappear in this country. What developments caused the small family farms to start disappearing and giant mono-crop farms to appear? And what did the secretary of agriculture Earl Butts mean when he told American farmers to “adapt or die”?

Topic for discussion: Have one side argue for efficiencies created by the industrialization of the American farm and one side argue for the return to the diversified, multi-crop and independently run farm.

-The United States is able to grow vast quantities of cheap food.

-Why do Americans feel that food should be so cheap?

-In terms of industrial nations in the world, where does America stand in how much they spend of their income for food?

-Why does producing food cheaply mean that it is often devoid of nutritional value?

-Name some of the ways farmers and ranchers have decreased their costs to produce a crop.

Topic for discussion: It is a good thing that America is a key player in the global commodities trade in food. (In the argument make sure both sides address “the

costs” over and above the economics of the situation.) Address the sustainable business concept of the “triple bottom line.”

-Though the United States “Industrial Food Model” is touted by economists as a way to continue to be a world leader, the government is paying farmers to NOT grow food.

Why is that?

-What are genetically modified crops?

-What is the difference between growing a commodity crop and growing food?

-How does the industrial model of farming increase our dependency on foreign oil?

-When farmers participate in the Industrial food model are they more or less likely to improve their income? Why is that?

-Are food safety issues more prevalent on small, independent managed farms or on larger, more industrialized farms?

-What is managed or intensive grazing?

Topic for Discussion: Government subsidies are/are not keeping American farms afloat in tough economic times.

-The population of this country is increasing every day. There are thousands of industrial farms with thousands of acres under their control. There are also thousands upon thousands more acres the government is subsidizing or paying for farmers to leave fallow. Despite this, the farmland acreage is decreasing. Why is this?

-What does the terms “land use” mean in reference to this situation?

-What is an urban growth boundary?

Topic for discussion: The efficacy of legislation effecting land use and growth boundaries, in ensuring the ability to feed ourselves in the future.

-Despite government subsidies and the presence and pressure of powerful corporate lobbyists, why are some farmers deciding that growing food naturally is the better way to farm?

-How does growing food naturally relate to the concept of “Seasonal Eating?”

Topic for discussion: The nutritional value of food grown on a small, local farm is/ is not comparable to large-scale mono-crop ORGANIC farms.

-There are many approaches to growing food naturally, define and discuss the following terms in relation to “Seasonal Eating.”

- Biodynamic farming
- Biodynamic farming as a social philosophy
- Viticulture
- Anthroposophy

- Local Food Movement
- Alternate food supply
- Patchwork farm
- Microclimate

The attitudes about how we approach purchasing and cooking our food is starting to change in the US. Two of the most effective and well-known catalysts for change in this country have been the philosophy of the Local Food Movement and the practice of sustainable farming.

Topic for discussion: Define the local food movement and sustainable practices. How do the two relate to and influence each other?

- How can the local food movement transform our country's food system and energy use to one less dependent on foreign commodities?
- What are some ways to make local food more accessible to everyone regardless of economic status?
- What is needed for sustainable farming to grow?
- What are some of the difficulties in defining the economic and health impact of the local food movement?

Topic for Discussion: Sustainability is or is not cost effective.

Topic for Discussion: There should/should not be a mileage limit on the distance from which food can be shipped and still considered local. What is it?

One of the ways people have decided to take control of the way their food is grown/handled is to buy the food directly from the farmer that grows it. What is a CSA? Where did CSAs get their start? How can CSAs create communities around food? How can CSAs provide nutrition in economically depressed areas?

Topic for Discussion: Farming as a social network. Is there/what is the power in a community created around growing food.

Topic for Discussion: The current state of sustainable agriculture can or cannot sustain the population of the US. Why or why not?

There are several people mentioned in the film who have been extremely influential in jumpstarting the changes in the way we view food. Please research and discuss the following people and how they had effect on the agricultural and culinary practices in the US.

- Joan Dye Gussow

- Rudolf Steiner
- The Waldorf School
- Martin Van Burin (Also, what was the Free Soil Party and what political party does it most closely represent now)
- Jean Louis Palladin

There is a great deal of discussion on the value of the “freshness” of our food. Multi-billion dollar corporations spend millions in marketing every year trying to convince Americans that their food is the freshest. In their marketing they equate fresh to good. Can you come up with a true definition of the term “fresh” in relation to food? If so, then how does freshness equate to flavor?

Topic for discussion: The nutritional value of food grown on a small, local farm is/ is not comparable to large-scale mono-crop ORGANIC farms.

So many of the farmers and chefs in the film talk about growing for the flavor. What does “growing for the flavor” really mean? Is there a correlation between nutritional value and flavor? If so, what?

A great deal of the film is spent interviewing chefs from very critically acclaimed restaurants throughout the country, why do you think that is? Can chefs work as a catalyst to get people to eat locally? What is the connection between French cuisine and the local/ seasonal eating food movement?

Topic for Discussion: Chefs have or do not have the ability to affect the way that societies in different cultures’ approach food.

Topic for Discussion: What can be done to improve access among low income individuals and families to nutritious, seasonal and locally grown foods?

CONVERSATION STARTERS

-How can the local food movement affect the meals found in school cafeterias and other public institutions?

-What is the impact of teaching our next generation the value of locally grown food?

-The statistics and factors causing the growth of type-2 diabetes in the US. Changing the school lunch programs will/will not improve these statistics.

-How do we make local eating an economic reality of the average family?

-The state of food safety in America.

-What sustainability means to you.

-How do you see good agricultural and business practices positively affecting the community as a whole? Fewer toxins, more talking...

-What is the concept “from seed to table?” Can anyone embrace this concept?

- Ways the US demands for cheaper food putting our lives at risk.
- What sustainability means to you.
- How do you see good agricultural and business practices positively affecting the community as a whole?
- Talk about the unique food relationships that are occurring in your area.
- With a recognition that locally grown and purchased foods are a tiny percentage of our overall food system, what can be done to increase consumer participation? Who benefits from greater participation?
- Compare and contrast the policies of Land Trust partners and Government subsidies.
- A political party like the “free soil party is or is not a feasibility.”
- What are some of the costs of the “fast food” system to American society?
- How many companies control the world’s seed supply? How is this consolidation detrimental to our future ability to feed ourselves?
- How do we convince the average busy person of the benefits of eating local?
- Chefs/restaurants should have a different relationship with the people they buy food from than the average American consumer.
- Which segment of America’s food economy is growing more rapidly, industrialized farm sales to large retail outlets like at WalMart or direct farm to consumer sales like at a farmer’s market?



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www.IngredientsFilm.com